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**EFFECTS OF YOGIC PRACTICES ON PHYSICAL  
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SCHOOL CHILDREN**

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# Effects of Yogic Practices on Physical Fitness with Special Reference to School Children

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**Abstract – The reason for the present review was to specifically think about the intense impacts of taking part in a solitary yoga class versus a solitary standard physical instruction (PE) class on understudy disposition. Forty-seven secondary school understudies finished self-report surveys evaluating state of mind and influence instantly prior and then afterward taking an interest in a solitary yoga class and a solitary PE class one week later. Information were broke down utilizing paired samples t tests and Wilcoxon-marked positions tests and by looking at impact sizes between the two conditions. Members detailed fundamentally more prominent abatements in outrage, gloom, and exhaustion from before to subsequent to taking an interest in yoga contrasted with PE. Huge diminishments in negative influence happened after yoga yet not after PE; be that as it may, the progressions were not essentially unique between conditions. What's more, in the wake of partaking in both yoga and PE, members revealed huge abatements in disarray and strain, with no noteworthy contrast between gatherings. Comes about recommend that school-based yoga may give extraordinary advantages to understudies well beyond investment in PE. Future research ought to keep on elucidating the particular mental and physiological impacts of taking part in yoga contrasted with PE exercises.**

**Keywords: Yoga Education Context, Mindfulness Students Schools**

## 1. INTRODUCTION:-

"Aim for a healthy body weight" Health and life span are debilitated when a man is either overweight or underweight. Overweight and heftiness increment one's danger of creating genuine CVD. Similarly, people who are underweight may have a higher hazard than others of cardiovascular, musculoskeletal and regenerative issue. Consequently, solid weight is critical to a sound and longer life. One will find out about weight control standards and practices, and additionally rules for outlining exercise programs for weight reduction, weight pick up and body sythesis change. People with muscle to fat quotients levels falling at or close to the extremes of the muscle to fat quotients continuum are probably going to have genuine medical issues that diminish future and undermine their personal satisfaction. (Heyward, 2002).

## 2. REVIEW OF LITRATURE:

There is an expanding enthusiasm for the utilization of yoga to quiet the psyche, and increment general wellbeing and prosperity (White, 2009). Psychological well-being in kids has many measurements, for example, having sound communications with associates and instructors, and having the capacity to

demonstrate proper enthusiastic reactions while applying control if essential. Kids can have mental, emotional and behavioral issues which are genuine, excruciating and expensive (National Institutes of Health, 1999). Psychological well-being clutters in kids are brought on by natural elements, the earth, or a blend of the two. Natural elements may incorporate hereditary qualities, concoction uneven characters in the body, and injury. Natural elements, for example, presentation to savagery or mishandle, intense or ceaseless anxiety, and conditions which increment sentiments of instability in a kid (e.g., loss of a parent) can add to mental issue. Obviously it doesn't take after that youngsters who have had such encounters would create mental scatters or that all kids who have created mental clutters have had exasperating encounters. Yoga is an old Indian lifestyle which incorporates the act of specific stances (asanas), directed breathing (pranayamas), and reflection (Taimini, 1986). Yoga practice was appeared to be gainful for the physical and emotional well-being of youngsters. Given the way that the mind is most helpless to both outer and interior impacts ahead of schedule in life, particularly amid the cerebrum development spurt period (from the most recent 3 months before birth till the initial 2 years of life), it is attractive to start yoga hone as right on time as could be allowed. Notwithstanding it is basic to say here that there have been no reviews which have

