

## **ABSTRACT**

### **Background:**

Emotional-regulation is the conscious or non-conscious control on emotions, mood or effect. Children self-regulation skills are still developing and can often go up and down emotion regulation has been linked to attention. Attention is also considered an important emotion regulation strategy. Attentional deployment means antecedent emotion regulation strategy through which individual use attention to influence and shape their experience of emotion. Yoga may be an appropriate intervention to improve motor skills, executive function and attention

### **Method:**

Sixty eight students were participated in this study. 40 participants were in yoga group and 28 in control group. The Emotion Regulation was assessed using Emotion Regulation Questionnaire and attention was assessed with the Six letter cancellation test. Yoga group was participated in a 10days yoga based personality development camp and the control group was followed their regular school activities. They were assessed on days 1 and after 10 days.

### **RESULT**

The baseline was matched for the both variables. There was no significant improvement was in Yoga group ( $P = 0.739$ ) and Control group ( $P = 0.611$ ) in total emotion regulation. Both the groups showed significant change in six letter cancelation test total attempt; yoga group

( $p < 0.001$ ) and control group ( $p = 0.005$ ). However, the percentage of improvement was higher (24.77%) in yoga group and as compared to control group (15.77%).

## **Conclusion**

This study suggested that yoga may effective to regulating emotion in children and also yoga can improve the attention in children

## **KEY- WORDS**

Yoga, emotion regulation, attention, children