

PART – I
CONCEPT OF UNMADA ACCORDING TO INDIAN SCRIPTURES
PART – II
EFFECT OF YOGA ON ADHD CHILDREN

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ABSTRACT

Objective: This pre and post with control design evaluated the effect of yoga add on attention and ADHD symptoms.

Methods: There were 63 ADHD children in the age range of 6 to 14 years. Potential participant were assessed pre and post intervention on ADHD Rating Symptoms Scales and Six Letter Cancellation Test. (SLCT) Yoga training was given by yoga teacher for 1 hour, 4 days in a week for 4 months and consisted of Suryanamaskar, Nadisuddhi and Bhramari with Special Education. The control group were practiced only special education (Behavior modification, Counselling) for equal duration of time.

Results: SLCT and ADHD Symptoms Rating Score showed Significant improvement in SLCT score and ADHD score in Yoga group. Whereas Control group Showed decrease in SLCT. Yoga group found significantly differ from control group.