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Effectiveness of Yoga Program on Learning Ability of School-Going Children - An Experimental Study

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Abstract

This experimental study investigated the effectiveness of a yoga program on the learning ability of school-going children. The study was conducted among 30 VII Standard students from a CBSE school in Nagpur. An experimental research method with a single-group pre-test and post-test design was employed. Students were assessed before and after participating in a one-month yoga program. Data were collected through questionnaires and analyzed using mean, standard deviation, and the t-test. The pre-test results showed a mean score of 11.7 and an achievement percentage of 46.26%, whereas the post-test results showed a mean score of 20.8 and an achievement percentage of 83.6%. The calculated t-value of 8.2172 was higher than the tabulated values at both the 0.05 and 0.01 levels of significance, indicating a statistically significant difference between the pre-test and post-test scores. The findings suggest that participation in a structured yoga program significantly improved the learning ability of school-going children. The study concludes that yoga can be effectively incorporated into school education to enhance students' concentration, attention, self-control, and overall learning performance.

Keywords: Yoga, Learning Ability, School-Going Children, Experimental Study, Concentration, Attention, School Education, Yoga Program.

Introduction

Yoga is basically the most important ancient art that aims towards the building up of a healthy mind within a healthy body. It reduces the stress during education in the children. It helps in the growth of the child psychology that's why the curriculums of schools have added up yoga in school education.

What is Yoga?

Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control and positive thinking and meditation aimed at developing harmony in the body, mind and environment. Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six astika schools of Hindu philosophical traditions. Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness. Yoga is defined as the 'cessation' of the meditation of the mind.

Organization of Yoga Program in School:

Yoga Program:

Yoga was originated in ancient India. It is one of the six orthodox schools of Hindu philosophical traditions. There is a broad variety of yoga schools, practices and echoes in Hinduism, Buddhism and Jainism. The term 'Yoga' in the Western world often denotes a modern form of Hatha yoga and yoga as exercise consisting largely of the postures or asanas.

Yoga teaching at school might help students feel better and improve their grades, new research suggests breathing, yoga based movement, and a mindful meditation follow helping students bring their attention to the present moment and preparing them for learning time School based yoga programs were defined as yoga practices or curricular developed by organizations especially for use in school settings. It is really beneficial for school-going children in building up their learning ability more and more strong.

School based yoga programs might also improve students' grades. For example one study randomly assigned 112 high school students to participate in either yoga or PE twice per week for 45 minutes across the entire academic year. Among students who had high levels of participation, the Yoga group ended up with a significantly higher grade point average (GPA) and the PE group.

Many authors wrote, "yoga may improve academic performance by enhancing self-regulation which may in turn mitigate stress, thus leading to enhanced attention and learning". Yoga makes students able to successfully cope up with challenging life events. Yoga practice may increase the student's sense of control and self-efficacy with respect to stress and emotion, thereby increasing resilience. The mission of organizing yoga program in schools is to empower students with yoga inspired exercises so that they can promote their lifetime wellness, develop body-mind awareness and nurture their own self.

Research over the past 10 years has shown yoga to have stress-relieving powers on students, paving the way for improved academic performance with the practice of asanas, meditation and breathing exercises. Students talked of decreased stress levels and being more at peace to study resulting in an increase in GPA.

Yoga programs in schools aims at helping students to increase the immunity and energy level. Yoga helps students to stay calm and fight mental health issues. Yoga helps to provide clearance and get rid of unnecessary thoughts. Yoga helps students to stay organized and help them get perform better. Yoga is a surprising but effective way to boost student's brain power.

Role of Yoga in Student's Learning Ability:

Yoga develops focus and concentration. The act of practicing poses encourages children to clear their mind and focus on the effort. As a result of this single focus to achieve a particular pose or stay balanced, yoga helps children to focus and concentrate in school and get better grades.

Yoga boosts self-esteem and confidence. It helps to instill confidence and to bring learning to children on experimental level. Yoga teaches them to preserve, be patient and work towards their goals. Yoga also provides tools for practicing comparison, mindfulness, generosity, focus, strength and flexibility. It strengthens the mind-body connection. It helps children to achieve a sound mind in a sound body by exercising the physical body and calming the mental spirit.

