

Abstract

Introduction:

Attention

Is the behavioral and cognitive process of selectively concentrating on a discrete aspect of information, whether deemed subjective or objective, while ignoring other perceivable information. *ujjayi pranāyāmā* is the process through which one can calm down the mind and which can improve attention

Memory

Memory is the capacity to retain and recall information about past and present incidents. Memory capacity, is the ability to analyze and synthesise the assimilated information and not information storage alone. Memory power varies between individuals. While the Memory is latent capacity to retain and recall information, *yoga* assists in improving the memory power with yogic techniques of concentration and meditation.

Methods and materials:

Pre-post design with sample size of 35 male participants ,normal students who are in the age range of 17-30 years. Students who have any chronic illness and mental illness, and those Participants those who are not able to perform *ujjayi pranāyāmā* who are not willing to participate were excluded.

Result: Significant improvements are found in both attention and memory after 10 minutes of *ujjayi pranāyāmā* in male participants.

Conclusion: *Ujjayi pranāyāmā* found beneficial in both attention and memory in college curriculum may give good results in improving attention and memory.

Key words: Attention, Memory, *Ujjayi Pranāyāmā* , Sternberg memory task ,Mackworth clock test.