IMPROVING PHYSICAL AND MENTAL WELL-BEING THROUGH PRANAYAMA AMONG THE IX-STANDARD STUDENTS

ACTION RESEARCH REPORT

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Submitted To

STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING, CHENNAI-6

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Signature of the Action Researcher

Place:

Date:

DECLARATION

` I hereby declare that Action Research entitled **"IMPROVING PHYSICAL AND MENTAL WELL-BEING THROUGH PRANAYAMAAMONG THE IX-STANDARD STUDENTS",** is submitted by me to the SCERT Chennai in the year 2023-2024 is the result of our original and independent Action Research work carried out under the co-ordination of Dr.V.Hemalatha, Principal, DIET, Krishnagiri. This work has not submitted earlier for completing any Action Research work or other similar titles in this or any other institution.

March -2024

Signature of the Action Researcher

Dr N. Indira,
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CERTIFICATE

Dr.V.Hemalatha

Principal

DIET, Krishnagiri.

Certified that this Action Research work entitled **"IMPROVING PHYSICAL AND MENTAL WELL-BEING THROUGH PRANAYAMAAMONG THE IX-STANDARD STUDENTS",** is done by Dr. N. Indira, Lecturer, DIET, Krishnagiri, the report has been submitted to State Council of Educational Research and Training, Chennai-6.

Principal

DIET, Krishnagiri

Executive Summary

1. Introduction

The practice of pranayama is an integral part of traditional yoga, and it is mentioned in various yogic texts such as the Yoga Sutras of Patanjali. Pranayama techniques involve conscious manipulation of the breath, including inhalation (puraka), exhalation (rechaka), and retention (kumbhaka). These techniques aim to balance and harmonize the flow of prana in the body, promoting physical health, mental clarity, and spiritual growth.

To be regarded as educated person an individual needs to know how to read coherently and write legibly. Unfortunately, Children are not doing well in schools as a result of poor handwriting which has to do with the problem of expressing though in writing form.

2. Need and Significance of the problem

The students have not aware of the importance of physical and mental well-being and students have been experiencing various difficulties in facing the situation of life. During the school visit, it was learned that the students are facing various physical and mental problems. They don't know how to overcome the problem. Some students are having a lot of difficulty in breathing. Some students are also having a persistent colds. The students were advised how to overcome these problems and if the breathing exercises are practiced daily in a proper way, the students can easily face the physical and mental problems. Pranayama is a fundamental aspect of yoga that involves breath control. It plays a crucial role in promoting physical, mental, and emotional well-being. Hence the practitioner feels that the pranayama should enhance the student's physical and mental well-being.

3. Statement of the problem

In order to find out the effect of training programme on pranayama among the high school students and to what extent the training programme plays a predominant role in improving physical and mental well-being among the students. The action research topic is entitled as "**improving physical and mental well-being through pranayama among the IX-Standard students**".

4. Objectives of the study

The students should be able

- To identify the physical and mental well-being of the students.

- ❖ To improve physical and mental well-being through pranayama.
- ❖ To find out the effectiveness of physical and mental well-being of the students after the intervention.

5. Hypothesis

If the students are practice pranayama properly their physical and mental well-being will improved.

6. Limitations of the Study

The present study has been conducted for Government high school, Vadamangalam, kaveripattinam block in krishnagiri district. The action researcher conducted the study for 30 IX-Standard Students in the respective school. The study focused specifically on the pranayama only.

7. Research Design

Single Group Experimental Design

(a) Sample

30 - IX-Standard students of Government High Schools in kaveripattinam block of Krishnagiri district were selected as the sample of the study.

(b) Tool

A check list was prepared by the action researcher to test the pranayama of IX-Standard students. A pre-test and post-test were conducted in the balloon blow activity and 30 seconds breathing exercise.

(c) Intervention

PRANAYAMA PRACTICE SCHEDULE

S.NO	NAME...OF PRACTICES	DURATION	REPETITION
1.	Prayer	2 min	1
2.	Loosening exercise	6 min	1
3.	Nadhisudhi	6 min	5
4.	Suriya bhedana	3 min	5
5.	Chandra bhedana	3 min	5
6.	kapalabhati	5 min	30 stroke
7.	bhastrika	5 min	30 stroke
8.	Relaxation	10min	1
Total Duration		40 min	

8. Findings

- Students mean scores in pre-test was 26.33% where as their mean scores in post-test was 81.33%.
- The mean scores of male students in Pre-test was 27.05% and in Post-test was 83.82%.
- The mean score of female students in Pre-test was 25.38% and in Post-test was 78.07%.
- The mean score of balloon blow activity in Pre-test was 32.66% and in Post-test was 73.0%.
- The mean score of 30 seconds breathing activity in Pre-test was 20.0% and in Post-test was 71.0%.
- Students had their highest mean score has 55% in post-test. There was a slight difference in gender-wise mean scores in which male' mean score was little higher than female' mean score in post-test.

9. **Suggestions**

Exploring pranayama in further studies can be a rich and rewarding endeavor, offering opportunities to deepen understanding, expand knowledge, and contribute to various fields. Here are some suggestions for further studies related to pranayama.

Educational and Workplace Interventions: Investigate the impact of integrating pranayama practices into educational and workplace settings to promote well-being, productivity, and performance. Conduct studies to evaluate the effectiveness of pranayama-based interventions for reducing stress, enhancing focus, and improving overall quality of life.

Individual Differences: Explore individual differences in response to pranayama practices, including factors such as age, gender, personality, and prior experience with yoga or meditation. Conduct studies to identify moderators and mediators of the effects of pranayama, as well as factors that may influence adherence and engagement with practice.

Longitudinal Studies: Conduct longitudinal studies to examine the long-term effects of regular pranayama practice on health, well-being, and quality of life. Follow individuals over an extended period to assess changes in physiological, psychological, and social outcomes associated with sustained pranayama practice.

10. Conclusion

Incorporating pranayama into daily routines, individuals can experience greater clarity, calmness, and vitality, enabling them to navigate life's challenges with resilience and grace.Embracing pranayama as a transformative practice, we can embark on a journey of self-discovery, healing, and self-realization, leading to a more harmonious and balanced way of living for ourselves and future generations.

CONTENTS

IMPROVING PHYSICAL AND MENTAL WELL-BEING THROUGH PRANAYAMA AMONG THE IX-STANDARD STUDENTS

1. Introduction

‘‘It is the process of regulation and control over breath during the process of inhalation and exhalation.’’ “Pranayama means control of life force through the art of breathing.” Pranayama is the step succeeding asanas in Patanjali sastanga yoga. Pranayama is defined as follows by Patanjali,

According to Patanjali the asanas having been done pranayama is the cessation of the movement of inhalation and exhalation. The word pranayama is comprised of two roots: prana plus ayama. Prana means ‘vital energy’ or ‘life force’. It is the force, which exists in all things, whether animate or inanimate. Although closely related to the air we breathe, it is subtler than air or oxygen. Therefore, pranayama should not be considered as mere Breathing exercises aimed at introducing extra oxygen into the lungs. Pranayama utilizes Breathing to influence the flow of prana in the nadis or energy channels of the pranamaya kosha or energy body.

The word Ayama is defined as ‘extension’ or ‘expansion’, thus, the word pranayama means ‘extension or expansion of the dimension of prana’. The techniques of pranayama provide the method whereby the life force can be activated and regulated in order to go beyond one’s normal boundaries or limitations and attain a higher vibratory energy.

Pranayama is an ancient yogic practice that focuses on breath control and regulation to enhance physical, mental, and spiritual well-being. The word "pranayama" is derived from two Sanskrit words: "prana," meaning life force or vital energy, and "ayama," meaning control or expansion. Together, pranayama can be translated as the expansion and control of the life force.

The practice of pranayama is an integral part of traditional yoga, and it is mentioned in various yogic texts such as the Yoga Sutras of Patanjali. Pranayama techniques involve conscious manipulation of the breath, including inhalation (puraka), exhalation (rechaka), and retention (kumbhaka). These techniques aim to balance and harmonize the flow of prana in the body, promoting physical health, mental clarity, and spiritual growth.

The fourth limb: Pranayama is typically practiced alongside yoga. It is known as the fourth anga, or limb, of yoga. Pranayama is regarded as a science. It's believed that you can control the power of your mind through regulating your breath.

The word pranayama comes from two separate words: prana and ayama. Prana translates to breath, while ayama has many different meanings including expansion, length, and rising.

In yogic beliefs, it is thought that you can control your inner force, also known as prana, through a pranayama practice. In yoga, prana also represents the physical forces of light, heat, magnetism, and energy. These meanings center on the ability that a pranayama practice has to develop breath control and improve mental well-being. A strong pranayama breath is also believed to help detoxify your body.

Breathing is part of the autonomic nervous system, which is comprised of the sympathetic and parasympathetic nervous systems. In general, the sympathetic nervous system is responsible for governing our responses to stimuli, deciding whether they are threatening, and tripping the signals that tell the body how to react. This is sometimes described as fight or flight responses.

The parasympathetic nervous system helps the body calm back down after the danger or stressor has passed. One of the things that the sympathetic nervous system effects is breath.

In the presence of real danger, the breath becomes fast and short as your body tries to load itself with oxygen to facilitate its escape. This kind of breathing is also a response to non-life-threatening stressors. It happens in response to panic and then perpetuates the panic.

Three phases of pranayama cycle

- Puraka, or inhalation
- Kumbhaka, or retention
- Rechaka, or exhalation

Regular practice of pranayama is believed to bring about numerous benefits, including stress reduction, improved respiratory function, increased lung capacity, enhanced focus, and

a heightened sense of overall well-being. It is often recommended to learn pranayama under the guidance of a qualified yoga instructor to ensure proper technique and safety.

Types of Pranayama

1. **Nadi Shodhana (Alternate Nostril Breathing):** This pranayama involves breathing through alternate nostrils, helping to balance the flow of energy (prana) in the body. It is known to enhance mental clarity and promote a sense of balance.
2. **Kapalabhati (Skull Shining Breath):** Kapalabhati is a forceful and rhythmic breathing technique that involves quick and active exhalations. It is believed to cleanse the respiratory system, increase oxygen supply, and energize the body.
3. **Ujjayi (Victorious Breath):** Ujjayi involves breathing through the nose with a slight constriction in the throat, creating a sound similar to ocean waves. This technique is thought to promote concentration, calm the mind, and build internal heat.
4. **Bhramari (Bee Breath):** Bhramari involves producing a humming sound during exhalation, resembling the buzzing of a bee. This practice is known for its calming effect on the nervous system and is often used to reduce stress and anxiety.
5. **Anulom Vilom (Alternate Nostril Breathing with Ratio):** Anulom Vilom is a pranayama that includes alternate nostril breathing with specific ratios of inhalation, retention, and exhalation. It is believed to balance the flow of prana, increase lung capacity, and promote overall well-being.
6. **Sheetali (Cooling Breath):** In Sheetali, the breath is drawn in through a curled tongue, resulting in a cooling effect on the body. This pranayama is thought to reduce body temperature, calm the mind, and alleviate stress.
7. **Bhastrika (Bellows Breath):** Bhastrika involves rapid and forceful inhalations and exhalations, aiming to increase oxygen intake and energize the body. It is believed to enhance lung capacity and boost vitality.
8. **Surya Bhedana (Right Nostril Breathing):** This pranayama involves breathing in through the right nostril and exhaling through the left. It is said to activate the sympathetic nervous system, providing energy and warmth.

9. **Chandra Bhedana (Left Nostril Breathing):** In contrast to Surya Bhedana, Chandra Bhedana involves breathing in through the left nostril and exhaling through the right. It is thought to activate the parasympathetic nervous system, promoting relaxation.

10. **Dirgha Pranayama (Three-Part Breath):** Dirgha Pranayama focuses on deep and controlled breathing, expanding the breath into three parts: the abdomen, ribcage, and chest. It is designed to enhance lung capacity and increase oxygen intake.