Yoga serves as a preventive role in adolescent mental health as adolescence is an important time for the development of mental health including coping responses to stress, yoga is very important to deal with this in a right manner. Yoga is an anti anxiety medication that can help

student to relieve his mental tension as well as stress. It sharpens brain.

Surya-namaskar is a great warm up for kids as it stretches the entire body and help move every joint and major muscle group present. In the age of immense competition, yoga certainly holds the power to calm a racing mind. With the help of yoga, students can understand their capabilities and can widen their mental horizon. Good breathing effects student's movement, their posture and their ability to handle stress in a positive way. Through Pranayam and other breathing exercises in Yoga, students can learn at a young age how to master the technique of breathing correctly and improve the quality of their life. An inspiring quote from 'Bhagavad Gita' can inspire children much, "Yoga is a journey of the self, through the self, to the self.:

Background of the Research Topic:

Yoga is not only about self-improvement but also about self acceptance. Self-improvement like positive thinking anger management and so many other devices of the prosperous self help industry, are superficial and ineffective ways to deal with our neurosis. They may work for some people some of the time but they often suppress other problems that will eventually manifest themselves in one way or other for example as an explosion of the repressed feeling or as psychosomatic disorder. In the best of cases that treat the symptom while doing little to eradicate the disease. It's true that you lead to self-improvement but this is more of a side effect. In any case, real-self-improvement doesn't come about without self-acceptance. And self-acceptance is impossible without self-knowledge.

Here are five ways that a regular yoga practice can help us find self-acceptance:

- It gets us moving
- It forces us to prove that we can
- It allows us to let go of the need to be perfect
- Relieve stress
- It helps us to see that we are worthy

The aim of yoga is to make the all round development and growth of a student so that he can be able to increase his learning ability. Yoga has been shown to improve both physical and mental health in school age children (ages 6-12).

Need and Importance of the Research Topic:

Yoga programs were included in school's curriculum but now-a-days period is included in regular time-table even of students in some schools.

Here are some of the amazing benefits of yoga which are as follows:

Focus: Our society is so full of distractions and children can hardly focus on anything for any decent length of time. Yoga can help kids as it

teaches kids to be present, to concentrate and focus on their breathing.

Promotes inclusivity: Yoga practice does not focus on winning, levels of ability or even being better than the person next to you. Instead yoga promotes inclusive practices as a group and encourages you to be the best you can be.

Refines balance: Balance is a key element of yoga. As children learn to improve their physical balance they will be filled with a sense of accomplishment.

Boosts confidence and self-esteem: Yoga helps to instil confidence and offers learning to kids on an experimental level. Yoga teaches kids to preserve, be patient and work towards their goals. When a child masters a new pose, it gives them confidence and self-esteem as they had to work to succeed.

Yoga improves attention and memory and alleviate academic stress. School based yoga might also improve student's grades. There are many new programs in education but in all those programs the researcher has selected yoga programs' effectiveness on learning ability of school going children so that the researcher thinks that the education in schools can be made easy by this learning concept and special students' ability can get a new path.

Yoga programs in schools are full of benefits for children as they are useful for students in –

- Managing their stress.
- Teaching them discipline
- Increasing their focus without medication.
- Releasing their pent up energy.
- Creating a healthy and learning environment for them.
- Improving their memory.
- Strengthening their thinking and understanding skill.
- Reducing absentees of mind during class.
- Learning correct breathing technique.
- Promoting mindfulness.
- Encouraging self-love and self-care
- Helping to bring peace of mind.
- Improving self-control
- Reducing absences and viol ences in school
- Enhancing coping skills.
- Increasing concentration power.
- Improving the quality of sleep
- Increasing self-confidence and self-esteem and
- Enhancing imagination level etc.

In this way there is a great need and importance of yoga programs in schools for increasing student's learning ability and student's strength of concentration.

Statement of the topic:

Effectiveness of Yoga programs on learning ability of school-going children- An experimental Study.

Functional definition related to the topic:

1. **Learning Ability:** Learning ability through yoga program aims at building confidence, awareness, managing stress, focus on studies and concentration of school-going children, here in this research.
2. **School-going children:** VII Std. students of CBSE Board are the school-going children for this research study.