demonstrated that start to practice yoga early is truly useful for kids, however narrative reports from guardians/overseers and educators, recommend that kids who learn yoga right off the bat are physically more beneficial and rationally better balanced. Some yoga devotees have inactively set the appendages of newborn children in yoga stances, taking consideration to be tender and not to utilize compel. They watched (however there is no distributed report) that youngsters achieved certain turning points (e.g., standing, slithering, strolling, and notwithstanding talking) sooner than the individuals who were not given the yoga poses inactively. Without a precise review this remaining parts a fascinating however dubious report. Distributed research has demonstrated that kids as youthful as seven years old can enhance in consideration, focus and co-appointment in the wake of learning yoga. One of the precautionary measures proposed, again in light of unpublished perceptions is that pre-pubertal youngsters ought not be made a request to hone reversed yoga poses as this is viewed as liable to bring about gifted pubescence. Likewise, those yoga breathing practices (pranayamas), which include rehearsing physiological "locks" (bandhas) of the inside depressions (e.g., intrathoracic cavity), are additionally not encouraged to be drilled in youngsters. The advantages of yoga practice in kids are clear from a review with a semi trial outline, in which thirty-one kids (with ages in the vicinity of seven and twelve years) rehearsed yoga for seven weeks and the consequences for their physical wellbeing were evaluated (Chen *et. al.*, 2009). Every hour long yoga session included ten minutes of warm up and breathing activities, forty minutes of yoga stances, and ten minutes of chill off activities. There were critical enhancements in their adaptability, muscle quality and cardiopulmonary wellness. Since physical wellness and mental prosperity are firmly related, these outcomes propose that these kids may have additionally had emotional wellness benefits however the review was not planned to look at them. This review included both breathing activities and physical stances. This is in fact considered the best approach. As per portrayals of the working of the body as indicated by old yoga messages there are five levels of presence (The Taittreya Upanishad). These are (i) physical, (ii) a level of unpretentious vitality (prana or chi), (iii) the instinctual mental level, (iv) the scholarly mental level, and (v) the fifth and perfect level, a condition of ideal homeostasis and adjust (Telles, 2010). In a perfect world a yoga rehearse session ought to incorporate physical stances (asanas), breathing strategies (certain kriyas and pranayama hones), reflection, and in addition information of the logic of yoga. In youngsters additionally, the perfect program ought to incorporate every one of these practices.

Yoga rehearse has been appeared to enhance a few parts of emotional wellness in typical kids. Before examining the utilization of yoga in the administration of emotional well-being scatters, the advantages of

rehearsing yoga in advancing positive psychological well-being will be talked about.

In an early review school kids matured in the vicinity of nine and thirteen years, performed better on a hand unfaltering quality test, suggestive of better consideration and focus, after yoga (Telles *et. al.*, 1993). There were two gatherings of forty-five youngsters every who were surveyed utilizing a standard test for static engine execution utilizing an unfaltering quality analyzer, toward the start and end of a ten-day time span amid which one gathering rehearsed yoga while the other gathering proceeded with their general schedule. The yoga gather demonstrated a noteworthy diminishment in mistakes contrasted with the control bunch.

In a different review on one hundred and thirty-five school youngsters with ages in the vicinity of nine and thirteen years, the individuals who rehearsed yoga for ten days demonstrated a noteworthy change in spatial memory (Naveen *et. al.*, 1997). Spatial memory is basically an element of the privilege cerebral side of the equator and consequently the outcomes recommend that yoga rehearse encourages right hemispheric working. This was considered particularly critical as the instructive framework these days puts an unbalanced accentuation on left mind abilities, for example, rationale and investigation, required to study science and arithmetic. A different review additionally analyzed how much yoga practice could impact execution in a spatial memory assignment when contrasted with time spent on expressive arts, which are viewed as right hemispheric capacities (Manjunath and Telles, 2004). There were two gatherings of kids with ages in the vicinity of eleven and sixteen years, with thirty kids in each gathering. One gathering went to a yoga camp, the other an expressive arts camp which included show, painting and earthenware. There was likewise a no-intercession control gather. Every one of the three gatherings were surveyed toward the start and end of a ten day time frame, amid which one gathering rehearsed yoga, while another gathering had expressive arts exercises. The yoga demonstrated a noteworthy increment in spatial memory scores. Memory is not by any means the only intellectual capacity which enhanced with yoga rehearse, in kids. Key arranging in view of a Tower of London undertaking, enhanced in ten young ladies with ages in the vicinity of ten and thirteen years after yoga, contrasted with an equivalent number of young ladies who had a physical preparing program (Manjunath and Telles, 2001). The Tower of London assignment surveys the capacity to arrange by assessing the quantity of moves required to finish an assigned errand. The yoga gather demonstrated a critical decrease in arranging and execution time, and in addition in the quantity of moves. All the more as of late a high recurrence yoga breathing, where the breath rate ran in the vicinity of 1.0 and 2.0 Hz, called

kapalabhati was appeared to enhance the capacity to play out a cancelation assignment, which requires both engaged and specific consideration (Telles *et. al.*, 2008).

These cases demonstrate that yoga practice can advance certain higher mental capacities in youngsters with ordinary wellbeing. It was additionally observed that young ladies in a group home, who were under lawful care as they had no dependable gatekeeper to look after them profited by yoga hone (Raghuraj and Telles, 1997). Among these young ladies, a gathering who honed yoga for six months would be advised to visual discernment (in light of the basic flash recurrence test and a geometric optical figment test) and better engine finesse, than a gathering who were given physical preparing for a similar period.

