

**Part I: Concept of Rebirth according to the texts of Yoga and Spiritual Lore.  
Part II: Efficacy of Three Different Yoga Modules in Visual Memory on School  
Children.**

**By  
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**Abstract**

**Part I: Concept of Rebirth according to the texts of Yoga and Spiritual Lore.** Rebirth is very much in the blood of everyone in the Hindu tradition. About siddhis and paranormal phenomenon, we also are reading in all our epics, Puranas and the traditional literatures including Upanishad.

In Ramayana, Hanuman became very huge to cross the ocean and suddenly grew small to come out of the mouth of the raksasi, surasa on his is a very common example. All the faiths born in this country – Vedic, Jain, Buddha, Sikh etc. believe in the Karma siddhanta. Rebirth is the natural corollary of this Law of cause and effect called karma siddhanta.

That subtler bodies exist, has also been corroborated by well-known persons – Swami Vivekananda has reported that while he was in Banaras, (now Varanasi) he saw such weird-looking supernatural figures approaching him. He blessed them ending their miserable states. At the psychological level, assurance of rebirth is a light of eternal hope for mankind. It means that you have several opportunities for improving yourself, and to grow in course of time. Sri Krishna assures that even a yoga-bhrasta-one who had fallen from the path of yoga in this birth-would be reborn in a congenial atmosphere in the next birth, so that he can pick up the thread from where he had left and continue the sadhana. Nothing that you do here will go waste. Rebirth also inculcates in the human consciousness a sense of one's own responsibility vis-a-vis his life-situations. For, the law of karma, implied in rebirth simply says "As you sow, so you reap".

The karma siddhanta involves a powerful element of freedom also. Dr.S.Radhakrsnan illustrates the relation between the factors of pre-destined impact of karma or fate and freedom. He says that karma siddhanta is a play of fate and freedom. In the game of cards, fate decides the cards you get, but the skill you cultivate also to a large extent decides whether you win or lose. He

also illustrates this point by the situation of a calf tied to a pillar. It is free to roam about within that orbit but cannot cross it.

Thus, we find that the concept of rebirth unfolds many expanding principle, ultimately taking within its sweep the entire gamut of life-values capable of offering the much needed panacea for the manifold problems and challenges eating into the very vitals of human existence on earth today.

### **Summary and conclusion**

At the psychological level, assurance of rebirth is a light of eternal hope for mankind. It means that you have several changes for improving yourself and to develop and grow in course of time. Sri Krsna assures, that even a Yoga-bhrasta-one who had fallen from the path of yoga in this birth-would be reborn in a congenial atmosphere in the next birth, so that he can pick up the thread from where he had left and continue the sadhana. Also he says nothing that you do here will go waste.

According to the Buddhists, rebirth takes place at the end of this life. Buddhists regard rebirth as a fact. There is evidence that each person has lived many lives in the past and will continue to live more in the future. Buddha believed that suffering is a result of selfish desires that chain people to the wheel of insubstantial impermanent things. Living according to the Dharma will help one eliminate these desires thus leading you to Nirvana. According to Jainism the substance comes into being, the substance is destroyed, the substance remains steady'. The substance is not destroyed. The form of the substance changes but the original substance remains as it is. Hinduism, Buddhism, and Jainism accept this philosophy. This is reflected in the attitude to life exhibited by the practitioners of these religions the semitic religions on the other hand appear to rest this philosophy. The Kabala sect of Judaism believes in the concept of rebirth. Early Christianity believed in this philosophy, until it was declared anathema during the time of Emperor Constantine. The Sufi sect of Islam firmly believes in this concept. Parapsychologist of modern time has been experimented with many of their patients, by resorting to past life regression studies, leading to startling revelations. However, the most fascinating evidence of rebirth has come from the United States of America, which is considered by most people as one of the most materialistic countries of the world. This the story of Edger cayce, none popularly as the sleeping prophet and the seer-out of –season.

## **Part II: Efficacy of Three Different Yoga Modules in Visual Memory on School Children.**

The present study assessed the visual memory in school children following general yoga practices. Children (n=270 whose ages ranged from 13-17 years) were randomly assigned into 3 groups. Each group practiced a specific yoga technique (Physical stamina = Dynamic practices, Creativity = artwork, crafts, skits, IQ= Special quiz, debate). These techniques were practiced for 10 days. Visual memory was assessed initially and after 9 days. All 3 groups showed significant increase in visual memory ( $p < 0.001$ , paired sample test) but physical stamina showed a higher increase (33.7% change) than other two groups. The balancing effects of yoga modules could have been responsible for increase the visual memory in all the three groups.

### **Summary and conclusion**

1. The present study is done to assess the efficacy of 'Integrated yoga module (IYM) with the use of three different yoga modules on visual memory.
2. The present study was also done to examine whether the physical stamina group (yoga module) showed much improvement in the visual memory in school children. The present was also done to check whether gender had an effect on the changes in memory scores.
3. In this study, school children (n=270, age range=13 to 17 years) were randomly assigned to three groups namely IQG, CRG and PSG.
4. The groups had interventions of IYM to enhance CRG, IQG and PSG. The number of students in each group was IQG (n=74), CRG (n=96), PSG (n=100).
5. The assessments for visual reproduction (visual memory) were taken on the 1st and 9th day of the course. The subjects were told that the memory test were for their self-assessment to understand the benefits derived from the course. The necessary conditions for the test namely, the seating arrangement, timing was strictly adhered to.
6. The scoring done for the test was based on Wechsler's memory scale for children. The intervention for the study included yoga practices, which were very specific for the three yoga modules.
7. The analysis of data was done after checking for elimination of abnormal data and attrition of data. The normality test showed that the groups were of normal distribution. The 'f' test showed that the groups were

homogenous. The paired 't' test indicated that all the three groups showed improvement. The Multiple comparisons Dunnett test showed that was significant than the other two groups. The showed that the PS group showed more significant than the other two groups. The scores showed results with regard to gender too. The total males between groups showed significant difference. ( $p=0.000$ ) The total females did not show significant difference between groups. ( $p=0.556$ ).

8. Hence the above study shows that yoga has a role to play in the improvement of visual reproduction, with greater improvement in the PS group. The improvement in PS may be due to the balancing effects have influenced the visual memory.

**Keywords:** Rebirth, spiritual lore, school children, visual memory.