

# Abstract

## **Introduction:**

Attention is the cognitive process of selectively concentration on one thing while ignoring other things. Attention is one of the most intensely within psychology and cognitive neuroscience. The cognitive processes associated with the human mind (decisionmaking, memory, emotion etc.) attention is considered the most concrete because it is tied so closely to perception. Yoga is the methods to balance body and mind. Yoga in its full form combine physical postures, breathing exercise, meditation, and balance the mind, body, and the sprit. It is here that yoga can show to improve the attention. Adolescence, transitional phase of growth and development between childhood and adulthood. The world health organization (who) defines as adolescent as any person between ages 10 and 20.

## **Aim:**

To assess the effect of balancing posture training on attention among Adolescences.

## **Methods and materials:**

Two- group pre-post design with 42 sample size (n=42 boys and girls both gender) of normal health students who is the age range of 13-15 years. Student who have any chronic illness, mental illness and any other problem we are not excluded them. The yoga group (n=21) where boys and girls are included and control group (n=21) where boys and girls are included here. The balancing posture is given for 30days, 1hour/day. The SLCT, DLST, D2 Attention test and child and Adolescence Mindfulness Measure (CAMM) were measure before and after intervention.

## **Result:**

Significant improvement was found in both yoga and control group.

## **Conclusion:**

The yoga and control group showed a significant improvement score of SLCT, DLST, D2 Attention test and CAMM.