Aside from the illustrations said above, yoga rehearse has additionally been appeared to help kids with analyzed psychological wellness issues. This incorporates nervousness, dietary issues, consideration shortage hyperactivity issue, and post-traumatic-push issue, in youngsters presented to extraordinary savagery or normal catastrophes.

Youth uneasiness shows in different routes, for example, partition tension, fears, substantial appearances, which incorporate undesirable propensities and tics, bad dreams, and now and again outrageous physical distress (as in frenzy issue).

A hour of unwinding treatment was discovered useful in forty hospitalized kids and young people (Platania-Solazzo *et. al.*, 1992). Obviously, while unwinding is a natural piece of yoga, yoga incorporates different parts too and henceforth is not the same as unwinding treatment. A randomized trial of yoga for youths matured in the vicinity of eleven and eighteen years with crabby gut disorder demonstrated that yoga is compelling in diminishing uneasiness also (Kuttner *et. al.*, 2006).

The yoga mediation comprised of a one hour instructional session, show and practice. This was trailed by four weeks of every day hone at home guided by video. Those teenagers who were allocated to the yoga amass detailed lower levels of useful incapacity because of peevish inside disorder, and in addition bring down nervousness and less utilization of feeling centered shirking, which is an unfortunate adapting methodology. These outcomes recommend that yoga practice can improve the probability of positive conduct designs and decrease negative practices. These discoveries were further substantiated by a review directed on fourth and fifth grade internal city understudies in Bronx, New York (Berger *et. al.*, 2009). There were thirty-nine kids who rehearsed yoga and thirty-two who did not. Both

gatherings were surveyed toward the start and end of a twelve-week time span. Both yoga and non-yoga bunches had comparable pre-mediation levels of passionate prosperity. Following twelve weeks of yoga, youngsters in the yoga aggregate would be wise to post intercession negative practices scores in light of stress. The outcomes proposed a part for yoga as a preventive intercession and in addition a way to enhance youngsters' apparent prosperity.

When examining stress adapting systems, it is fundamental that youngsters create positive and solid adapting procedures, as opposed to unfortunate techniques. Solid methodologies incorporate correspondence with companions, relatives, educators, or advisors, and getting quality from philosophical and otherworldly convictions. Undesirable systems could incorporate substance manhandle, utilization of liquor, sniffing unpredictable substances, and in more youthful kids, dietary problems. At the point when presented to stress, youngsters may over eat or eat not as much of course. These days this circumstance has been further declined as youngsters are over mindful of their self-perception, and how they appear to their associates. This is most likely identified with the way that a poor self-perception is related with low self-regard and kids who are overweight are all the more frequently harassed and left out of gathering exercises. Regarding this yoga has been valuable in helping youth at hazard for creating sort 2 diabetes to get in shape (Benavides, and Caballero,2009). A twelve week forthcoming Ashtanga yoga program had twenty members. Fourteen of them, matured eight to fifteen years finished the program. The normal weight reduction in twelve weeks was two kilograms. Four out of five kids who had low self-regard in any case enhanced, while two had diminished self-regard. An additional twelve-week program was assessed in a different review (Slawta *et. al.*, 2008). This program was called 'Be a Fit Kid' and included running, yoga, bouncing and quality activities. There was likewise a sustenance part, which concentrated on an eating regimen rich in vegetables, natural products, unsaturated fats and entire grains, and was low in immersed fat and sugar. Taking after the twelve-week mediation huge enhancements were seen in body structure, wellness, sustenance learning, dietary propensities, and in the individuals who took an interest seventy-five percent of the time there were huge decreases in all out cholesterol and triglyceride levels. Consequently consideration of yoga in a workout schedule was useful in enhancing the physical wellness of youngsters. The mental effect of yoga practice was appeared in another review which inspected the likelihood of decreasing body disappointment in fifth grade young ladies (Scime, and Cook-Cottone, 2008). There were seventy-five yoga gather members and sixty-nine in a control assemble. The yoga



sessions comprised of intuitive talks, yoga practice and unwinding. There was a huge diminishing in body disappointment and bulimia taking after yoga and also an expansion on the social size of a multidimensional self-idea scale. Thus yoga hone gives off an impression of being helpful in the administration of dietary problems realizing both physical and mental advantages.

