



An Experimental study to assess the effectiveness of video assisted teaching program about Super brain yoga on academic performance among higher primary school students at selected schools in Bangalore, Karnataka.

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Abstract:

Academic performance among schoolchildren is a key indicator of their cognitive development, learning abilities, and overall educational success. Numerous elements impact it, such as mental health, family dynamics, motivation, cognitive abilities, and the quality of instruction. Excellent academic achievement is linked to future academic possibilities, more critical thinking skills, and greater problem-solving ability in addition to higher grades. Educators, parents, and legislators can foster learning and achievement in children by establishing supportive settings based on their understanding of the elements that contribute to academic success.

Super brain yoga is a simple yet powerful technique that improves focus, mental clarity, and cognitive performance. Super brain Yoga enhances focus, memory, and general brain health by stimulating important brain regions through the combination of targeted breathing exercises and particular physical motions. According to recent research, integrating Super brain Yoga into everyday routines may improve academic achievement, especially when it comes to assignments requiring prolonged focus and critical thought. Both professionals and students can benefit from this practice since it provides a useful, affordable method of improving mental performance.

This main aim of this study is, assessing the effectiveness of Super Brain Yoga on Academic Performance among School students. The research design adopted for this study is quasi experimental – one group pretest-post-test design. 60 samples were selected by purposive sampling technique and selected samples were assessed by Modified Academic Performance Scale. The study findings revealed that the mean and Standard Deviation value for pre test 32.5 & 11.94 and post test Mean and standard Deviation is 52.62 & 8.86. the t test value 19.2 which is highly significant at $p < 0.05$.

Results: The study concludes that Super Brain Yoga is effective for enhancing Academic Performance, Attention and concentration of School students.

Key Words: Effectiveness, Super Brain Yoga, Academic Performance, Primary School Students.

INTRODUCTION

"Academic success is a journey characterised by perseverance, curiosity, and dedication rather than merely a destination."

Education is seen as an essential first step in all human endeavours in light of globalisation and technological growth. It is essential for building human capital and is directly related to a person's chances for better living conditions and general well-being. Gaining information and skills that improve productivity and general quality of life is made easier by education. A country's economy can improve as a result of this enhanced productivity since it can provide new revenue streams.

In order to have a major influence at the local, regional, national, and international levels, educators place a high priority on the calibre of student performance. Understanding the factors that significantly affect students' academic success has long been the attention of researchers, educators, and trainers. These variables include things like student traits, family background, school climate, and peer influences, among other things that happen both within and outside of the school setting. These demographic factors have historically been studied since the 17th century and usually include factors such as age, gender, location, ethnicity, marital status, socioeconomic status (SES), parents' educational attainment, parental occupations, language,



income, and religious affiliations. Demography, which investigates the effects of demographic characteristics in both biological and social contexts, is typically used to analyse these elements.

However, defining and assessing the quality of education is a challenging task, made more so by the fact that different stakeholders have differing opinions on what quality is. Of them, educational professionals talk about and study socioeconomic status the most because of its effect on academic performance. The general consensus is that pupils with lower socioeconomic level perform worse academically because their basic needs are not satisfied, which lowers their academic accomplishments and self-esteem. These issues are exacerbated by environmental limitations linked to poor socioeconomic position.

This study specifically intends to assess the influence of a video-assisted teaching program on super brain yoga on the academic achievement of upper primary school pupils at a chosen Bangalore, Karnataka, school.

Super Brain Yoga is a straightforward but effective method that uses certain breathing techniques and physical movements to stimulate the brain. It is claimed that the exercise improves memory, cognitive function, and mental health in general. It became well-known because to the efforts of Pranic Healing founder and spiritual teacher Master Choa Kok Sui.

Super Brain Yoga's fundamental steps are as follows:

1. Position for Standing:

- ◆ Place your feet shoulder-width apart.
- ◆ Be certain that you are balanced and comfy.

2. The cross-crawl motion :

- ◆ It involves touching your left earlobe with your right hand while moving it across your body.
- ◆ In the same way, touch your right earlobe with your left hand by moving it across your body.
- ◆ When the hands are crossed, the right arm should be over the left.

3. Squatting:

- ◆ Take a deep breath as you bend below.
- ◆ You should keep your hands at your earlobes and keep them crossed.
- ◆ As you lower yourself, hold your breath.

4. Standing Up Again:

- ◆ Step back up to your starting position and exhale.
- ◆ Throughout the exercise, maintain your hands crossed at the earlobes.

5. Repeat:

- ◆ Perform the procedure multiple times, preferably 14–21 times.

Improved Focus and Concentration, Memory, Stress Reduction, Energy Boost, Mind-Body Connection, Calming Effect, Balancing Left and Right Brain Hemispheres, Routine and Discipline, and Improved Emotional Regulation are just a few of the cognitive and psychological advantages that Super Brain Yoga is touted for.

