

## THE EFFECT OF SIMPLIFIED KUNDALINI YOGA ON ACADEMIC ACHIEVEMENT OF THE STUDENTS

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### Abstract

The present study was aimed to investigate the effect of SimplifiedKundalini Yoga (SKY) on academic achievement of the Students. The Study was conducted using 450 students from Polytechnic Colleges Situated in Kanchipuram District. The training consist of simplified Physical exercises, meditation and introspection was imported to the experimental group of 250 students. ‘T’ test were used to study the impact of yoga on the academic achievement of the students.Results of training showed significant effect on the Academic Achievement of the students

**Key words:** Simplified Kundalini Yoga (SKY), Meditation, Yoga.

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**Introduction:**

Yoga is derived from the Sanskrit word *Yuj* which means to link origin, bringing harmony to Body mind relationship. Yoga aims at bringing good health and equanimity of mind to its practitioners at all times under various pressure and tension. Yoga develops Physical, Mental, Intellectual, Emotional and Spiritual components.

Simplified Kundalini Yoga (SKY) founded by Yogiraj Vethathri Maharishi is an integrated system of Simplified physical exercises, meditation and steady introspection which leads to individual self realisation. SKY focuses on the development of personality of the individual in the following levels,  
Physical level, Mental level, Intellectual level, Emotional level and Spiritual level.

**Objective of the Study:**

- To find out the effect of Simplified Kundalini Yoga (SKY) on the academic achievement of the students.

**Hypothesis:**

- Yoga training has no significant effect on students Achievement.

**Methodology:**

Experimental research design is used. A sample of Polytechnic college was selected randomly, from which 450 ECE and Computer Science ( I Year) Students belonging to both sex were selected for the study 250 formed experimental group and 200 formed the control group. Simplified Kundalini practices were formulated and followed. Simplified Kundalini Yoga has a systematic series of physical exercises, suitable for all climates and men, women and children of all ages. None of the internal parts of the body are subjected to any strain. Time

duration to perform these exercise is short and the schedule is easy. Some of the physical exercises included were Hand exercise, Leg exercise, Acupressure, Neuromuscular exercise, eye exercise, Makarasana, Relalaxation.

Medidation is done in simplified Kundalini Yoga by raising the KundaliniShakthi from Mooladhara to Agnya Chakra. Meditation were taught to the students namely Agnya, Santhi, Thuriya ensuring that all the students of the experimental group experienced the presence of KundaliniShakthi. The frequency of the mind reduces from a normal state of  $> 15$  cycles/sec to 8-14 cycles/sec during Agnya stage and shanthi stage and to 3-7cycles/sec during Thuriya stage. Thepractices of Agnya stage meditation improves the awareness and will power of the student. Shanthi stage relates the body and mind and the practices of Thuriya stage improves the memory power.

Introspection is necessary to improve the character of an individual to get enlightenment and to enjoy peaceful and happy life.

During the training the students were taught to analyse their thoughts and regulate ther action moralise desires through which the practitioners could analyse them and decide how to act on them neutralise anger, eradicate worries which can be achieved by analysing them, finding out the causes and how to deal with them, realise self consciousness.

#### **Data Collection:**

Simplified Kundalini Yoga (SKY) training was given by the investigator, to the students of experimental group for 20 consecutive days. SKY teachers and the investigator paid individual attention to all the students with particular reference to their mobility, flexibility, general concentration towards training. The students were monitored a week for a period of 90 days following the training period. The students practiced SKY in the college premises. Results were recorded after the 90 days of follow up practice. Achievement test was conducted for both experimental group and control group based on their subject. The questionnaire for achievement test prepared and was given to the students. This test marks were noted.

Mean, SD and 't' test were used to study the impact of yoga on the achievement of the students. Further 't' value is calculated to find out existence if any of significance difference between the two specific groups.

**Results and Discussion:**

The Mean values of the experimental group are higher than that of the control group. It is also observed that the 't' value are significant, which implies that the training has a significant effect on academic achievement of the students. The Academic Achievement of the Students who have received the training had significantly improved.

**Conclusion:**

With dynamic changes taking place in all spheres, adolescents in the coming decades will face new and more intense tension. The practice of Simplified Kundalini Yoga will enable them to unfold a greater and more powerful consciousness though simple physical exercise, meditations and introspection. The study makes a strong recommendation to the introduction of SKY in the educational system to give the students an opportunity to develop their physical, mental, intellectual, emotional dimensions for the buildings of a harmonious personality.

**Table 1**  
**Effect of Simplified Kundalini Yoga (SKY) on Academic Achievement**

Variable	Control Group (N=200)		Experimental Group (N=250)		't' Value
	Mean	SD	Mean	SD	
Academic Achievement	56.95	11.78	64.98	10.89	7.485

Significant at 0.01 level

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