

ABSTRACT

Introduction: Cognitive changes it means a person's "ability to increase intelligence memory, creativity, emotion regulation, remain calm or even keel when faced with pressure or stress." And it was revealed as a significant predictor of career concerns. Furthermore, a moderating effect of gender and a mediating role of career decision self-efficacy were revealed in this context for school children. It's very crucial because at this age they face a lot of changes in their life. They must be capable of taking the decisions for their career and should be able to improve their social behaviour which leads to a good confidence level.

Methods and materials: In the present study, 82 participants with age ranged between (12-16 years) were taken from the school HBP, Shivajinagar (Bangalore). HBP school participants were undergone for 30-day yoga-based lifestyle intervention program and compared their creativity emotional stability and memory before starting their session and after completing their session.

41 participants underwent yoga training i.e., yoga therapy every day, 1 hour for 30 days. The variables like quality of life emotional stability, memory and self-monitoring level were recorded before and after the intervention.

Result: significant was found in Self-monitoring scale, Emotional regulation questionnaire and Everyday memory test

Conclusion: Complete yoga practice, other curriculum activities influence their creativity, emotional level, good memory in schoolchildren they felt some little change in their life and also stability.

Keywords: creativity, memory, intelligence, emotional stability, Self-Monitoring, Personality Development.