These are just a few examples, and there are many more pranayama techniques with specific purposes and benefits. It's essential to practice pranayama with proper guidance, paying attention to your body and breath to experience the full benefits of these techniques.

7 Science-Backed Benefits of Pranayama

Pranayama is the practice of breath regulation. It's a main component of yoga, an exercise for physical and mental wellness. In Sanskrit, "prana" means life energy and "yama" means control. The practice of pranayama involves breathing exercises and patterns. You purposely inhale, exhale, and hold your breath in a specific sequence. In yoga, pranayama is used with other practices like physical postures (asanas) and meditation (dhyana). Together, these practices are responsible for the many benefits of yoga. But pranayama has benefits of its own. These advantages are due to the therapeutic effects of breathing exercises and mindfulness. Pranayama is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold. The goal of pranayama is to connect your body and mind. It also supplies your body with oxygen while removing toxins. This is meant to provide healing physiological benefits.

Pranayama involves different breathing techniques

- alternate nostril breathing (nadi shodhana)
- victorious breath (ujjayi)
- female honeybee humming breath (bhramari)
- bellows breath (bastrika)

These breathing exercises can be practiced in many ways. For instance, you can do them while performing yoga poses. You can also practice them while meditating or on their own. The benefits of pranayama have been extensively researched.

According to scientific studies, pranayama may benefit your health in a variety of different ways. Let's look at seven of these benefits in more detail.

1. Decreases stress

In a 2013 study Trusted Source, pranayama reduced perceived stress levels in healthy young adults. The researchers speculated that pranayama calms the nervous system, which improves your stress response.

Another 2013 study Trusted Source found similar benefits. Individuals who practiced pranayama experienced less anxiety before taking a test. The authors of the study linked this effect to the increased oxygen uptake during pranayama. Oxygen is energy for your vital organs, including your brain and nerves.

2. Improves sleep quality

The stress-relieving effects of pranayama may also help you sleep. In clinical studies Trusted Source, a technique known as Bhramari pranayama was shown to slow down breathing and heart rate when practiced for 5 minutes. This may help calm your body for sleep.

According to a 2019 study, pranayama also improves sleep quality in people with obstructive sleep apnea. Additionally, the study found that practicing pranayama decreased snoring and daytime sleepiness, suggesting benefits for better quality rest.

3. Increases mindfulness

For many of us, breathing is automatic. We do it without giving it much thought at all. But during pranayama, you need to be aware of your breathing and how it feels. You also practice focusing on the present moment, instead of the past or future. This is known as mindfulness.

In a 2017 study Trusted Source, students who practiced pranayama displayed higher levels of mindfulness than those who didn't. The same students also showed better levels of

emotional regulation. This was associated with the calming effect of pranayama, which supports your ability to be more mindful.

The researchers also mentioned that pranayama helps remove carbon dioxide and raises oxygen concentration, which fuels brain cells. This may contribute to mindfulness by improving focus and concentration.

4. Reduces high blood pressure

High blood pressure, or hypertension, is when your blood pressure reaches an unhealthy level. It increases the risk for some potentially serious health conditions like heart disease and stroke. Stress is a major risk factor for high blood pressure. Pranayama can help minimize this risk by promoting relaxation.

In a 2014 study Trusted Source, participants with mild hypertension received antihypertensive drugs for 6 weeks. Half the participants also received pranayama training for 6 weeks. By the end of the study, the latter group experienced a greater reduction in blood pressure.

This effect, according to the study authors, is likely due to the mindful breathing of pranayama. When you concentrate on your breathing, it can help calm your nervous system. This, in turn, may help reduce your stress response and risk of hypertension.

5. Improves lung function

As a type of breathing exercise, the slow, forceful breathing of pranayama may strengthen your lungs.

One 2019 study determined that 6 weeks of practicing pranayama for 1 hour a day could have a significant effect on lung function. The practice improved multiple parameters of lung function, according to pulmonary test results. According to the authors of the study, pranayama may be a useful lung strengthening tool for many lung conditions, including:

- asthma
- allergic bronchitis
- for recovery from pneumonia and tuberculosis

6. Enhances cognitive performance

In addition to benefiting your lungs, pranayama may also enhance your brain function.

A 2013 study Trusted Source found that 12 weeks of slow or fast pranayama improved executive function — which includes your working memory, cognitive flexibility, and reasoning skills. The study also found that pranayama has the ability to improve your perceived level of stress and your reaction time.

Additionally, the study found that fast pranayama was associated with better auditory memory and sensory-motor performance.

According to the researchers, these benefits are due to the stress-lowering effects of pranayama. The increased oxygen uptake, which energizes brain cells, likely plays a role as well.

7. Reduces cigarette cravings

There's evidence that yogic breathing, or pranayama, could decrease cravings in people who are trying to quit smoking.

In a 2012 study, just 10 minutes of yogic breathing caused a short-term reduction in cigarette cravings. A recent study found that mindfulness-based yoga breathing decreased the negative effects associated with smoking withdrawal.

The bottom line

Pranayama, or breath control, is a main component of yoga. It's frequently practiced with yoga postures and meditation. The goal of pranayama is to strengthen the connection between your body and mind.

According to research, pranayama can promote relaxation and mindfulness. It's also proven to support multiple aspects of physical health, including lung function, blood pressure, and brain function. If you haven't practiced pranayama before, you may want to join a yoga class or find a teacher who can teach the proper technique for these breathing exercises.

Prana

Prana means energy, breath, or life force. Learning to direct and control prana in the body has long been considered a crucial aspect of yoga.[1] As an essential bodily function, breathing is an involuntary act.

Although we cannot control whether or not we breathe, we can, to some extent, control the way that we breathe. Exercises in breath control, such as breath retention and deliberate methods inhalation and exhalation for specific mental and physical benefits are at the core of pranayama practice.

Breathing Techniques for Stress Relief

Take a deep breath in. Now let it out. You may notice a difference in how you feel already. Your breath is a powerful tool to ease stress and make you feel less anxious. Some simple breathing exercises can make a big difference if you make them part of your regular routine.

Before you get started, keep these tips in mind:

- Choose a place to do your breathing exercise. It could be in your bed, on your living room floor, or in a comfortable chair.
- Don't force it. This can make you feel more stressed.
- Try to do it at the same time once or twice a day.
- Wear comfortable clothes.

Many breathing exercises take only a few minutes. When you have more time, you can do them for 10 minutes or more to get even greater benefits.

Deep Breathing

Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.

1. Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.
2. Breathe in through your nose. Let your belly fill with air.
3. Breathe out through your nose.
4. Place one hand on your belly. Place the other hand on your chest.
5. As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
6. Take three morefull, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

Breathe Focus

While you do deep breathing, use a picture in your mind and a word or phrase to help you feel more relaxed.

- Close your eyes if they're open.
- Take a few big, deep breaths.
- Breathe in. As you do that, imagine that the air is filled with a sense of peace and calm. Try to feel it throughout your body.
- Breathe out. While you're doing it, imagine that the air leaves with your stress and tension.
- Now use a word or phrase with your breath. As you breathe in, say in your mind, "I breathe in peace and calm."
- As you breathe out, say in your mind, "I breathe out stress and tension."
- Continue for 10 to 20 minutes.

Equal Time for Breathing in and Breathing Out

In this exercise, you'll match how long you breathe in with how long you breathe out. Over time, you'll increase how long you're able to breathe in and out at a time.

- Sit comfortably on the floor or in a chair.
- Breathe in through your nose. As you do it, count to five.

- Breathe out through your nose to the count of five.
- Repeat several times.

Once you feel comfortable with breaths that last five counts, increase how long you breathe in and breathe out. You can work up to breaths that last up to 10 counts.

Progressive Muscle Relaxation

In this technique, you breathe in as you tense a muscle group and breathe out as you release it. Progressive muscle relaxation helps you relax physically and mentally.

1. Lie comfortably on the floor.
2. Take a few deep breaths to relax.
3. Breathe in. Tense the muscles of your feet.
4. Breathe out. Release the tension in your feet.
5. Breathe in. Tense your calf muscles.
6. Breathe out. Release the tension in your calves.
7. Work your way up your body. Tense each muscle group. This includes your legs, belly, chest, fingers, arms, shoulders, neck, and face.

Modified Lion's Breath

As you do this exercise, imagine that you're a lion. Let all of your breath out with a big, open mouth.

1. Sit comfortably on the floor or in a chair.
2. Breathe in through your nose. Fill your belly all the way up with air.
3. When you can't breathe in any more, open your mouth as wide as you can. Breathe out with a "HA" sound.
4. Repeat several times.

Respiratory System

The respiratory system is the organs and other parts of your body involved in breathing, when you exchange oxygen and carbon dioxide.

All the cells in your body need oxygen to work. As they take in oxygen, they release carbon dioxide, which is called a "waste gas." It goes into you bloodstream and gets carried to your lungs. You breathe it out when you exhale. This vital function is called "gas exchange," and your body is set up to do it automatically.

Respiratory System Function

Your respiratory system is a complex web of body parts that delivers oxygen to your cells. It also allows you to talk and smell.

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Breathing is not the only job done by your respiratory system. Other tasks include:

- Warming up air so that it matches your body temperature
- Moisturizing air to the humidity level your body needs
- Protecting your airways from things that might irritate or harm them
- Letting you smell and talk

Respiratory System Parts

Your respiratory system is divided into two parts, upper and lower.

The parts of your upper respiratory tract

- Nose and nasal cavity
- Sinuses
- Mouth
- Throat (pharynx)
- Voice box (larynx)

The parts of your lower respiratory tract

- Windpipe (trachea)
- Diaphragm
- Lungs
- Bronchial tubes/bronchi
- Bronchioles
- Air sacs (alveoli)
- Capillaries

Respiratory System and Circulatory System

The circulatory system, also known as the cardiovascular system, moves blood around your body. It and your respiratory system work together to bring oxygen-rich blood to your cells.

Breathing starts when you inhale air into your nose or mouth. It travels down the back of your throat and into your windpipe, which is divided into air passages called bronchial tubes.

For your lungs to perform their best, these airways need to be open. They should be free from inflammation or swelling and extra mucus.

As the bronchial tubes pass through your lungs, they divide into smaller air passages called bronchioles. The bronchioles end in tiny balloon-like air sacs called alveoli. Your body has about 600 million alveoli.

The alveoli are surrounded by a mesh of tiny blood vessels called capillaries. Here, oxygen from inhaled air passes into your blood.

After absorbing oxygen, blood goes to your heart. Your heart then pumps it through your body to the cells of your tissues and organs.

As the cells use the oxygen, they make carbon dioxide that goes into your blood. Your blood then carries the carbon dioxide back to your lungs, where it's removed from your body when you exhale.

Inhalation and Exhalation

Inhalation and exhalation are how your body brings in oxygen and gets rid of carbon dioxide. The process gets help from a large dome-shaped muscle under your lungs called the diaphragm.

When you breathe in, your diaphragm pulls downward, creating a vacuum that causes a rush of air into your lungs.

The opposite happens with exhalation: Your diaphragm relaxes upward, pushing on your lungs, allowing them to deflate.

Respiratory System Clean the Air

Your respiratory system has built-in methods to keep harmful things in the air from entering your lungs.

Hairs in your nose help filter out large particles. Tiny hairs, called cilia, along your air passages move in a sweeping motion to keep the passages clean. But if you breathe in harmful things like cigarette smoke, the cilia can stop working. This can lead to health problems like bronchitis.

Cells in your trachea and bronchial tubes make mucus that keeps air passages moist and helps keep dust, bacteria and viruses, and allergy-causing things out of your lungs.

Mucus can bring up things that reach deeper into your lungs. You then cough out or swallow them.

Health Benefits of Pranayama

Cognitive function: Both slow and fast kinds of pranayama can help improve your cognitive functions. Studies show that fast pranayama in particular can help to improve auditory and sensory-motor skills.

Lung capacity: Practicing pranayama can help improve lung function. This includes helping you hold your breath longer and increasing strength in your respiratory muscles. Pranayama has the potential to help with all sorts of lung issues. It may aid recovery from pneumonia and strengthen lungs that suffer from asthma.

