

Participation in yoga classes among school going children

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■ **ABSTRACT :** The objective of the present study was to investigate the participation in yoga classes among school going children in Uttar Pradesh, Academic year of 2012-2013. The present study was conducted at Lucknow district in Uttar Pradesh. The samples were selected through purposive random sampling. 60 students of Private school were involved in the study. Sixty student of age group between 13 to 16 years comprised the sample of the study. Self- made questionnaire were distributed among the School students to get information. This study examines that yoga is one of the most outcomes of physical fitness, mental fitness and emotional fitness of daily life. yoga and mindfulness training are examples of less traditional methods being explored to help children manage this stress including academic performance, discipline, attendance and students' attitudes about themselves at the school.

■ **KEY WORDS:** Yoga classes, School going children

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