

# ABSTRACT

## **Introduction:**

Recent studies suggest that yoga practice may improve cognitive functioning. Although preliminary data indicate that yoga improves working memory (WM), high-resolution information about the type of WM subcontracts, namely maintenance and manipulation, is not available. Furthermore, the association between cognitive enhancement and improved mindfulness as a result of yoga practice requires empirical examination. The aim of the present study is to assess the impact of a brief yoga program on WM maintenance, WM manipulation and attentive mindfulness.

## **Aim:**

The present study was intended to compare the performance on motor free visual perception in yoga female students and non-yoga female students.

## **Methodology:**

Total Sixty healthy female studentes age range 18-28 years, Thirty yoga female (Raw score mean $\pm$ SD; 38.56 $\pm$ 3.26, Standard mean $\pm$ SD; 104.03 $\pm$ 11.24) and thirty non yoga female (score mean $\pm$ SD; 32.76 $\pm$ 3.96, Standard mean $\pm$ SD 86.46 $\pm$ 16.70)\_fulfilling the inclusion and exclusion criteria recruited for Motor visual perception test intervention. Participants were assessed for visual perception on using motor free visual perception test.

## **Data Analysis:**

The raw data was tabulated and statistical analysis was done using SPSS version21.0. The data were checked for normality and independent sample t-test was employed to compare the means of both the groups. For all analysis we present 95 percent confidence intervals and considered p-value <0.05 as significant.

**Result:**

The results of the present study show that there is a significant difference in yoga group and control group.

**Conclusion:**

In the present study, we compared the long term effect of yoga on students yoga practitioners (more than 1 year experience) performance in motor free visual perception test with control group (who never exposed to yoga before). The results suggest that yoga practice help to improve visual perception processing speed for correct stimuli\ task immediate attention with lowered attention time. The generalizability of the study is still need further investigation using recent modern technology as such functional near infrared spectroscopy FNRS, electroencephalography and functional magnetic resonance imaging(FMRI).

**Key words:** Motor Free Visual Perception(MVPT4), Yoga, Attention,