Quit smoking: Speaking of lung health, the breathing techniques in pranayama can help to cut cravings if you want to quit smoking.

Mindfulness: Much like the more popular forms of yoga, pranayama can increase mindfulness. Its meditative method of breath focus and awareness can aid your ability to live in the present moment.

Stress and emotional regulation: Pranayama's ability to improve mindfulness has also been found to lower stress and aggression among students taking particularly stressful exams. Pranayama's focus on breathing and relaxation may alter the levels of stress molecules.

Anxiety: Pranayama can significantly lower anxiety levels and any negative feelings associated with it. Regular pranayama practice can help with anxiety. It can also improve areas of mental focus that are often affected by it such as awareness and attention. Just one session can help you to noticeably reduce anxiety. Reduce hypertension. Bee breath pranayama and chanting may help reduce hypertension or high blood pressure. The benefits of such stress reduction include reducing the chance of various conditions, such as strokes, peripheral vascular disease, and coronary heart disease.

Psychosomatic disorders: Psychosomatic disorders are diseases involving both the body and mind. Some psychosomatic diseases include migraine headaches, ulcers, and psoriasis. By joining the body and mind through the breath, pranayama may help manage these.

The action researcher visited the high School and observed the students during class time. He found that the student's emotional level were not developed to a sufficient level. So, the practitioner decided to improve physical and mental level of the students.

2. Need and Significance of the Study

The students have not aware of the importance of physical and mental well-being and students have been experiencing various difficulties in facing the situation of life. During the school visit, it was learned that the students are facing various physical and mental problems. They don't know how to overcome the problem. Some students are having a lot of difficulty in breathing. Some students are also having a persistent colds. The students were advised how to overcome these problems and if the breathing exercises are practiced daily in a proper way, the students can easily face the physical and mental problems. Pranayama is a fundamental

aspect of yoga that involves breath control. It plays a crucial role in promoting physical, mental, and emotional well-being. Hence the practitioner feels that the pranayama should enhance the student's physical and mental well-being.

3. Probable causes of the study

- The students have not practiced pranayama properly.
- The students have not known to improve physical and mental well-being.
- The Physical education teacher follows only traditional methods of teaching.

4. Statement of the problem

In order to find out the effect of training programme on pranayama among the high school students and to what extent the training programme plays a predominant role in improving physical and mental well-being among the students. The action research topic is entitled as "**improving physical and mental well-being through pranayama among the IX-Standard students**".

5. Objectives of the Study

- To identify the physical and mental well-being of the students.
- To improve physical and mental well-being through pranayama.
- To find out the effectiveness of physical and mental well-being of the students after the intervention.

6. Action Hypothesis

If the students are practice pranayama properly their physical and mental well-being will improved.

7. Limitations of the Study

The present study has been conducted for Government high school, Vadamangalam, kaveripattinam block in krishnagiri district. The action researcher conducted the study for 30 IX-Standard Students in the respective school. The study focused specifically on the pranayama only.

8. Design of the Study

A present study is a single group experimental design.

Tool

A check list was prepared by the action researcher to test the pranayama of IX-Standard students. A pre-test and post-test were conducted in the balloon blow activity and 30 seconds breathing exercise.

Sample

30 - IX-Standard students of Government High Schools in kaveripattinam block of Krishnagiri district were selected as the sample of the study.

9. Intervention

Pranayama schedules were prepared by the action researcher. The IX-Standard students were trained on the selected breathing exercise for six weeks with the help of the training schedule. The breathing exercise are

Table -I

PRANAYAMA PRACTICE SCHEDULE

S.NO	NAME OF PRACTICES	DURATION	REPETITION
1.	Prayer	2 min	1
2.	Loosening exercise	6 min	1
3.	Nadhisudhi	6 min	5
4.	Suriya bhedana	3 min	5
5.	Chandra bhedana	3 min	5
6.	kapalabhati	5 min	30 stroke
7.	bhastrika	5 min	30 stroke
8.	Relaxation	10min	1
Total Duration		40 min	

Pranayama Strategies Adopted by the Action Researcher

The action researcher following the teaching pranayama strategies are

- Lecture Method
- Demonstration and Explanation Method
- Visual Aids Method
- Guided Practice Method
- Encourage Self-Exploration Method

Prayer

Om bhur bhuvaha svaha
Tat savitur varenyam
Bhargo devasya dhimahi
Dhiyo yo nah prachodayat
Om shanthi shanthi shanthi ki.

Loosening Exercise

Loosening exercises, also known as warm-up exercises, are beneficial before starting pranayama to prepare the body and mind. Here are some general loosening exercises can incorporate into the pranayama routine.

Neck Movements

- Sit comfortably with a straight spine.
- Slowly drop your head forward, bringing your chin towards your chest.
- Gently rotate your head to the right, then to the back, and to the left.
- Repeat the circular motion a few times and then reverse.

Shoulder Rotation

- In a seated position, lift your shoulders towards your ears.
- Rotation your shoulders backward in a circular motion.
- Repeat the shoulder rolls in a forward direction.

Arm Stretches

- Extend your arms forward at shoulder height.
- Interlace your fingers and turn your palms outward, stretching your arms.
- Repeat with the palms facing inward.

Wrist Exercises

- Rotate your wrists in both clockwise and anti-clockwise directions.
- Flex and extend your wrists, moving your hands up and down.

Hip Rotations

- Stand comfortably and place your hands on your hips.
- Rotate your hips in a circular motion.
- Change the direction of the rotation.

Knee and Ankle Movements

- Extend your legs in front of you.
- Rotate your ankles in both directions.
- Bend your knees and gently rotate them in circular motions.

Deep Breathing

- Practice a few rounds of deep breathing before starting pranayama.
- Inhale deeply through your nose, expanding your chest and abdomen.
- Exhale slowly and completely through your mouth or nose.

These loosening exercises help improve flexibility, increase blood circulation, and prepare the body for pranayama practices. Remember to move slowly and mindfully, paying attention to your breath and any sensations in your body. Always listen to your body and avoid any movements that cause discomfort or pain. If you have any existing health conditions or concerns, consult with a healthcare professional or a certified yoga instructor before engaging in these exercises.

Nadi Shudhi pranayama

Alternate Nostril Breathing is a pranayama (breathing exercise) in yoga that aims to balance and purify the energy in the body.

Preparation

- Find a comfortable and quiet place to sit. You can sit cross-legged on the floor or on a chair with your spine straight.
- Relax your shoulders and place your hands on your knees with the palms facing up in a mudra. Touch the tip of your index finger to the tip of your thumb, while keeping the other three fingers extended.

Basic Technique

- Use your right thumb to close your right nostril and inhale deeply and slowly through your left nostril.
- After a full inhalation, close your left nostril with your right ring finger, release your right nostril, and exhale slowly and completely through your right nostril.
- Inhale deeply and slowly through your right nostril.
- Close your right nostril, release your left nostril, and exhale slowly and completely through your left nostril. This completes one round.

Complete Cycle

- Continue this cycle for 5-10 minutes, gradually increasing the duration as you become more comfortable with the practice.
- Always finish with an exhalation through your left nostril to promote a sense of calm.

Tips

- Ensure that your breath is slow, deep, and controlled throughout the practice.
- The hand positions (mudras) help direct and regulate the flow of energy during the practice.
- Keep your spine straight to allow for proper breath flow.

Benefits of Nadi Shudhi Pranayama

- Balances the left and right hemispheres of the brain.
- Calms the nervous system and reduces stress.
- Improves the concentration.
- Enhances the respiratory function.
- Cleanses and purifies the energy channels (nadis) in the body.

It's essential to approach pranayama practices with mindfulness, and if you have any respiratory or medical conditions, it's advisable to consult with a healthcare professional or a qualified yoga instructor before attempting these practices. If you're new to pranayama, consider learning under the guidance of a certified yoga instructor to ensure you're doing it correctly and safely.

Surya Bhedana

Right Nostril Breathing is a pranayama technique that involves breathing predominantly through the right nostril. This practice is believed to stimulate the "surya nadi," associated with the sun and heating energy. Here's a step-by-step guide on how to practice Surya Bhedana.

Preparation

- Find a comfortable seated position. You can sit cross-legged on the floor or in a chair with your spine erect.

Basic Technique

- Close your eyes and take a few deep breaths to relax.
- Start by close your left nostril with your ring finger or thumb. If use your ring finger, make sure your thumb is relaxed and not pressing against your nose.
- Inhale slowly and deeply through your right nostril. Focus on the breath as it enters your body.
- After a full inhalation, close your right nostril with your thumb and release the left nostril.

- Exhale slowly and completely through your left nostril.
- Continue this pattern, inhaling through the right nostril, and exhaling through the left nostril.
- Maintain a smooth, controlled, and rhythmic breath. The inhalation and exhalation should be of equal duration.
- If comfortable, you can gradually increase the duration of inhalation and exhalation.
- Complete the practice with an exhalation through the left nostril.

Duration: Start with a few minutes and gradually increase the duration as you become more comfortable with the practice. Aim for 5-10 minutes in the beginning.

Benefits of Surya Bhedana

- Generates heat in the body, making it beneficial during cold weather.
- Activates the sympathetic nervous system, providing a stimulating effect.
- Improves digestion and metabolism.
- Enhances alertness and concentration.

Contraindications

- Avoid practicing Surya Bhedana if you have high blood pressure, heart conditions, or any respiratory issues.
- If you experience dizziness or discomfort during the practice, stop and return to normal breathing.

Always approach pranayama practices with awareness and listen to your body. If you're new to pranayama or have any health concerns, it's advisable to consult with a qualified yoga instructor or healthcare professional before incorporating these practices into your routine.

Chandra Bhedana

Left Nostril Breathing is a pranayama technique that involves breathing predominantly through the left nostril. This practice is associated with the "chandra nadi," linked to the moon and cooling energy. Here's a step-by-step guide on how to practice Chandra Bhedana.

Preparation

- Find a comfortable seated position. You can sit cross-legged on the floor or in a chair with your spine erect.

Basic Technique

- Close your eyes and take a few deep breaths to relax.
- Start by closing your right nostril with the thumb. Ensure the fingers are relaxed and not pressing against the nose.
- Inhale slowly and deeply through your left nostril. Focus on the breath entering your body.
- After a full inhalation, close your left nostril with your ring finger or third finger and release the right nostril.
- Exhale slowly and completely through your right nostril.
- Continue this pattern, inhaling through the left nostril and exhaling through the right nostril.
- Maintain a smooth, controlled and rhythmic breath. The inhalation and exhalation should be equal duration.
- If comfortable, you can gradually increase the duration of inhalation and exhalation.
- Complete the practice with an exhalation through the right nostril.

Duration: Start with a few minutes and gradually increase the duration as become more comfortable with the practice. Aim for 5-10 minutes in the beginning.

Benefits of Chandra Bhedana

- Calms the mind and nervous system.
- Reduces excess heat in the body.
- Induces a sense of relaxation and tranquillity.
- Promotes better sleep.

Contraindications

- Avoid practice Chandra Bhedana if you have low blood pressure, respiratory issues or any nasal blockages.
- If you experience dizziness or discomfort during the practice, stop and return to normal breathing.

Always approach pranayama practices with awareness and listen to your body. If you're new to pranayama or have any health concerns, it's advisable to consult with a qualified yoga instructor or healthcare professional before incorporating these practices into your routine.

Kapalabhati

It is a powerful and energizing pranayama technique often referred to as "Skull Shining Breath" or "Frontal Brain Cleansing Breath." Here's a step-by-step guide on how to practice Kapalabhati.

Preparation

- Find a comfortable seated position. Sit on the floor or on a chair with your spine straight.