### 3. ATTENTION DEFICIT HYPERACTIVITY DISORDER

Another confusion which has demonstrated change with yoga practice is consideration deficiency hyperactivity issue (ADHD). ADHD is a standout amongst the most well-known mental issue that creates in kids. It is a crippling condition if untreated, as kids with ADHD have impeded working in numerous settings including their home, school and in their association with companions. Side effects of ADHD incorporate indiscretion, hyperactivity and mindlessness. On the off chance that ADHD is suspected, the determination ought to be made by an expert with preparing in ADHD, which could incorporate tyke therapists, clinicians, formative and behavioral pediatricians, behavioral neurologists and clinical social specialists. The restorative treatment for ADHD is currently viewed as best supplemented with conduct treatment. Yoga might be viewed as a type of treatment expected to change conduct. Young men determined to have ADHD by master pediatricians who were balanced out taking drugs were the members in one trial of yoga for ADHD. The young men were haphazardly relegated to two gatherings, a yoga bunch (n=11) or a control aggregate (n= 8). Evaluations incorporated the Conner's Parent and Teacher Rating Scales, the Test of Variables of Attention, and an actigraph which could recognize and measure development. The outcome demonstrated a few advantages with yoga rehearse yet couldn't be viewed as convincing. The yoga gather (yet not the control aggregate) indicated critical change in five subscales of the Conner's Rating Scales, these were oppositional, and the worldwide record for enthusiastic lability, the worldwide file add up to, worldwide list anxious/hasty and the ADHD file. However noteworthy upgrades were likewise found for the control amasses, yet not the yoga assemble on three subscales, which were: hyperactivity, on edge/modest and social issues. The upgrades found in the yoga gathering were expanded in the individuals who occupied with more home practice. Another review additionally researched the handiness of yoga for youngsters with a clinical determination of ADHD (Haffner, *et. al.*, 2006). There were nineteen youngsters with a clinical conclusion of ADHD. The nineteen kids were randomized as two gatherings, a yoga amass and a gathering given traditional engine preparing. The yoga assemble performed superior to anything the control aggregate in a consideration undertaking and in evaluations of ADHD indications. While ADHD is an analyzed condition which requires treatment, numerous

youngsters these days are more dynamic than would be normal. This has various repercussions, for example, the powerlessness to be mindful and perform well in school, evident misconduct, and in a few youngsters, rest issue, including eagerness. While polysomnograph recordings on grown-up experienced meditators have demonstrated an expansion in moderate wave rest, with less feelings of excitement and general bring down thoughtful volume, contrasted with the individuals who did not ponder (Patra, and Telles, 2009. Patra and Telles 2009), there have been no reviews so far on the impact of yoga on kids. In any case, it is sensible to conjecture that yoga practice may effectsly affect the rest structure in kids, which would affect their working amid the day.

The last emotional wellness issue specified in this, which has been overseen by yoga, is post-traumatic-push issue. Youngsters might be presented to various sorts of traumatic occasions and viciousness. While common issue, for example, surges or typhoons have less odds of being customized, face to face showdown with an aggressor or being a casualty of sexual mishandle or torment is clearly more customized and subsequently more traumatic. One hundred and thirty-six secondary school understudies in Kosovo were given a six week intercession for post-traumatic-push issue in post-war Kosovo (Gordon, *et. al.*, 2004). The six-week program included reflection, biofeedback, drawings, autogenic preparing, guided symbolism, genograms, developments and breathing systems. Three separate projects were held roughly two months separated. Post-traumatic-push scores essentially diminished after investment in the projects. The scores stayed low in the two gatherings that partook in the subsequent review when contrasted with pretest measures. This is a case of post-traumatic-push issue taking after introduction to savagery. In a different review, profound spellbinding helped treatment, which could be comprised as united to yoga treatment was assessed after the fear monger assault in Bali, in 2002 (Lesmana, *et. al.*, 2009). There were two hundred and twenty-six kids between the ages of six and twelve years among whom fifty-three percent were females. Every one of them had encountered the fear based oppressor bomb impacts in Bali in 2002 and were thusly determined to have PTSD. Forty-eight of them got otherworldly trance helped treatment, while one hundred and seventy-eight did not. Profound trance helped treatment created a 77.1 percent change at a two year take after – up contrasted with 24 percent in the control amass.

These reviews recommend that yoga and unified intercessions are helpful in the administration of post-traumatic-stretch issue in kids. In rundown the present demonstrates that yoga enhances physical and mental prosperity in kids. Particular resources enhance, for example, spatial memory in a deferred review undertaking, execution in a key arranging errand and in an assignment for specific and

managed consideration. There was additionally better execution in assignments for observation and engine aptitudes.