Research Objectives:

1. To find out the impact of teaching on learning ability of VII Std. student.
2. To find out the impact of yoga teaching on learning ability of VII Std. students.
3. To study the effectiveness of yoga program on learning ability of school-going children.

Hypothesis:

There is no significant difference in teaching of yoga program on learning ability of school-going children.

Assumptions:

- 1 Learning of yoga is an important subject for the students of every age and class group
- 2 Yoga improves student's memory, weight, flexibility, balance, immunity, energy, physical appearances and the quality of their sleep.
3. Yoga education teaches discipline, self-love, self-care, peace of mind, self-control and coping skills of students.
4. Learning Ability – Yoga education increases student's self-control, concentration ability, focus in studies and reduces absence of mind during study.

Scope and Limitation:

1. Scope: Scope of this topic is very vast as it will be applicable to all VII Std. student in Maharashtra.
2. Limitations:
 1. The research work is limited to yoga education only.
 2. The research is limited to VII Std. students only.
 3. The study is limited to only for the research objectives.
 4. The Research is limited to Nagpur city schools only.
 5. The research is limited to CBSE school only.
 6. The findings of the research will be limited only for the VII class students.

Research Method:

Considering the nature of the research problem, the researcher used the experimental research method to solve his research problem.

Experimental Method:

Experimental method is the most scientifically sophisticated research method. Experiment is the most scientific technique and through it we get most accurate precise data and conclusions.

Experimental Design:

The single individual or one group experiment is the most elementary and least vigorous design, chosen for the present study. It consists of comparing the growth of a single group under two different sets of conditions i.e. the same group undergoes from two different processes.

The same group is evaluated before the experiment through pre-test then the same group is evaluated after the experiment through post-test.

Hence pre-test and post-test verification becomes easier. After this process we can test the effectiveness of this experiment.

Variable.

- 1) Dependent Variable-Learning ability.
- 2) Independent Variable – Yoga Program

Population and Sampling:

The students of standard VII from CBSE Board school in Nagpur is the population for the present study.

Simple Random Method is used by the researcher by taking 30 students as sampling. These students has represented the whole population of the research.

Tools for Data Collection:

For the present study questionnaires (Pre-test & Post-test) is designed and developed by the investigator with an intention to assess the extent and nature of learning abilities and interest patterns in student.

Pre-test is given to one group for testing their knowledge about Yoga. Then a yoga program of one month has been organised for the students and the information about the benefits of yoga and yoga exercise in the field of learning ability of students is conducted through yoga program then post-test is conducted on the same group. Achievements gained by the students in pre-test and post-test is verified.

Tools for Data Collection:

For the present study questionnaires (Pre-test & Post-test) is designed and developed by the investigator with an intention to assess the extent and nature of learning abilities and interest

Procedure to Collect Data:

The researcher contacted the principal and the teacher of the school for the study and research, then to make available this school for the study, they were pleased to you allowed the researcher to work at their school. The teacher introduced the researcher to the students. She spent some time with students to establish a rapport with them and told about the purpose for which she was there.

After solving the test by the students the researcher collected test paper and after that scoring was done.

Statistical Procedure:

The collected data was organised, classified and tabulated. Researcher collected the data with the help of pre-test and post-test.

The she scores obtained from the pre-test and post-test were tabulated. For this the researcher used the following statistical measures for analysing the data interpretation and drawing inferences and conclusions.

- 1) Mean
- 2) Standard Deviation
- 3) 't' Value

Analysis and Interpretation:

Analysis of data means studying the tabulated material in order to determine inherent facts or meaning. It involves breaking down existing complex factors into simpler parts and putting the parts together in new arrangements for purpose of interpretation

The interpretation or research data calls for a critical examination of the results of one's analysis in the light of all the limitations of his data gathering. Interpretation is by no means a mechanical process. It is a very important step in the total procedure of research. The process of interpretation is essentially one of stating.

Objective No. 1

To find out the impact of teaching on learning ability of VII Std. students. Teaching of topic by control method was done on a group of 30 students. The topic was introduced and taught to them. A test was conducted. It included questions with 1 mark each. Total marks of the test were 25. On the basis of their marks secured, percentage was calculated.

