



EFFECT OF OMKAR CHANTING AND PRANAYAMA ON CONCENTRATION, MEMORY AND LEVEL OF FATIGUE ON B.ED. STUDENTS

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Abstract

Concentration is the measure of accuracy of work. Receiving power is the measure of understanding. Memory is a measure of ability to reproduce the knowledge that is known. The concentration, memory and the level of fatigue can be measured from the psychology based tests. Omkar recitation & Pranayama are important yogic practices. The vibration due to Omkar meditation & Pranayama increases the efficiency of cells and the organs.

Keywords: *Concentration, Omkar recitation, Pranayama.*



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Introduction

In current curriculum of B.Ed. the importance of Yoga is also highlighted. So it is decided to study the some of the yogic practices & their effect on Concentration.

Omkar recitations an important yogic activity. The vibrations due to Omkar recitation increases the efficiency of cells and the concerned organs.

In the Omkar recitation, the first pronunciation A creates the vibrations, which affect the spinal cord to increase its efficiency. The second pronunciation U creates the vibrations in the throat which affect the Thyroid Glands, while the last pronunciation Mm, brings the vibrations to the brain, thereby activating the brain centres, as a result of which, the efficiency of a brain increases. Therefore the effect of Omkar chanting increases the concentration, memory, receiving power of brain and ultimately decreases the level of fatigue.

Pranayama is the yogic science of balancing & regulating vital energy or prana through the skillful manipulation of breath. There is correlation between our breath & our mind. We can voluntarily tackle our mind & our emotions through the breath & the life force that connects us all, and that is the science of Pranayama. Pranayama is the tool that links the body & the mind through the breathing.

Concentration is a measure of accuracy of work and receiving power is a measure of understanding while memory is a measure of ability to reproduce the knowledge / known things. of course there are different opinions for the measurement of concentration, memory & receiving

power. However, the concentration, memory & level of fatigue can be measured / understood from the Psychology based tests. Based on this hypothesis, the tests, were conducted and the results are discussed.

Background:-

Teacher Education is the “Spine” of the entire education system and to be responsive to the challenges faced by education system in general and the school education in particular. So in our revised syllabus Health and Yoga is also added. For enhancing the professional capacities, health and yoga is necessary part of Teacher Education. So to increase energy and mind management in B.Ed. students if we take Omkar chanting & Pranayama there Concentration will increase.

Concentration is base for all knowledge. Without knowledge one can not do anything. Ordinary people always make mistakes as they loss their 90% thought power. A person having discipline for his mind will never make any mistake. Concentration has enormous strength. To achieve certain goals, concentration is must. Concentration in a given task will always leads to success. Concentration also helps to fulfill exact aim & achievement of goal & hence success in life.

Need & Importance of the study:-

Today’s era is Information Technology. In this modern world, for B.Ed. students it is very important to increase their confidence & courage. To achieve this, increase in their concentration is very much essential. Present research helps in enhancement of concentration of the B Ed students.

Present research will also help to decrease the Level of Fatigue in students. Level of Fatigue is also one of the major cause to destroy the concentration & to regain this concentration present research becomes important.

Statement of the problem:

Effect of Omkar Chanting and Pranayama on Concentration, Memory and Level of Fatigue on B.Ed. students

Definitions of important terms :

1. **Concentration:-** Process of focusing on certain object or concept. In present research Concentration is rank obtained by using Pranavjapanubh Concentration measure test which is standardized by Yoga VidyaDham, Nashik.

2. **Memory:-** The time within which past events can be remembered.

Level of fatigue:- Level of State of tiredness caused by exertion. **B.Ed. Students:-** Students from B.Ed. college, which implements curriculum of Teacher Trainee Program.

Objectives:

1. To study the effect of Omkar Chanting on Concentration.
2. To study the effect of Pranayama on Concentration.

Scope and limitations :

1. Present research is related to the effect of Omkar Chanting on Concentration.
2. Present research is related to the effect of Pranayama on Concentration.
3. This is restricted to only B.Ed. students.
4. This is limited to only fifty students of B.Ed.

5. Present research is limited to activity which are organized by researcher only.

Research Hypothesis-

“After implementation of concentration rise program produced by researcher, there will be increase in concentration of B.Ed. students.”

Research Methodology-

Method of Research :-

For present research, Experimental method will be used.

Experimental Design-

For the present research, The single group Pretest-Posttest design will be selected.

Sample :-

For experiment, 35 students from Shri MartandBhairavB.Ed.collegewill be selected. This selection will be according to Incidental sampling method.

Materials And Methods

Studies were conducted on 35 B.Ed.students in the age group of 25 to 45 years. They were taught the Omkar chanting and Pranayama. One Omkar in one exhalation of breath in 10 seconds.

Before starting the Omkar Chanting and Pranayamato the class the Psychology based tests for measurement of concentration, memory and level of fatigue were conducted.

The class was conducted from 2/12/2015 to 3/1/2016every day in the morning between 10:00 AM to 10:45 AM. The following practices were performed everyday.

1. Relaxation 5 Min.
2. Pranayama (Deep breathing) 5 Min.
3. Omkar Chanting 30 Min.
4. Prayer 5 Min.

Tools for data collection :

The tests for concentration, memory and level of fatigue were conducted after completing the Omkar chanting class for one month. These tests can be described as follows.

1. Test for concentration -

In this test, the B.Ed.students were asked to solve some multiplication (four digits by single figure) in 5 minutes. After completing the assignment, the multiplications were corrected. Results were tabulated as total attempted, correct problems & wrong problems.

2. Memory Test -

In this test, the different 25 items were kept on the table. All B.Ed.students were asked to observe for 1 minute. After this observation, they were asked to write the names of items within 5 minutes. The observations were tabulated as the number of items written and correct items written.

3. Test for level of fatigue (Cancel action Test) -

In this test, a paper containing the English alphabets randomly printed was given to the B Ed students. The B Ed students were asked to cancel the 'Y' 'S' & 'G' letters within 5 minutes. They were asked to put vertical line after every minutes to know the number of words canceled in every minute.

Statistical Tool :-

For testing effectiveness of program, T –test tool will used.

Result and Discussion

From the concentration test it is observed that,

The average number of problems solved before class were 20, out of which 12 were correct. But after the class, the average number of problems solved were 24, out of which 18 were correct.

The improvement in ability / accuracy of solving the problems after Omkar chanting class, indicates the increase in concentration. After practicing Pranayama B Ed students feel cheerfulness, enthusiasm, a good standard of health and a good concentration of mind

From the memory test, it is observed that, before Omkar chanting class, the average number of items remembered were 15, while after class the average number of items remembered were 19

The average number of marks (words canceled) before Omkar Chanting class were 13, but after Omkar chanting class the marks increased

upto 20. The maximum number of marks before Omkar chanting class were 25, but after the Omkar chanting class, the maximum number of marks was 32. From this, it can be concluded that, after Omkar chanting class the marks in cancellation test increased, indicating the decrease in level of fatigue.

There is no difference before and after the Omkar chanting against the alternative that Omkar chanting is effective. The results are as,

Table - 1

Test	n	Mean Difference	t- value
concentration	35	2.87	6.37
Memory	35	2.91	5.68
Cancellation	35	6.61	8.54

The differences are statistically significant. So the hypothesis that ,after implementation of concentration rise program produced by researcher, there will be increase in concentration of B.Ed. students.