

**Part I: Concept of Kundalini according to Yoga and Spiritual Lore.  
Part II: Effect of Three Different Integrated Yoga Modules on Manual  
Dexterity in School Children.**

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**Abstract**

Yoga has already been shown to improve perceptual motor skills by increased tweezer dexterity. The present study was conducted to compare the effects of three different integrated yoga modules on fine motor movements, using Minnesota Manual Dexterity Test. After stratifying for sex, 295 school students of both genders (aged between 13 to 17 years, Mean age  $\pm$  SD, 14.42 $\pm$ 6.46), were randomly assigned to three groups IQ group [Intelligence Quotient] (n= 93), PS group [Physical Stamina] (n=102), and CV group [Creativity] (n=100). All the groups were trained in specific yoga modules for 10 days residential personality development camp (PDC) at Vivekananda Yoga Research Foundation, Bangalore, of South India. Fine motor movement skills were assessed using Minnesota Manual Dexterity Test.

Three different modules of yoga specially designed for improving Intelligence Quotient (IQ) or creativity (CR) or physical stamina (PS) developed by an expert team were used, the modules included Yogasana, Pranayama, Kriya, Meditation in general along with specific yogic breathing, games, lectures designed to enhance creativity, intelligence and physical stamina. All the three groups received identical daily schedule of practise or activity. Test of Manual Dexterity was administrated to children in all the three groups on the first and the last day. Test for normality was done through Kolmogorov-Smirnov And skewness test. IQ pre of baseline and CV baseline and PS baseline were transformed using  $\log_{10}(x + 1)$  transformation and the data was normal. Comparison between baseline data was done using ANOVA; within-group comparison was done using student's paired t test. Between group comparison of post-intervention data was carried out by means of one-way ANOVA. Results: The ANOVA for baseline values showed that the three groups did not differ significantly showing the homogeneity among groups .comparison pre and post values showed that there is significant improvement

( $p < 0.001$ ) in manual dexterity for all the groups. Manual dexterity improved in IQ group by 6.55%, in CV group by 10.35%, and in PS group by 12.36%. Between group analysis of the post- training data showed in which PS group was best. There was no gender effect. Integrated yoga module helps in improving manual dexterity among the children. The module designed for all the three groups were useful in improving manual dexterity.

### **Summary & conclusion**

Kuëòaliné is the dormant energy that is at the base of human function. Although there are varying views about Kuëòaliné one thing is certain- Kuëòaliné has the ability to activate the human consciousness in such a way, that the person can develop his most beneficial quality, can enter a much more intimate relationship with nature about him and can become aware of his Oneness with the whole cosmos. By means of Kuëòaliné Yoga, one tries to bring the centers from Mülädhära to Äjïä into operation so that the higher knowledge can be reviled. The man has mastered the material dimension, the energy of prakåti and discovered the mysteries of nature. Now, through the process of Kuëòaliné man should become the master of the spiritual dimension.

1. Integrated yoga modules have shown significant improvement in Manual dexterity (MD) in school students in age group 13 to 17 years.
2. The present study assessed the efficacy of intensive practice of IAYM for school students in manual dexterity of three different modules.
3. Design of This Study Was Randomly Allocation.
4. Data were normally distributed so Parametric test was done.
5. Data were well- matched in base line, so all were homogeneous data.
6. All three groups showed significant change ( $p < 0.001$ ) in pre-post test. But PS group showed more improvement between all the three groups. [IQ=6.55%, CV=10.35%, PS =12.36%.]
7. In all three-group multiple comparison IQ group showed significant difference with PS group and vice versa. There is no significant difference among the PSG and CVG.
8. Through the un-paired t test for male and female there is no gender effect on this study.

**Keywords:** Kundalini, spiritual lore, manual dexterity.