



EFFECT OF SIMPLIFIED KUNDALINI YOGA PRACTICES ON IMPROVEMENT OF STUDENTS' VISION

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ABSTRACT

Background: The amount of studies showing different benefits of SKY yoga is growing. This study aimed to examine the effect of SKY yoga on improvement of students' vision. **Subjects and Method:** Eye tests were conducted on 80 volunteer participants (N=80) before and after six months of SKY training. All the participants are ninth standard students. Data was analyzed using R software. **Results:** There was no correlation between pre and post tests of right eye in the control group ($p>0.05$). Whereas there was a correlation between pre and post-tests of left eye in the control group ($p<0.05$). There was no correlation between pre and post tests of right eye and left eye in experimental group ($p>0.05$). There is no significant difference in the result of within group test ($p>0.05$). The variances of control group and experimental group were not same ($p<0.05$). While between group results were compared, significant difference were found in right eye ($p<0.05$). Whereas there was no significant difference in left eye ($p>0.05$). **Conclusions:** Obtained results showed that a six months Simplified Kundalini Yoga practice and food habit suggested by Vethathiri Maharishi improves vision in school students.

KEYWORDS: SKY Yoga, Meditation, Eye Problems, Vision Improvement.

INTRODUCTION:

A child needs many abilities to succeed in school. Good vision is a key. Reading, writing, chalkboard work, and using computers are among the visual tasks students perform daily. A child's eyes are constantly in use in the classroom and at play. When his or her vision is not functioning properly, education and participation in sports can suffer.

As children progress in school, they face increasing demands on their visual abilities. The size of print in schoolbooks becomes smaller and the amount of time spent reading and studying increases significantly. Increased class work and homework place significant demands on the child's eyes. Unfortunately, the visual abilities of some students aren't performing up to the task.

The most common vision problem is nearsightedness or myopia. However, some children have other forms of refractive error like farsightedness and astigmatism. Yogasanas are known to improve the functioning of our organs. Yoga also happens to have a series of exercises that can improve the functioning of our eyes. These exercises can help overcome various eye-related problems such as short sightedness and long sightedness. Vethathiri Maharishi has devised Simplified Kundalini Yoga, popularly known as SKY Yoga. The aim of the study was to find out the effect of SKY Yoga on improvement of student's vision.

SUBJECTS AND METHODS

Subjects: 80 Volunteer students from Standard Group of Institution of age group 14 to 15 years, having eye problem, came forward and showed interest to participate in the research. 40 students out of 80

showed interest to participate for yoga training daily. They were recruited for the experimental group and remaining 40 students were recruited for the controlled group.

Methods: This study was Quasi experimental design. As students were minor, informed consent were collected from parents of the students. Pre eye test was conducted for all the 80 subjects and 40 subjects underwent Simplified Kundalini Yoga training for one hour daily for six months. During the training they were provided yogic food suggested by Vethathiri Maharishi. They were asked to practice at home during holidays and check list was maintained for the same. After six months, post data was collected for all the 80 students.

STATISTICAL ANALYSIS

Data analysis was carried out using the R version 3.4.0 (2017-04-21). Results with $p < 0.05$ were considered significant. Normality test was done for all the variables. As variables don't follow a normal distribution at 5% significant level, non-parametric test was chosen Spearman's rank correlation was done to examine the relationship between pre and post data of both controlled group and experimental group. The Wilcoxon Signed Rank Test was conducted to examine mean difference within control group and within experimental group. Levene's test was done to check for equivalence of variance. Wilcoxon sum Rank Test was carried out to examine the changes between means of control group and experimental group.

RESULTS

There was no correlation between pre and post tests of right eye in the control group ($\rho = 0.7988801$, $p\text{-value} = 6.47810 \times 10^{-10}$). Whereas there was a correlation between pre and post tests of left eye in the control group ($\rho = 0.4902742$, $p\text{-value} = 0.001321$). There was no correlation between pre and post tests of right eye and left eye in experimental group ($\rho = 0.8173377$, $p\text{-value} = 1.23610 \times 10^{-10}$; $\rho = 0.720322$, $p\text{-value} = 1.60410 \times 10^{-07}$).

The P-value of the Wilcoxon signed Rank Test of right and left eyes of control group were 2.38810×10^{-05} , 6.78210×10^{-06} , which are more than the significance level $\alpha = 0.05$. Hence, the mean of difference was zero. The P-value of the Wilcoxon signed Rank Test of right and left eyes of Experimental group were 8.34410×10^{-08} , 2.57310×10^{-07} , which are more than the significance level $\alpha = 0.05$. Hence, the mean of difference was zero.

The variances of control group and experimental group were not same (P-value of right eye pre and post were 0.003627 , 0.0411 and of left eye pre and post were 0.001653 , 0.02435).

The means of control group and experimental group were not same for right eye pre and post tests ($p\text{-value} = 0.0003625$ and 0.0007573). Whereas means of control group and experimental group were same in case of left eye pre and post tests (P-values = 2.36710×10^{-05} and 8.42110×10^{-05}).

DISCUSSION

Our aim was to clarify the effect of Simplified Kundalini Yoga on the improvement of students' vision improvement. The relationship between pre and posttests of right eye was significant and of left eye was not significant in control group. Whereas the relationship between pre and post tests of right and left eyes were not significant in experimental group.

Pre and post-test results of right and left eyes were not differing significantly within control group and experimental group.

The variance was not equal for right eye pre test and variance are equal for right eye post test between control group and experimental group. The variance was not equal for left eye pre test and variance was equal for left eye post test between control group and experimental group.

There was significant change in pre and post tests of right eye. Whereas there is no significant change in pre and post tests of left eye between control group and experimental group.

CONCLUSIONS

The results show that a six month Simplified Kundalini Yoga practice and food habit suggested by Vethathiri Maharishi improve vision in school students. In future, research can be done on different eye problems in different age groups using SKY yoga as intervention.

REFERENCES

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