Basic Technique

- Close your eyes and take a few deep breaths to relax.
- Place your hands on the knees, palms facing upward, in a mudra (gesture) such as Gyan Mudra (touch the tip of your index finger to the tip of your thumb).
- Inhale deeply and exhale forcefully and quickly through your nose. The emphasis is on the exhalation, and the inhalation happen passively.
- The exhalation should be short, quick bursts generated by a rapid contraction of the lower belly or diaphragm. Imagine you are forcefully expelling air out.
- Allow the inhalation to happen naturally as the belly relaxes.
- Start slowly and gradually increase the pace.
- Aim for around 100-120 exhalations per minute once you're comfortable with the practice.

- After completing the rounds, take a deep inhalation, and then exhale slowly.

Duration: Begin with 1-2 minutes and gradually increase the duration as your stamina improves. It's more about the number of breath cycles (exhalations) rather than a fixed duration.

Tips

- Keep your breaths rhythmic and controlled.
- Focus on the forceful exhalation, allowing the inhalation to happen passively.
- Ensure the movement is originating from the lower belly, not your chest.
- Maintain a relaxed facial expression and avoid straining your face or neck.

Benefits of Kapalabhati

- Increases lung capacity and oxygenates the body.
- Improves digestion and helps in detoxification.
- Boosts energy and mental alertness.
- Strengthens and tones the abdominal muscles.

Contraindications

- Avoid Kapalabhati if you are pregnant, have high blood pressure, heart conditions, hernia, or if you've had recent abdominal surgery.
- If you feel dizzy or uncomfortable during the practice, stop and return to normal breathing.

As with any pranayama practice, if you're new to Kapalabhati or have any health concerns, it's advisable to consult with a qualified yoga instructor or healthcare professional before incorporating these practices into your routine.

Bhastrika

Bellows Breath, is a powerful and energizing breathing technique in yoga. Here's a step-by-step guide on how to practice Bhastrika Pranayama.

Preparation

- Find a comfortable seated position. Sit on the floor or on a chair with your spine straight.

Basic Technique

- Close your eyes and take a few deep breaths to relax.
- Place your hands on the knees, palms facing upward, in a mudra (gesture) such as Gyan Mudra.
- Inhale deeply and forcefully through both nostrils, expanding your chest and lungs. Allow your diaphragm to descend as you fill your lungs with air.
- Exhale forcefully and quickly through both nostrils. Contract your abdominal muscles to push the air out rapidly.
- The inhalation and exhalation should be of equal duration. Start slowly, and as you become comfortable, gradually increase the pace.
- The movement is similar to the action of a bellows, with the breath being rapid and rhythmic.
- Continue this forceful inhalation and exhalation for a predetermined number of breath cycles or a specific duration.
- After completing the rounds, take a deep breath in and exhale slowly.

Duration: Begin with 1-2 minutes and gradually increase the duration as your stamina improves. It's more about the number of breath cycles (inhalations and exhalations) rather than a fixed duration.

Tips

- Keep your breaths rhythmic and controlled.
- Focus on the forceful nature of the breath, both during inhalation and exhalation.
- Maintain awareness of your posture and avoid unnecessary tension in your body.

Benefits of Bhastrika Pranayama

- Increases lung capacity and oxygenates the body.

- Energizes the mind and body.
- Clears the respiratory system.
- Improves digestion and metabolism.
- Strengthens the nervous system.

Contraindications

- Avoid Bhastrika if you have high blood pressure, heart conditions, epilepsy, hernia, or if you are pregnant.
- If you feel dizzy or uncomfortable during the practice, stop and return to normal breathing.

As with any pranayama practice, if you are new to Bhastrika or have any health concerns, it's advisable to consult with a qualified yoga instructor or healthcare professional before incorporating these practices into your routine.

Relaxation

Is an integral aspect of pranayama and incorporating it into your practice can enhance benefits Shavasana, also known as Corpse Pose, is a yoga posture commonly used for relaxation at the end of a pranayama or yoga session. Here's how to practice relaxation in pranayama using Shavasana:

Shavasana (Corpse Pose)

Preparation

- Lie down your back on a yoga mat. Make sure the body is in a straight line, and your feet are comfortably apart.
- Place your arms by your sides with palms facing up, fingers relaxed.

Body Position

- Close your eyes and let your body sink into the mat.
- Allow your feet to fall outward naturally and let your toes relax.

- Soften your facial muscles and release any tension in your jaw.
- Ensure your spine is in a neutral position and there is no excessive arching in your lower back.

Breathing

- Bring your awareness to your breath. Take a few slow, deep breaths to settle into the pose.
- Allow your breath to become natural and effortless.

Body Scan

- Mentally scan your body from head to toe, consciously relaxing each part.
- Release tension in your forehead, eyes, cheeks and jaw.
- Relax your neck, shoulders and arms. Let your fingers naturally curl.
- Soften your chest, abdomen and pelvis.
- Release tension in your thighs, knees, calves and ankles.
- Let your whole body sink into a state of relaxation.

Mindfulness

- Stay present in the moment, observing any sensations in your body without judgment.
- If your mind starts to wander, gently bring your focus back to your breath or the sensation of relaxation in your body.

Duration

- Stay in Shavasana for 5-10 minutes or longer if desired.
- When ready to come out of the pose, gently deepen your breath, wiggle your fingers and toes and roll onto your side before slowly sitting up.

Benefits of Shavasana

- Relaxes the entire body and mind.
- Reduces stress and anxiety.
- Improves concentration and mental clarity.
- Enhances overall well-being.

Incorporating the relaxation techniques like Shavasana into your pranayama practice, you can create a balanced and holistic experience that nurtures both the body and mind.

10. Collection of data

Data were collected with the help of the check list of the study. Pre-test and post-test scores were collected from the IX-Standard students of Government high schools in Vadamangalam, kaveripattinam block of Krishnagiri district. Total marks of all students were valued individually. The following table-2 shows the score of Pre-test and post-test scores of the students.

Table - 2

Pre-Test & Post-Test Scores

S. No	Name of the Students	Gender	Pre-Test Score (100 Marks)	Post-Test Score (100 Marks)
1.	S. Durga	Female	35	90
2.	R. Ilavarasi	Female	35	75
3.	G. Kirubha	Female	25	50
4.	T. Monisha	Female	20	90
5.	R. Nikitha	Female	20	90
6.	K. Nishashri	Female	20	65
7.	G. Nivetha	Female	35	90
8.	S. Prithikga	Female	20	75
9.	R. Sagashri	Female	25	90

10.	A. Shobika	Female	35	90
11.	M. Prithikashri	Female	20	75
12.	M. Varshika	Female	20	75
13.	P. Vijiyashri	Female	20	60
14.	S. Athimulam	Male	20	90
15.	R. Balamohan	Male	20	75
16.	J. Delipkumar	Male	35	90
17.	R. Deviprasath	Male	35	75
18.	R. Dhyanithi	Male	35	90
19.	T. Jayaseelan	Male	35	90
20.	S. Kalaisuriya	Male	35	75
21.	K. Nithin	Male	20	75
22.	S. Nithisvarman	Male	35	90
23.	T. Rishiganth	Male	20	75
24.	K. Roshan	Male	35	90
25.	S. Sanjay	Male	20	90
26.	D. Saravana	Male	20	90
27.	C. Salaman	Male	35	90
28.	N. Suriya	Male	20	75
29.	M. Sutharsanam	Male	20	90
30.	G. Tamilarasan	Male	20	75

11. Data Analysis

The collected data were analyzed to measure its mean, SD, and 't' –value.

TABLE - 3

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN PRE-TEST AND POST-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Pre-Test	30	26.33	7.3	2.51*	*NSD
Post-Test	30	81.33	29.18		

***NSD- No Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 58=2.660

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 3 shows that pre-test mean scores of students was 26.33% and its standard deviation was 7.3% respectively. The post-test mean scores of students was 81.33% and its standard deviation was 29.18% respectively.

The mean differences between the students pre-test and the post-test were 55% respectively.

The action researcher then analyzed the samples 't' test assumptions for the pranayama Scores. Prior to running the samples 't' test for this variable, the data were screened.

The obtained ‘t’ value 2.51 in students with respect to the pranayama was significantly lower than the required ‘t’ value (2.763) and it was proved there is no significant difference in the pranayama of the students. So, Hypotheses of present study is rejected.

The obtained mean values in students pre-test and post-test values are represented through bar diagram for better understanding of the results.

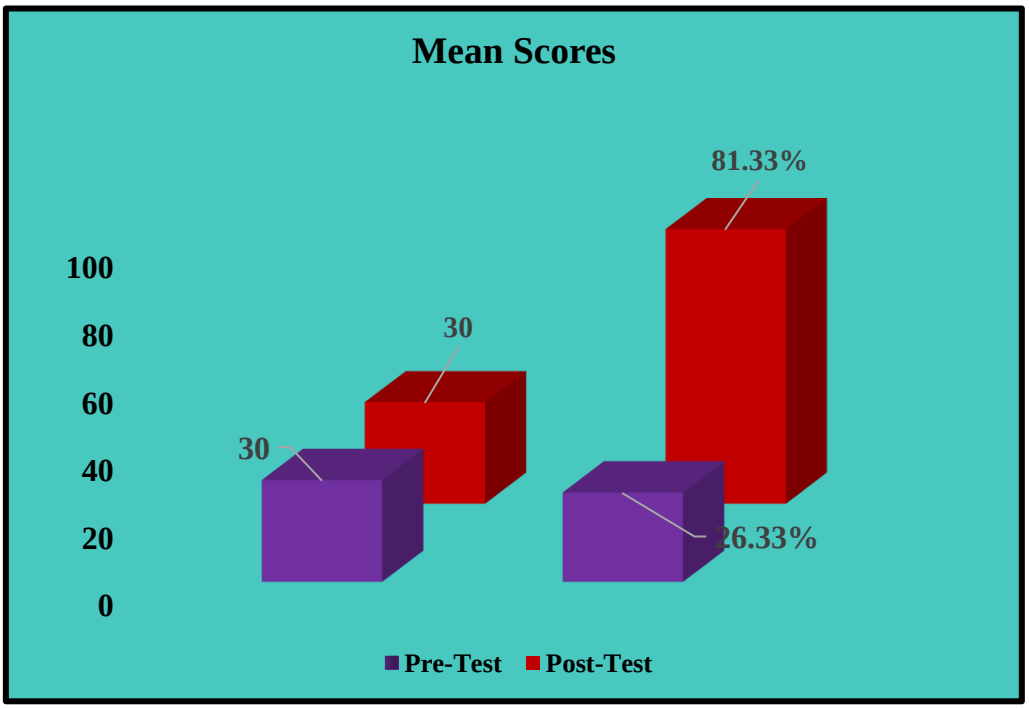

Figure: 1 Mean scores of students in pre-test and post-test

TABLE - 4

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN MALE PRE-TEST AND POST-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Pre-Test	16	27.05	7.71	6.03*	*SD
Post-Test	16	83.82	29.78		

***SD- Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 30=2.750

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 4 shows that pre-test mean scores of male was 27.05% and its standard deviation was 7.71% respectively. The post-test mean scores of male was 83.82% and its standard deviation was 29.78% respectively.

The mean differences between the male pre-test and the post-test were 56.77% respectively.

The action researcher then analyzed the samples 't' test assumptions for the pranayama Scores. Prior to running the samples 't' test for this variable, the data were screened.

The obtained ‘t’ value 6.03 in male with respect to the pranayama was significantly higher than the required ‘t’ value (2.750) and it was proved there is no significant difference in the pranayama of the male. So, Hypotheses of present study is accepted.

The obtained mean values in male pre-test and post-test values are represented through bar diagram for better understanding of the results.