Table No. 1

Test	No. of Students	Percentage
Pre-test	30	46.26%

On the basis of marks secured by the students Means, Standard deviation and percentage was calculated.

Table No. 2

Test	No. of Students	Mean	S.D.	Percentage
Pre-test	30	11.7	5,916	46.26%

Observation:

In the present research conducted on 30 students, it is observed that in pre-test the percentage is 46.26% as shown in Table No. 1. As per Table No. 2 the Mean and Standard Deviation of pre-test are 11.7 and 5.916 respectively.

Interpretation:

According to the above mentioned observation, it is seen that the performance of students in teaching without yoga is not so much appropriate as should have been as per the observation shown in Table No. 1 and Table No. 3.

Objective No. 2

To find out the impact of Yoga teaching on learning ability of VII Std. Students.

Yoga classes were conducted on a group of 30 students for one month. To check the utilization of yoga classes on learning ability of students, the post-test of 25 Marks carrying 1 mark for each question, was conducted.

On the basis of the marks secured their percentage was calculated.

Table No. 3

Test	No. of Students	Percentage
Post-test	30	83.6%

The same topic was taught to the same group of 30 students after the completion of the yoga classes. In order to measure the performance of the

understanding of the students, the post-test was conducted.

On the basis of marks secured by the students Mean, Standard Deviation and percentage was calculated.

Table No. 4

Test	No. of Students	Mean	S.D.	Percentage
Post-test	30	20.8	1.341	83.6%

Observation:

In the present research conducted on 30 students, it is observed that in post-test the percentage is 83.6% as shown in Table No. 3 As per Table No.4 the Mean and Standard Deviation of Post-test are 20.8 and 1.341 respectively.

Interpretation:

According to the above mentioned observation, it is observed that the effectiveness of yoga classes has been proved a great success in bringing an enormous change in the learning ability of the students.

Objective No. 3

To study the effectiveness of yoga program on learning ability of school-going children.

Table No. 5

S.N.	Test	No. of Students	Mean	S.D.	't'	Percentage	Comparison
1	Pre-test	30	11.7	5.916	8.2172	46.26%	83.6-46.26=37.34%
2	Post-test	30	20.8	1.341		83.6%	

Observation:

It has been observed that the mean of teaching and yoga teaching is 11.7 and 20.8 respectively and standard deviation is found to be 5.916 and 1.341 respectively. The 't' value calculated is 8.2172. The difference between the percentage of pre-test and post-test of teaching and yoga teaching is 37.34%.

Interpretation:

According to the above mentioned observation, it is found that there is a remarkable difference between the Mean, S.D. and Percentage calculated of both pre-test and post-test.

Testing of Hypothesis:

There is no significant difference in teaching of yoga program on learning ability of school-going children.

S.N.	Hypothesis	't' value	Df	Level of significance	
				0.05	0.01
1	There is no significant difference in teaching of yoga program on learning ability of school-going children	8.2172	58	2.00	2.66

Observation:

In the present research in order to test the hypothesis the calculated value is 8.2172 at the df 58. The tabulated value at 0.05 level is 2.00 and at 0.01 level is 2.66 which means calculated 't' value is high in comparison with the table value at 0.05 level and 0.01 level. Hence the calculated 't' value is significant. Therefore it rejects the hypothesis.

Interpretation:

It is clear from the above mentioned observation that there is a remarkable difference in learning ability of school-going children after teaching of the yoga classes to them.

Objective wise Conclusion:

1. This report shows that in the teaching without yoga, the students do not have better understanding of concepts and they are lacking in their performance on learning ability as well.
2. This report shows that the yoga classes helped the students a lot to improve the learning ability in them.
3. The above interpretation shows that the learning ability of the students has been increased after conducting yoga classes for them as compared to the teaching through control method.

Hypothesis wise Conclusion:

1. By testing of the hypothesis, the calculated 't' value is significant at 0.05 and 0.01 level. Hence the hypothesis is rejected.
2. Therefore there is significant difference in teaching of yoga program on learning ability of school-going children.

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Conflicts of interest

The authors declare that there are no conflicts of interest regarding the publication of this paper.

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