#### **4. EFFECTS OF YOGA IN CHILDREN:**

Yoga likewise has advantageous impacts in the administration of uneasiness, dietary issues, consideration shortage hyperactivity issue, and post-traumatic-stretch issue. Some of these reviews were sensibly very much composed, however additionally research is required to comprehend the instruments fundamental the advantages seen with yoga rehearse. Different reviews can be viewed as exploratory, and frame the reason for future more thorough reviews. There are a few difficulties in exploring the impacts of yoga in youngsters. A portion of the troubles are identified with doing evaluations in youngsters. Many reviews utilize the least demanding to gauge target tests (a standard illustration is the EUROFIT battery of tests). However numerous parts of intellectual and enthusiastic working require the utilization of complex mental polls. Contingent upon their age and understanding, youngsters may think that it's hard to react precisely to the inquiries inquired. Other youngsters might be reluctant to give reactions which they would feel could impact the way they are judged by their associates and educators. Aside from methodological issues identified with evaluating the youngsters' reaction to yoga, there are sure issues identified with instructing yoga to kids. There are three primary contrasts amongst yoga and physical action. One of them is the way that yoga practice is portrayed by guiding the consideration regarding all sensations emerging in the body and keeping up mindfulness without being occupied. This is regularly for all intents and purposes troublesome. For all intents and purposes, youngsters are regularly approached to sit still for brief periods in the first place and know about some sensation in their body which is anything but difficult to see, for example, the developments related with breath. This likewise turns into a piece of the preparation in figuring out how to watch brief times of quiet. The second distinction is requesting that the youngsters recall to co-ordinate the periods of breath with various body developments. For instance they are made a request to take in as they twist in reverse and breathe out with forward bowing. These guidelines about going with particular developments with periods of breath are the second recognizing highlight amongst yoga and physical action. The third recognizing highlight amongst yoga and physical exercise is that amid the act of yoga the educator ceaselessly reminds the youngsters to unwind. This likewise is frequently testing as youngsters would presser to be effectively occupied with physical action. In any case preparing in unwinding is both essential and doable to do with youngsters. While instructing yoga to kids, represents an arrangement of difficulties, there are distinctive challenges related with completing

exploration on the impacts of yoga in youngsters. One of the troubles is making the test intriguing for the tyke so that the tyke would crave playing out the test. By and large long or included surveys cause a tyke to be impartial and reckless in reacting. The other trouble is guaranteeing that the youngster comprehends what is required to be done or what precisely a question implies, and the sort of reaction anticipated. Given this circumstance in which the outcomes might be altered by the way that youngsters may either not comprehend or not play out the tests with finish intrigue and comprehension would be especially applicable for more youthful kids. Aside from this when endeavoring to comprehend the impacts of yoga practice it is fascinating to see how the practices affect the conduct of kids, especially their communication with their companions and educators at school, and their kin at guardians at home. Polls may frequently give misdirecting comes about. In these cases watching the real conduct of the youngsters in a school setting utilizing an organized observational technique might be much more valuable than endeavoring to answer these polls through surveys regardless of the possibility that they are turned out to be solid and substantial for offspring of a specific age amass. Thus a mix of research techniques would to be the most ideal approach to comprehend the effect of yoga on the physical, mental, passionate, and social wellbeing and conduct of kids.

#### **5. CONCLUSION:**

In the present examination, accordingly of two preparing programs the accompanying enhancements happened on wellbeing related physical wellness, basal metabolic rate, and lipid profiles of stout youths.

1. It was closed from the aftereffects of the review that the physical activities and yoga hones bunches indicated huge change in strong quality and continuance, adaptability, and cardio respiratory perseverance when contrasted and a control amass and in addition pretest.
2. Consistent routine of physical activities and yoga hones fundamentally diminished the level of body mass file, muscle to fat ratio and fat free mass.
3. 12 weeks of physical activities and yoga hones essentially diminished the basal metabolic rate.
4. Orderly and very much arranged physical activities and yoga rehearse programs altogether decreased the aggregate

cholesterol, LDL cholesterol, triglycerides in fat youths.

5. Because of the impact of physical activities and yoga rehearses altogether expanded the level of HDL cholesterol, when contrasted and a control bunch and pretest.
6. The physical exercise preparing has contrasted fundamentally in all the reliant factors when contrasted with the yogic preparing frameworks.
7. Physical exercise preparing was a reasonable preparing framework to enhance the wellbeing related wellness parameters, BMR and enhance the lipid level in blood among the stout youths.

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