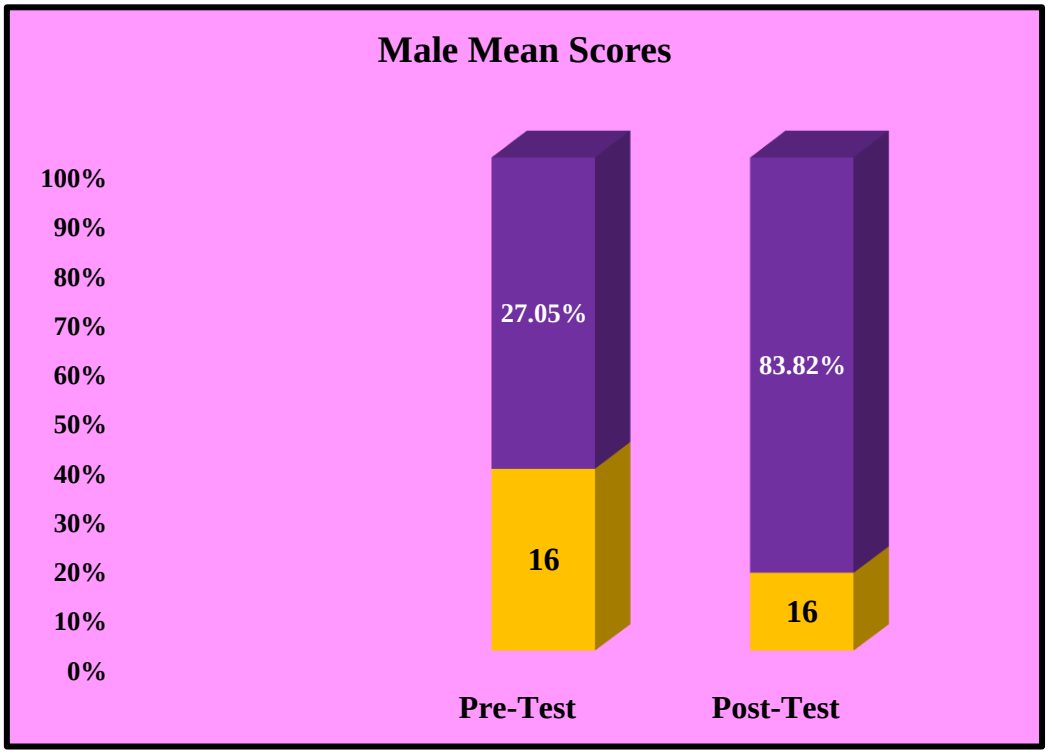

Figure: 2 Mean scores of male in pre-test and post-test

TABLE - 5

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN FEMALE PRE-TEST AND POST-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Pre-Test	14	25.38	6.91	2.46*	*NSD
Post-Test	14	78.07	28.84		

***NSD- No Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 26=2.779

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 5 shows that pre-test mean scores of female was 25.38% and its standard deviation was 6.91% respectively. The post-test mean scores of female was 78.07% and its standard deviation was 28.84% respectively.

The mean differences between the female pre-test and the post-test were 52.69% respectively.

The action researcher then analyzed the samples 't' test assumptions for the pranayama Scores. Prior to running the samples 't' test for this variable, the data were screened.

The obtained ‘t’ value 2.46 in female with respect to the pranayama was significantly lower than the required ‘t’ value (2.750) and it was proved there is no significant difference in the pranayama of the female. So, Hypotheses of present study is rejected.

The obtained mean values in female pre-test and post-test values are represented through bar diagram for better understanding of the results.

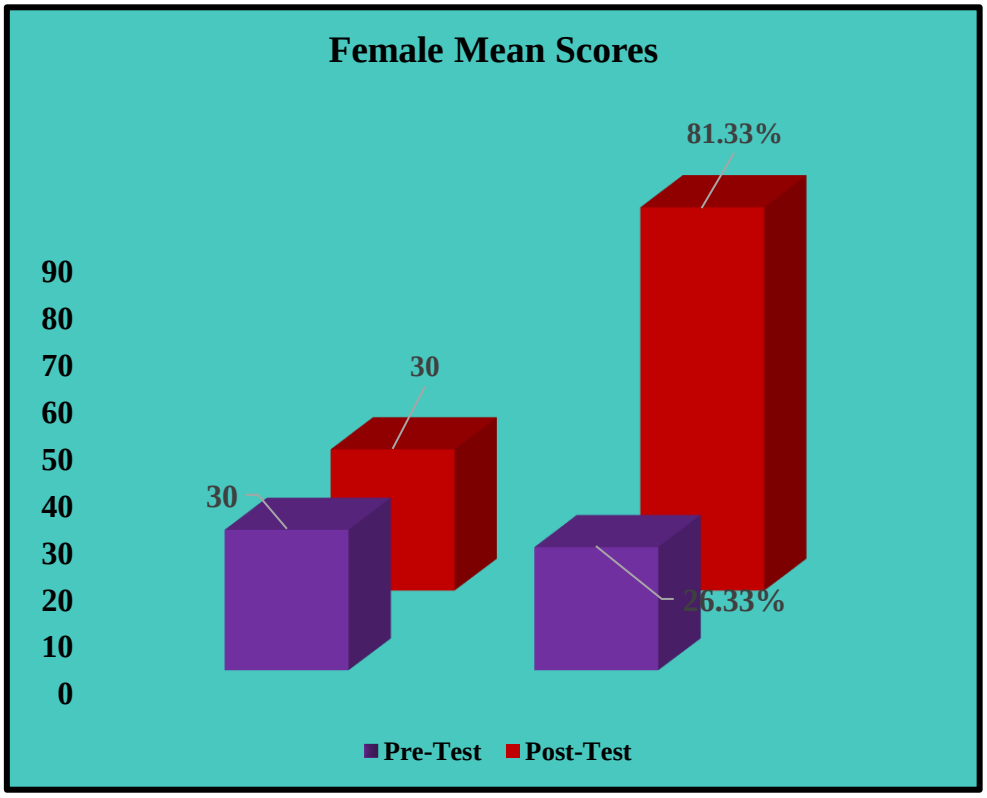

Figure: 3 Mean scores of female in pre-test and post-test

TABLE - 6

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN MALE AND FEMALE PRE-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Pre-Test	16	27.05	7.71	0.26*	*NSD
Pre-Test	14	24.38	6.91		

***NSD- No Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 28=2.763

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 6 shows that pre-test mean scores of male was 27.05% and its standard deviation was 7.71% respectively. The pre-test mean scores of female was 24.38% and its standard deviation was 6.91% respectively.

The mean differences between the male and female pre-test were 2.67% respectively.

The action researcher then analyzed the samples 't' test assumptions for the pranayama Scores. Prior to running the samples 't' test for this variable, the data were screened.

The obtained ‘t’ value 0.26 in male and female with respect to the pranayama was significantly lower than the required ‘t’ value (2.763) and it was proved there is no significant difference in the pranayama of the female. So, Hypotheses of present study is rejected.

The obtained mean values in male and female pre-test values are represented through bar diagram for better understanding of the results.

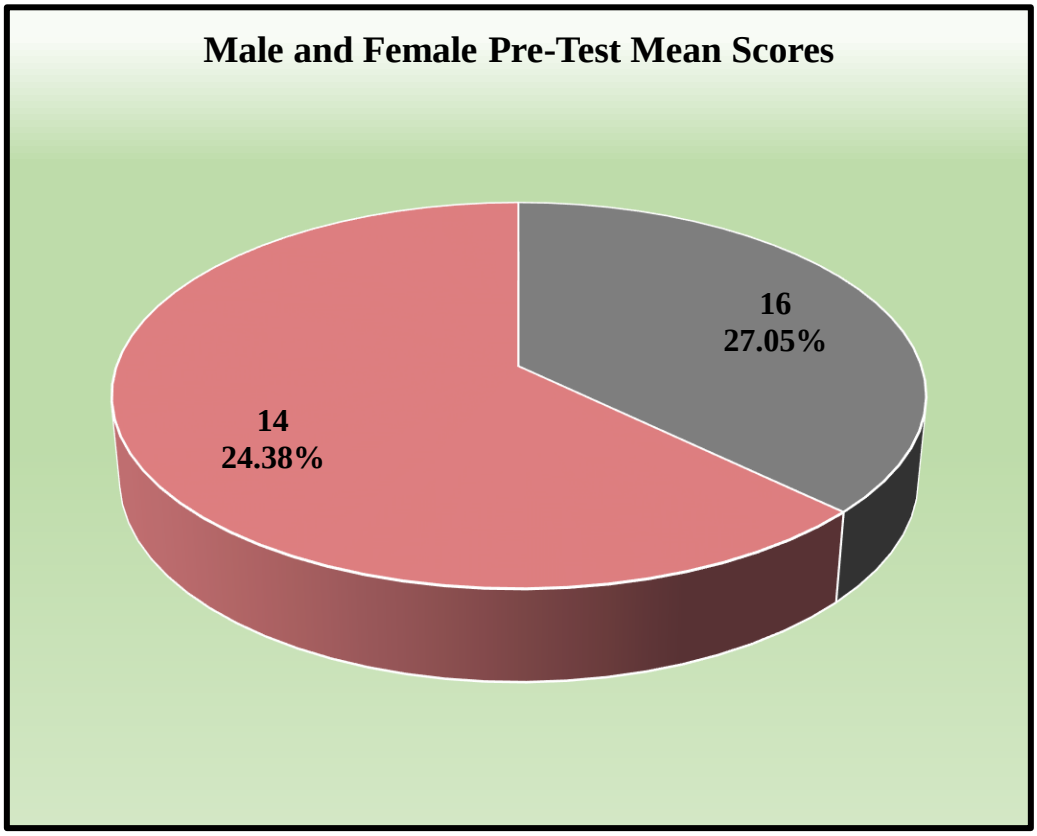

Figure: 4 Mean scores of male and female in pre-test

TABLE - 7

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN MALE AND FEMALE POST-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Post-Test	16	83.82	29.76	0.09*	*NSD
Post-Test	14	78.07	28.84		

***NSD- No Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 28=2.763

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 7 shows that post-test mean scores of male was 83.82% and its standard deviation was 29.76% respectively. The post-test mean scores of female was 78.07% and its standard deviation was 28.84% respectively.

The mean differences between the male and female pre-test were 5.75% respectively.

The action researcher then analyzed the samples 't' test assumptions for the pranayama Scores. Prior to running the samples 't' test for this variable, the data were screened.

The obtained ‘t’ value 0.09 in male and female with respect to the pranayama was significantly lower than the required ‘t’ value (2.763) and it was proved there is no significant difference in the pranayama of the female. So, Hypotheses of present study is rejected.

The obtained mean values in male and female post-test values are represented through bar diagram for better understanding of the results.

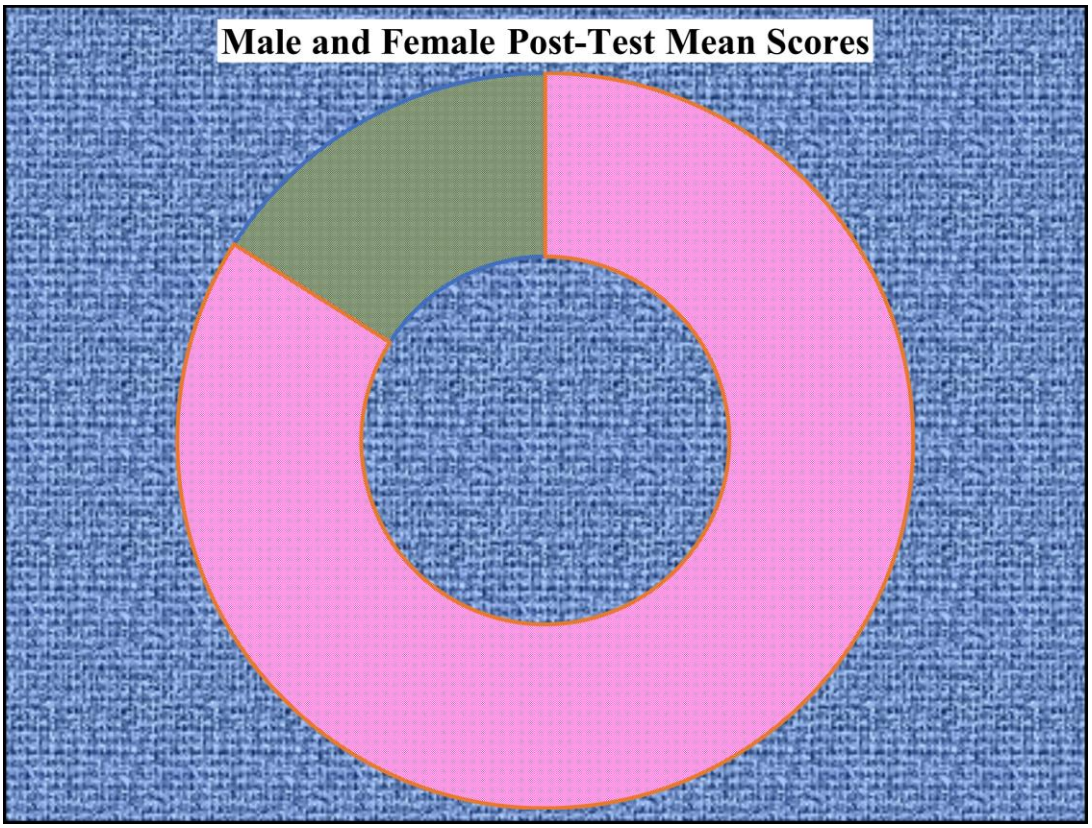

Figure: 5 Mean scores of male and female in post-test

TABLE - 8

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN BALLOON BLOW ACTIVITY PRE-TEST AND POST-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Pre-Test	30	32.66	14.6	1.22*	*NSD
Post-Test	30	73.0	24.5		

***NSD- No Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 58=2.660

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 8 shows that pre-test mean scores of balloon blow activity was 32.66% and its standard deviation was 14.6% respectively. The post-test mean scores of balloon blow activity was 73.0% and its standard deviation was 24.5% respectively.

