

Part I: Yoga for Women According to Yoga Texts and Spiritual Lore.
**Part II: Efficacy of Three Different Integrated Yoga Modules on Creativity in
School Children (13 to 17 year)**
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ABSTRACT

Part I: Yoga for Women According to Yoga Texts and Spiritual Lore.

Yoga is very much helpful in the life of women. Karma Yoga makes them to work even in the busy schedule in a relaxed and detached way. Bhakti Yoga cultures the emotion and develops the aesthetic sense in women. Raja Yoga is extremely relevant to the modern women who are facing different types of modern problems.

Raja Yoga solves problems through developing the will power in women. Jnana Yoga develops the analytical ability in women. It also establishes the strong discriminating power that gives the right knowledge. Various Asanas, Pranayama, Kriyas and Mudras and Bandhas develops the Physical Stamina and strength in modern women, who work both in familial and social scenario. Different types of Dharanas and Dhyanas calm down the mind and relieve the modern women from stress, who are facing problems both in personal and official activities. Yamas and Niyamas are very much helpful to the modern women who are extremely tempted to go in adharmic ways and those who lack moral character and human values only suffer . Thus, Yoga helps in a woman's life in a holistic way.

Conclusion:

Practice of Asana after delivery strengthens the spinal column, the stomach and abdomen return to shape the waistline becomes slim; muscles of the breasts are tightened and retain their shape.

Pranayama helps in maximizing the oxygen uptake which helps the foetus to grow better, because it taps the bio-energy, which is necessary for the

development of foetal organs and Physiological functions. It helps to correct the disturbance in the mother's channels and brings a better relaxation in body and mind. Deep Breathing Technique in the last stages of pregnancy (Labour) helps in making the process of delivery easy by enhancing the action of diaphragm on the fort us uterus.

Part II: Efficacy of Three Different Integrated Yoga Modules on Creativity in School Children (13 to 17 year)

The study was conducted to compare the effect of three different Integrated Yoga Modules on creativity in 224 school students of both genders, aged between 13 to 17 years. After stratifying for sex, subjects were randomly allocated to three groups which were assigned to Intelligent Quotient-specific yoga module (IQ), creativity- specific yoga module (CV), or physical stamina-specific yoga module (PS). All the groups practiced their specific yoga modules for 10 days. Creativity was assessed using a paper pencil test of divergent production, based on Guilford's model of intelligence (1950) or Structure of Intellect or SOI model that measures distinct creative abilities. The subjects were evaluated on creativity at the beginning and the last day of the camp. The results suggest that all three groups showed a significant improvement at the creativity task scores following 10 days of their respective intervention ($p=0.001$, two tailed, Paired 't' test). Mann Whitney test was done to compare the pretraining value of boys and girls. Wilcoxon signed ranks test analysis shows that there was significant improvement in total Creativity scores of the groups (except PS group). One way ANOVA test showed no significant difference between the groups. Hence the present study shows the efficacy of an integrated yoga module in improving the creativity scores, irrespective of yoga modules given to improve special faculties.

SUMMARY AND CONCLUSION

1. The present study was done to assess the efficacy of three different integrated yoga modules on Guilford's model of figural creativity which had four facets i.e., fluency, flexibility, originality and elaboration. There was significant improvement in all groups except PS ($p<0.005$). The magnitude of change was 0.77%, 5.77%, 10.37% in PS, IQ and CR groups respectively. The CR module of yoga seems to be better than PS and IQ although the p values on multiple comparison between groups has not reached significant levels.

The results suggest that yoga improves creativity which may be due to the anxiety reducing effect of yoga.

Keywords:Yoga for Women,spiritual lore,children.