The mean differences between the balloon blow activity pre-test and post-test were 40.34% respectively.

The action researcher then analyzed the samples't' test assumptions for the pranayama Scores. Prior to running the samples't' test for this variable, the data were screened.

The obtained‘t’ value 1.22 in balloon blow activity with respect to the pranayama was significantly lower than the required ‘t’ value (2.660) and it was proved there is no significant difference in the pranayama of the balloon blow activity. So, Hypotheses of present study is rejected.

The obtained mean values in balloon blow activity pre-test and post-test values are represented through bar diagram for better understanding of the results.

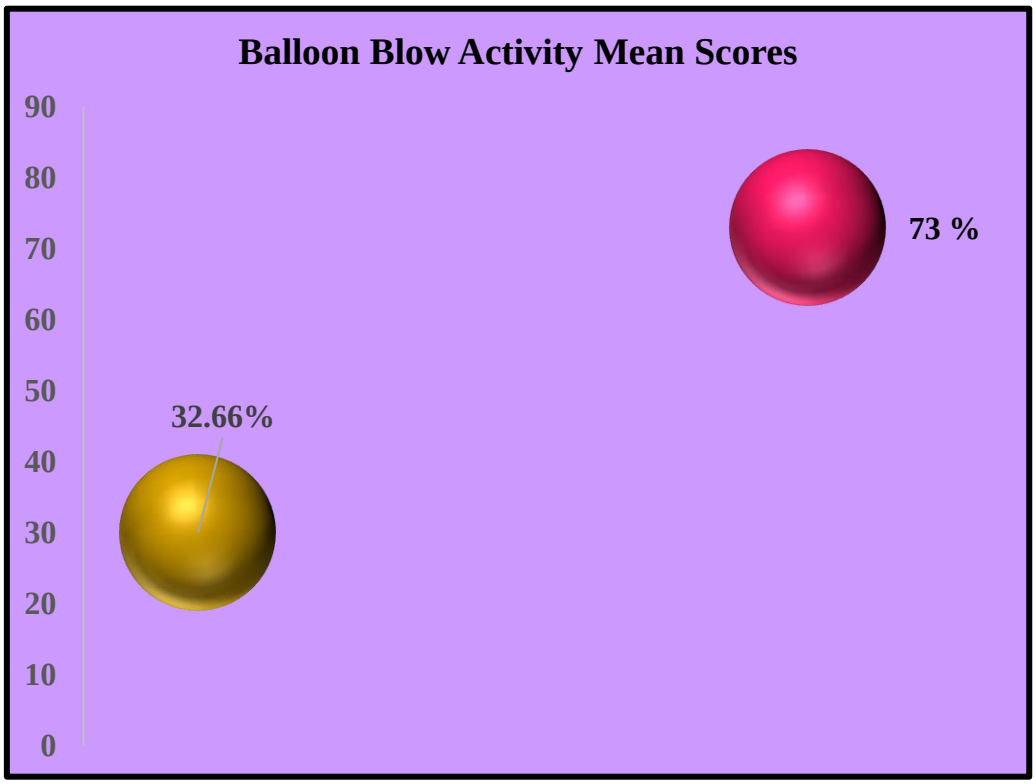

Figure: 6 Mean scores of balloon blow activity in pre-test and post-test

TABLE - 9

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN 30 SECONDS BREATHING ACTIVITY PRE-TEST AND POST-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Pre-Test	30	20.0	0.0	5.34*	*SD
Post-Test	30	71.0	28.06		

***SD - Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 58=2.660

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 9 shows that pre-test mean scores of 30 seconds breathing activity was 20.0% and its standard deviation was 0.0% respectively. The post-test mean scores of 30 seconds breathing activity was 71.0% and its standard deviation was 28.06% respectively.

The mean differences between the 30 seconds breathing activity pre-test and post-test were 51.0% respectively.

The action researcher then analyzed the samples't' test assumptions for the pranayama Scores. Prior to running the samples't' test for this variable, the data were screened.

The obtained‘t’ value 5.34 in 30 seconds breathing activity with respect to the pranayama was significantly higher than the required ‘t’ value (2.660) and it was proved there is no significant difference in the pranayama of the balloon blow activity. So, Hypotheses of present study is accepted.

The obtained mean values in 30 seconds breathing activity pre-test and post-test values are represented through bar diagram for better understanding of the results.

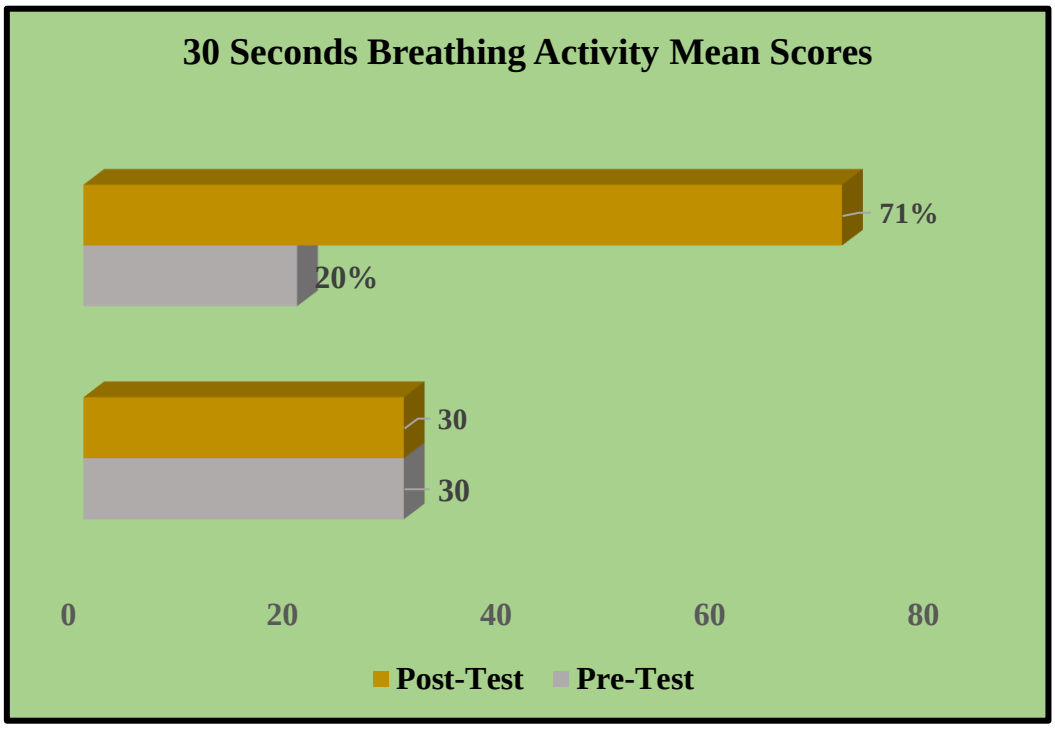

Figure: 7 Mean scores of 30 seconds breathing activity in pre-test and post-test

TABLE - 10

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN BALLOON BLOW ACTIVITY AND 30 SECONDS BREATHING ACTIVITY PRE-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Pre-Test	30	32.66	14.6	6.89*	*SD
Pre-Test	30	20.0	0.0		

***SD - Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 58=2.660

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 10 shows that pre-test mean scores of balloon blow activity was 32.66% and its standard deviation was 14.6% respectively. The pre-test mean scores of 30 seconds breathing activity was 20.0% and its standard deviation was 0.0% respectively.

The mean differences between the balloon blow activity and 30 seconds breathing activity pre-test were 12.66% respectively.

The action researcher then analyzed the samples 't' test assumptions for the pranayama Scores. Prior to running the samples 't' test for this variable, the data were screened.

The obtained ‘t’ value 6.89 in balloon blow activity and 30 seconds breathing activity with respect to the pranayama was significantly higher than the required ‘t’ value (2.660) and it was proved there is no significant difference in the pranayama of the female. So, Hypotheses of present study is accepted.

The obtained mean values in balloon blow activity and 30 seconds breathing activity pre-test values are represented through bar diagram for better understanding of the results.

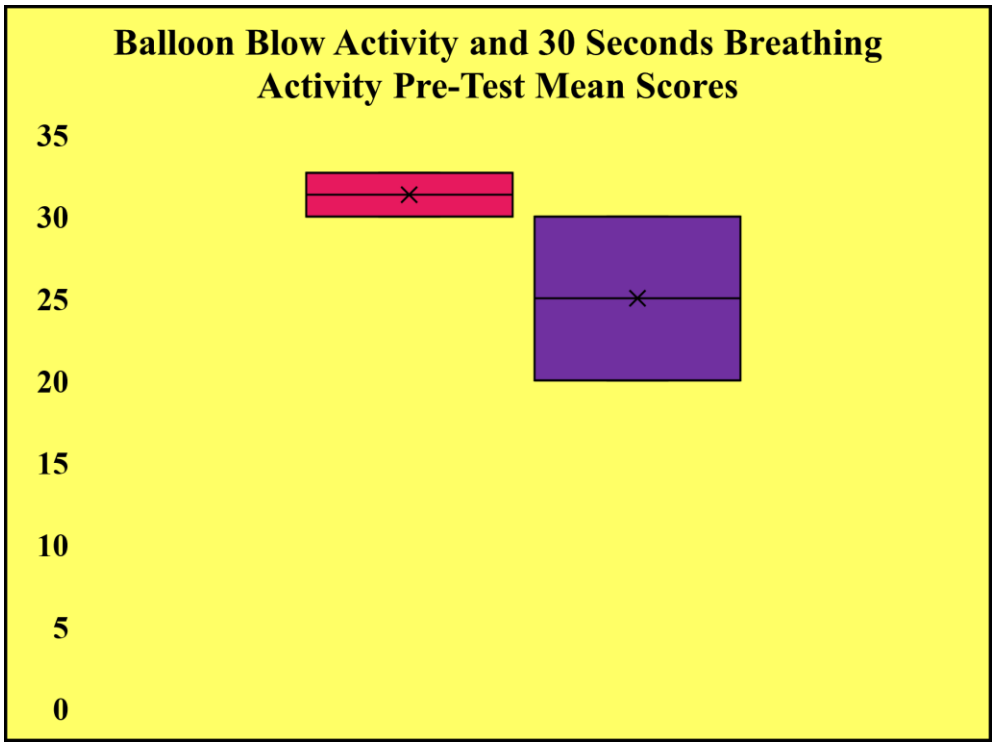

Figure: 8 Mean scores of balloon blow activity and 30 seconds breathing activity pre-test

TABLE - 11

SIGNIFICANT DIFFERENCE OF STUDENTS PRANAYAMA SCORES BETWEEN BALLOON BLOW ACTIVITY AND 30 SECONDS BREATHING ACTIVITY POST-TEST

CATEGORY	NO	MEAN	SD	't' VALUE	REMARKS
Post-Test	30	73.0	24.5	0.29*	*NSD
Post-Test	30	71.0	28.06		

***NSD – No Significant Difference**

't' ratio at 0.01 level of confidence for the degree of freedom (df) at 58=2.660

Discussions on Pranayama

The results indicated that there was a statistically significant mean difference in students' pranayama Scores between students participate in before pranayama practice and those students participate in after pranayama practice.

Table - 11 shows that post-test mean scores of balloon blow activity was 73.0% and its standard deviation was 24.5% respectively. The post-test mean scores of 30 seconds breathing activity was 71.0% and its standard deviation was 28.06% respectively.

The mean differences between the balloon blow activity and 30 seconds breathing activity post-test were 2.0% respectively.

The action researcher then analyzed the samples 't' test assumptions for the pranayama Scores. Prior to running the samples 't' test for this variable, the data were screened.

The obtained ‘t’ value 0.29 in balloon blow activity and 30 seconds breathing activity with respect to the pranayama was significantly lower than the required ‘t’ value (2.660) and it was proved there is no significant difference in the pranayama of the female. So, Hypotheses of present study is rejected.

The obtained mean values in balloon blow activity and 30 seconds breathing activity post-test values are represented through bar diagram for better understanding of the results.

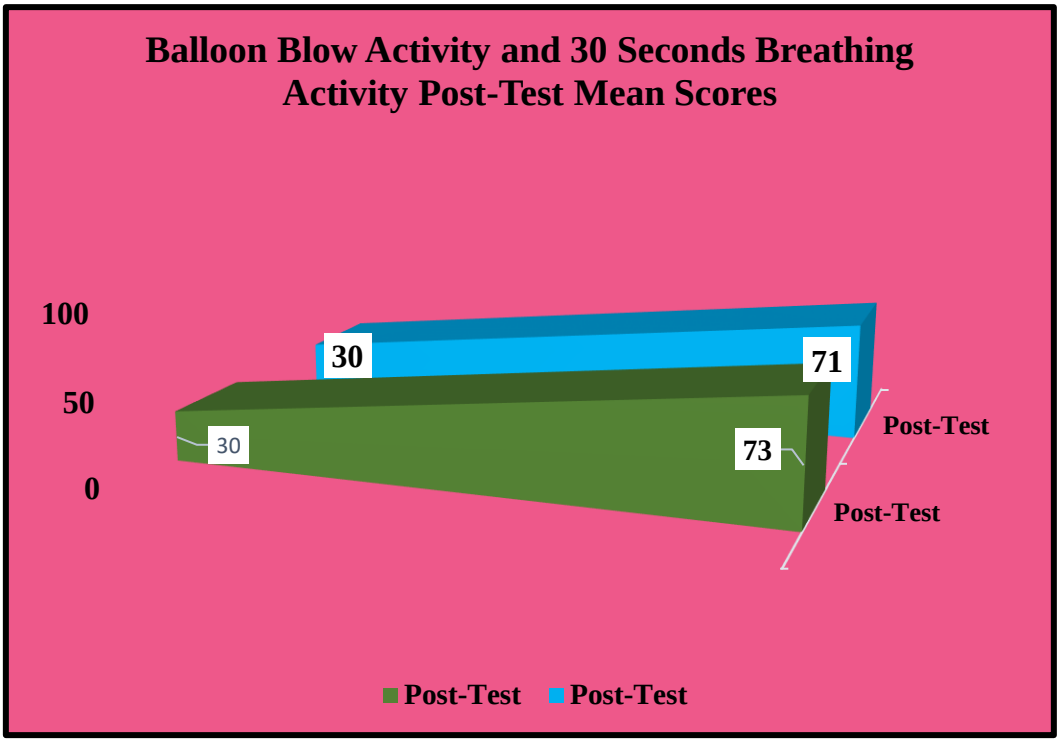

Figure: 9 Mean scores of balloon blow activity and 30 seconds breathing activity post-test

12. Findings of the study

- Students pranayama level was tested through a check list in balloon blow activity and 30 seconds breathing activity in which differences was resulted in both pre-test and post-test.
- Students mean scores in pre-test was 26.33% where as their mean scores in post-test was 81.33%.
- The mean scores of male students in Pre-test was 27.05% and in Post-test was 83.82%.
- The mean score of female students in Pre-test was 25.38% and in Post-test was 78.07%.
- The mean score of balloon blow activity in Pre-test was 32.66% and in Post-test was 73.0%.
- The mean score of 30 seconds breathing activity in Pre-test was 20.0% and in Post-test was 71.0%.
- Students had their highest mean score has 55% in post-test. There was a slight difference in gender-wise mean scores in which male' mean score was little higher than female' mean score in post-test.

13. Educational Implications

Following are the educational implication of the present study.

As per the results of the present study students confidence level increased through practicing pranayama regularly. It seems to be more effective for both males and females in their selection process.

Pranayama the practice of controlled breathing in yoga, has several educational implications that can positively impact students' learning and overall well-being.

Stress Reduction: Pranayama techniques, such as deep breathing and mindful breathing, can help students reduce stress and anxiety levels. By incorporating pranayama into their daily routines, students can learn to manage academic pressures and navigate challenging situations with greater ease.

Improved Focus and Concentration: Practicing pranayama can enhance students' ability to concentrate and maintain focus during learning activities. By promoting relaxation and clarity of mind, pranayama techniques can optimize cognitive function and information processing, leading to improved academic performance.

Emotional Regulation: Pranayama encourages students to cultivate awareness of their emotions and develop strategies for emotional regulation. By learning to regulate their breath, students can regulate their emotions, respond calmly to stressors, and cultivate a positive learning environment conducive to social and emotional growth.

Enhanced Self-Regulation: Pranayama fosters self-regulation skills by teaching students to regulate their physiological responses to stress. By practicing pranayama regularly, students can develop greater self-awareness, self-control, and resilience, which are essential for academic success and personal development.

Improved Physical Health: Pranayama has been associated with various physical health benefits, including improved respiratory function, cardiovascular health, and immune function. By promoting overall well-being, pranayama can support students' physical health, leading to increased energy levels and vitality for learning.

Cultivation of Mindfulness: Pranayama encourages mindfulness, the practice of being present and attentive to the present moment without judgment. By incorporating mindful breathing exercises into their daily routines, students can develop mindfulness skills that enhance their ability to focus, regulate emotions, and engage fully in learning activities.

Promotion of Mind-Body Connection: Pranayama fosters a deeper connection between the mind and body, promoting holistic well-being and integration. By integrating pranayama into their educational experiences, students can develop a greater appreciation for the interconnectedness of their physical, mental, and emotional states, leading to a more balanced and harmonious approach to learning and life.

14. Recommendations

Pranayama practices in schools can offer numerous benefits for students' physical, mental, and emotional well-being. Here are some recommendations for incorporating pranayama into school

Teacher Training: Provide training workshops or courses for teachers to learn about pranayama techniques, their benefits, and how to effectively incorporate them into the classroom. Teachers who are knowledgeable about pranayama can integrate these practices seamlessly into daily routines and curriculum.

Integration into Physical Education or Health Classes: Include pranayama sessions as part of physical education or health classes. Teachers can lead students through guided breathing exercises, teaching them different pranayama techniques and explaining their physiological and psychological effects.

Mindfulness Programs: Implement mindfulness programs that incorporate pranayama practices into the school curriculum. These programs can include mindfulness sessions, meditation and breathing exercises to help students develop attentional skills, emotional regulation and stress management techniques.

Morning or Afternoon Sessions: Start the school day or incorporate midday breaks with short pranayama sessions. These sessions can help students to centre themselves, increase focus and set a positive tone for learning.

Incorporate into Classroom Transitions: Use pranayama techniques during transitions between classroom activities or subjects. Short breathing exercises can help students transition calmly and refocus their attention for the next activity.

Quiet Spaces for Practice: Designate quiet spaces in the school where students can go to practice pranayama independently or in small groups. Provide resources such as guided audio recordings to support their practice.

Parental Involvement: Educate parents about the benefits of pranayama and encourage them to practice these techniques with their children at home. Provide resources or host workshops for parents to learn about pranayama practices and how to incorporate them into family routines.

Promote a Positive School Climate: Create a school environment that values well-being and mindfulness. Promote the importance of self-care, stress management and mental health awareness and incorporate pranayama practices as part of the school culture.

Evaluation and Feedback: Regularly assess the effectiveness of pranayama programs in schools through student feedback, academic performance indicators, and observations of classroom dynamics. Use this feedback to refine and improve the implementation of pranayama practices in the school.

By incorporating pranayama practices into schools, teachers can support students' holistic development, promote a positive school climate, and equip them with valuable tools for managing stress, enhancing focus, and fostering overall well-being.

15. Suggestions for Further Study

Exploring pranayama in further studies can be a rich and rewarding endeavor, offering opportunities to deepen understanding, expand knowledge, and contribute to various fields. Here are some suggestions for further studies related to pranayama.

Physiological Effects: Investigate the physiological effects of pranayama on the body, including its impact on respiratory function, cardiovascular health, and autonomic nervous system activity. Conduct research for using physiological measurements such as heart rate variability, respiratory rate, and blood pressure to explore the mechanisms underlying the benefits of pranayama.

Psychological Effects: Explore the psychological effects of pranayama on cognitive function, emotional regulation, and stress management. Conduct studies using psychological assessments, neuroimaging techniques, and self-report measures to examine the effects of pranayama on mood, attention, and well-being.

Mindfulness and Self-Regulation: Explore the role of pranayama in promoting mindfulness, self-awareness, and self-regulation skills. Conduct studies to examine the effects of pranayama practices on attentional control, emotional resilience, and interpersonal relationships, particularly in educational and clinical settings.

Educational and Workplace Interventions: Investigate the impact of integrating pranayama practices into educational and workplace settings to promote well-being, productivity, and performance. Conduct studies to evaluate the effectiveness of pranayama-based interventions for reducing stress, enhancing focus, and improving overall quality of life.

Individual Differences: Explore individual differences in response to pranayama practices, including factors such as age, gender, personality, and prior experience with yoga or meditation. Conduct studies to identify moderators and mediators of the effects of pranayama, as well as factors that may influence adherence and engagement with practice.

Longitudinal Studies: Conduct longitudinal studies to examine the long-term effects of regular pranayama practice on health, well-being, and quality of life. Follow individuals over an extended period to assess changes in physiological, psychological, and social outcomes associated with sustained pranayama practice.

By exploring these and other avenues of research, scholars can contribute to advancing knowledge about pranayama and its potential applications for promoting health, well-being, and human flourishing.

16. Conclusions

Students' confidence level was measured before practicing pranayama and after practicing pranayama. During pre-test students were involved in doing activities like Loosening Exercise, Nadhisudhi, Suriya bhedana, Chandra bhedana, kapalabhati, bhastrika and Relaxation they felt uninterested to participate in these activities because of their lack of accuracy and confidence. All these happened among the students before practicing pranayama. After the results arrived through the above activities, students were stimulated by the action researcher to know more about the importance and benefits of doing pranayama regularly. The action researcher trained the students in doing pranayama along with the programme schedule. Frequently the action researcher has assessed and diagnosed students' problems in improving their confidence in the selection process. After practicing pranayama a Post-test was conducted in which students confidence level gets increased.

Pranayama techniques such as deep breathing, alternate nostril breathing and mindful breathing have been shown to positively impact various aspects of health and functioning. Physiologically, pranayama practices can improve respiratory function, cardiovascular health and autonomic nervous system balance. Psychologically, pranayama can enhance cognitive function, emotional regulation, and stress management skills. Socially, pranayama fosters a sense of connection and community, promoting empathy, compassion, and interpersonal relationships.

Incorporating pranayama into daily routines, individuals can experience greater clarity, calmness, and vitality, enabling them to navigate life's challenges with resilience and grace.

Embracing pranayama as a transformative practice, we can embark on a journey of self-discovery, healing, and self-realization, leading to a more harmonious and balanced way of living for ourselves and future generations.

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Annexure – 1

District Institute of Education and Training, Krishnagiri

Action Research Check List

Balloon Blow Activity – Pre-Test Scores

S. No	Name of the Students	10 Seconds Blow (2 Marks)	20 Seconds Blow (3 Marks)	30 Seconds Blow (5 Marks)	Total (10 Marks)
1.	S. Durga	2	3		05
2.	R. Ilavarasi	2	3		05
3.	G. Kirubha	2			03
4.	T. Monisha	2			02
5.	R. Nikitha	2			02
6.	K. Nishashri	2			02
7.	G. Nivetha	2	3		05
8.	S. Prithikga	2			02
9.	R. Sagashri		3		03
10.	A. Shobika	2	3		05
11.	M. Prithikashri	2			02
12.	M. Varshitha	2			02
13.	P. Vijiyashri	2			02
14.	S. Athimulam	2			02
15.	R. Balamohan	2			02
16.	J. Delipkumar	2	3		05
17.	R. Deviprasath	2	3		05
18.	R. Dhyanithi	2	3		05
19.	T. Jayaseelan	2	3		05
20.	S. Kalaisuriya	2	3		05
21.	K. Nithin	2			02
22.	S. Nithisvarman	2	3		05
23.	T. Rishiganth	2			02
24.	K. Roshan	2	3		05
25.	S. Sanjay	2			02
26.	D. Saravana	2			02
27.	C. Salaman	2	3		05
28.	N. Suriya	2			02
29.	M. Sutharsanam	2			02
30.	G. Tamilarasan	2	3		02

Annexure - 2

District Institute of Education and Training, Krishnagiri

Action Research Check List

Balloon Blow Activity-Post-Test Scores

S. No	Name of the Students	10 Seconds Blow (2 Marks)	20 Seconds Blow (3 Marks)	30 Seconds Blow (5 Marks)	Total (10 Marks)
1.	S. Durga		3	5	08
2.	R. Ilavarasi		3	5	08
3.	G. Kirubha	2	3		05
4.	T. Monisha		3	5	08
5.	R. Nikitha		3	5	08
6.	K. Nishashri	2	3		05
7.	G. Nivetha		3	5	08
8.	S. Prithikga		3	5	08
9.	R. Sagashri		3	5	08
10.	A. Shobika		3	5	08
11.	M. Prithikashri	2	3		05
12.	M. Varshitha		3	5	08
13.	P. Vijiyashri		3	5	08
14.	S. Athimulam		3	5	08
15.	R. Balamohan	2	3		05
16.	J. Delipkumar		3	5	08
17.	R. Deviprasath		3	5	08
18.	R. Dhyanithi		3	5	08
19.	T. Jayaseelan		3	5	08
20.	S. Kalaisuriya		3	5	08
21.	K. Nithin	2	3		05
22.	S. Nithisvarman		3	5	08
23.	T. Rishiganth	2	3		05
24.	K. Roshan		3	5	08
25.	S. Sanjay		3	5	08
26.	D. Saravana		3	5	08
27.	C. Salaman		3	5	08
28.	N. Suriya	2	3		05
29.	M. Sutharsanam		3	5	08
30.	G. Tamilarasan		3	5	08

Annexure - 3

District Institute of Education and Training, Krishnagiri

Action Research Check List

30 Seconds Breathing Activity – Pre-Test

S. No	Name of the Students	10 Seconds Breathing (2 Marks)	20 Seconds Breathing (3 Marks)	30 Seconds Breathing (5 Marks)	Total (10 Marks)
1.	S. Durga	2			02
2.	R. Ilavarasi	2			02
3.	G. Kirubha	2			02
4.	T. Monisha	2			02
5.	R. Nikitha	2			02
6.	K. Nishashri	2			02
7.	G. Nivetha	2			02
8.	S. Prithikga	2			02
9.	R. Sagashri	2			02
10.	A. Shobika	2			02
11.	M. Prithikashri	2			02
12.	M. Varshitha	2			02
13.	P. Vijiyashri	2			02
14.	S. Athimulam	2			02
15.	R. Balamohan	2			02
16.	J. Delipkumar	2			02
17.	R. Deviprasath	2			02
18.	R. Dhyanithi	2			02
19.	T. Jayaseelan	2			02
20.	S. Kalaisuriya	2			02
21.	K. Nithin	2			02
22.	S. Nithisvarman	2			02
23.	T. Rishiganth	2			02
24.	K. Roshan	2			02
25.	S. Sanjay	2			02
26.	D. Saravana	2			02
27.	C. Salaman	2			02
28.	N. Suriya	2			02
29.	M. Sutharsanam	2			02
30.	G. Tamilarasan	2			02

Annexure - 4

District Institute of Education and Training, Krishnagiri

Action Research Check List

30 Seconds Breathing Exercise – Post-Test

S. No	Name of the Students	10 Seconds Blow (2 Marks)	20 Seconds Blow (3 Marks)	30 Seconds Blow (5 Marks)	Total (10 Marks)
1.	S. Durga		3	5	08
2.	R. Ilavarasi	2	3		05
3.	G. Kirubha	2	3		05
4.	T. Monisha		3	5	08
5.	R. Nikitha		3	5	08
6.	K. Nishashri		3	5	08
7.	G. Nivetha		3	5	08
8.	S. Prithikga	2	3		05
9.	R. Sagashri		3	5	08
10.	A. Shobika		3	5	08
11.	M. Prithikashri		3	5	08
12.	M. Varshitha	2	3		05
13.	P. Vijiyashri	2			02
14.	S. Athimulam		3	5	08
15.	R. Balamohan		3	5	08
16.	J. Delipkumar		3	5	08
17.	R. Deviprasath	2	3		05
18.	R. Dhyanithi		3	5	08
19.	T. Jayaseelan		3	5	08
20.	S. Kalaisuriya	2	3		05
21.	K. Nithin		3	5	08
22.	S. Nithisvarman		3	5	08
23.	T. Rishiganth		3	5	08
24.	K. Roshan		3	5	08
25.	S. Sanjay		3	5	08
26.	D. Saravana		3	5	08
27.	C. Salaman		3	5	08
28.	N. Suriya		3	5	08
29.	M. Sutharsanam		3	5	08
30.	G. Tamilarasan	2	3		05

Annexure – 5

District Institute of Education and Training, Krishnagiri

Pre-Test & Post-Test Scores

S. No	Name of the Students	Gender	Pre-Test Score (100 Marks)	Post-Test Score (100 Marks)
1.	S. Durga	Female	35	90
2.	R. Ilavarasi	Female	35	75
3.	G. Kirubha	Female	25	50
4.	T. Monisha	Female	20	90
5.	R. Nikitha	Female	20	90
6.	K. Nishashri	Female	20	65
7.	G. Nivetha	Female	35	90
8.	S. Prithikga	Female	20	75
9.	R. Sagashri	Female	25	90
10.	A. Shobika	Female	35	90
11.	M. Prithikashri	Female	20	75
12.	M. Varshika	Female	20	75
13.	P. Vijiyashri	Female	20	60
14.	S. Athimulam	Male	20	90
15.	R. Balamohan	Male	20	75
16.	J. Delipkumar	Male	35	90
17.	R. Deviprasath	Male	35	75
18.	R. Dhyanithi	Male	35	90
19.	T. Jayaseelan	Male	35	90
20.	S. Kalaisuriya	Male	35	75
21.	K. Nithin	Male	20	75
22.	S. Nithisvarman	Male	35	90
23.	T. Rishiganth	Male	20	75
24.	K. Roshan	Male	35	90
25.	S. Sanjay	Male	20	90
26.	D. Saravana	Male	20	90
27.	C. Salaman	Male	35	90
28.	N. Suriya	Male	20	75
29.	M. Sutharsanam	Male	20	90
30.	G. Tamilarasan	Male	20	75

Annexure – 6

District Institute of Education and Training, Krishnagiri

Pre-Test Scores

S. No	Name of the Students	Marks (20 Marks)	Marks (100 Marks)
1.	S. Durga	05	25
2.	R. Ilavarasi	05	25
3.	G. Kirubha	04	20
4.	T. Monisha	04	20
5.	R. Nikitha	04	20
6.	K. Nishashri	04	20
7.	G. Nivetha	07	35
8.	S. Prithikga	04	20
9.	R. Sagashri	05	25
10.	A. Shobika	07	35
11.	M. Prithikashri	04	20
12.	M. Varshika	04	20
13.	P. Vijiyashri	04	20
14.	S. Athimulam	04	20
15.	R. Balamohan	04	20
16.	J. Delipkumar	05	25
17.	R. Deviprasath	05	25
18.	R. Dhyanithi	07	35
19.	T. Jayaseelan	05	25
20.	S. Kalaisuriya	07	35
21.	K. Nithin	04	20
22.	S. Nithisvarman	05	25
23.	T. Rishiganth	04	20
24.	K. Roshan	05	25
25.	S. Sanjay	04	20
26.	D. Saravana	04	20
27.	C. Salaman	07	35
28.	N. Suriya	04	20
29.	M. Sutharsanam	04	20
30.	G. Tamilarasan	05	25

Annexure – 7

District Institute of Education and Training, Krishnagiri

Post-Test Scores

S. No	Name of the Students	Marks (20 Marks)	Marks (100 Marks)
1.	S. Durga	18	90
2.	R. Ilavarasi	15	75
3.	G. Kirubha	10	50
4.	T. Monisha	18	90
5.	R. Nikitha	18	90
6.	K. Nishashri	13	65
7.	G. Nivetha	18	90
8.	S. Prithikga	15	75
9.	R. Sagashri	18	90
10.	A. Shobika	18	90
11.	M. Prithikashri	15	75
12.	M. Varshika	15	75
13.	P. Vijiyashri	12	60
14.	S. Athimulam	18	90
15.	R. Balamohan	15	75
16.	J. Delipkumar	18	90
17.	R. Deviprasath	15	75
18.	R. Dhyanithi	18	90
19.	T. Jayaseelan	18	90
20.	S. Kalaisuriya	15	75
21.	K. Nithin	15	75
22.	S. Nithisvarman	18	90
23.	T. Rishiganth	15	75
24.	K. Roshan	18	90
25.	S. Sanjay	18	90
26.	D. Saravana	18	90
27.	C. Salaman	18	90
28.	N. Suriya	15	75
29.	M. Sutharsanam	18	90
30.	G. Tamilarasan	15	75

Annexure – 7

PHOTOS

The action researcher conducted pre-test in balloon blow activity

The action researcher conducted pre-test in balloon blow activity

The action researcher conducted pre-test in 30 seconds breathing activity

The action researcher conducted pre-test in 30 seconds breathing activity

The action researcher demonstrated how to inhale and exhale the breathing

The action researcher demonstrated how to inhale and exhale the breathing

The action researcher given the yoga towel for the students

The action researcher given the yoga towel for the students

The students doing the prayer

The students practiced the loosening exercise

The students practiced the loosening exercise

The action researcher demonstrated the foot reflex massage

The students practiced the foot reflex massage

The students practiced the foot reflex massage

The students practiced the nadi sudthi pranayama

The students practiced the chandra bhedhana pranayama

The students practiced the suriya bhedhana pranayama

The action researcher demonstrated the basthirika pranayama

The action researcher demonstrated the basthirika pranayama

The students practiced the basthirika pranayama

The action researcher demonstrated the Kabalapathi pranayama

The students practiced the kabalapathi pranayama

The students are doing in post-test

The students are doing in post-test

The students are doing in post-test

The students are doing in post-test