NEED FOR THE STUDY

"The ability to persevere is what matters; failure and success are not definitive."
Winston Churchill

The UNESCO Institute for Statistics estimates that in 2020, over 91% of young people (ages 15 to 24) worldwide will be literate. Significant differences do exist, though, especially in South Asia, Sub-Saharan Africa, and some regions of Latin America. Access to education varies widely over the world, according to the UN Declaration on Human Rights. by the United Nations in 2015. One-third of adults in sub-Saharan Africa were illiterate, compared to the same percentage in Europe and central Asia. Since 2000, more people have been finishing higher primary education. In 2020, about 90% of people on the planet had finished higher



primary school, while 66% had completed secondary school. With about 40% of the world's population having completed some form of tertiary education, the majority of whom were women, the statistics were significantly lower.

The statistical data of Karnataka (2011) shows, 75.36% is the overall literacy rate. Rate of Male Literacy: 82.47%, Rate of Female Literacy: 68.13%. 85.61% of urban areas are literate. 68.14% of rural areas are literate. District-specific literacy rate (selected): The following are a few districts with high literacy rates: Urban Bengaluru: 88.48% , Kodagu: 88.18% and Udupi 84.88%.

The literacy rate were higher compare to olden days but at the same time, it need to think about how the students are affected with academic stress. According to a Karnataka pre-university research, 28% of Grade 11 students and 26% of Grade 12 students reported high or intense stress. The biggest sources of stress were parental expectations, questions from neighbours or family, and a lack of time for review.

There are several factors are producing stress to the school students and they couldn't able to perform well in the examinations or getting high score marks. The factors include motivation, time management, study habits, health, emotional wellbeing, family support, peer influence, socioeconomic status, cultural influences, teaching quality and class room environment.

Sarwat masud, Syed Hamza mufarrih, Nada Quaisar (2019), In a cross-sectional study conducted in Peshawar, Pakistan, to assess the role of parenting styles and sociodemographic factors in adolescent students' academic performance, 456 students from 4 public and 4 private schools participated in interviews; 249 (54.6%) of them were male, and 207 (45.4%) were female. The parental bonding instrument (PBI) was used to gauge the parenting styles of the students. To evaluate the impact of parenting practices and sociodemographic characteristics on academic achievement, regression analysis was used. There were an equal number of public and private schools, with 63.6% of the pupils attending a public school. The bigger class sizes in public schools as opposed to private ones could be the cause. The majority of students (70.4%) lived in rented housing, with 42.8% reporting having obtained a home, while the nuclear family structure predominated (64.3%). One of the 500 million people living in India, 18% are in secondary and higher education and are between the ages of 15 and 24. The literacy rate for adults in India is 69.3%; the rates for males and females are 78.8% and 59.3%, respectively.

Nikitha S, Tessy Treesa Jose, Blessy Prabha (2013), A cross-sectional descriptive study was conducted to assess how well a program for managing academic stress affected the academic performance and stress of upper secondary students in a chosen school in the Udupi district of Karnataka, India. 96 participants participated in the study. Academic stress assessment scales and demographic proformas were used to gather data. Formative assessments of academic performance were administered in January and February of 2013. According to the research, students who received less than 69 points on the previous term test scored higher than 90 points, with the mean stress scale score being 15.29 (mean 13.2). There isn't a single answer here. Academic performance can be enhanced in several ways. Develop your problem-solving abilities and strategies to handle academic difficulties. teach you how to deal with the possible stress of being in a classroom and enhance your learning skills via the use of talk therapy, solution-focused therapy, and other forms of yoga, such as Bal asana, Sarvang asana, and vriksh asana.

This study mainly focusing on how to improve the academic performance of the school children. The academic performance can be improved by different ways. Providing consistent study schedule, set clear and achievable goal, intrinsic motivation, physical activity, puzzle games, doing mediation and yogic exercise. These factors are improving the students' performance.

Here the researcher wants to study about how the super brain yoga improves the academic performance level of the students. The major benefits of super brain yoga includes,

1. Increased Concentration and Focus:



Enhancing focus and concentration is the main advantage of Super brain Yoga that is frequently mentioned. In the academic setting, improved focus results in more productive study sessions that make it easier for pupils to take in and remember material.

2. Improved Learning and Memory Capabilities:

Following consistent practice, some practitioners claim increases in learning speed and memory recall. Super brain Yoga is said to improve students' ability to receive and remember knowledge by activating particular brain regions. This can be particularly helpful for tests or while learning difficult subjects.

3. A Sharper Mind

Super brain Yoga's deep breathing and physical exercises help enhance oxygen flow and circulation to the brain, which may result in sharper and more focused thinking. When pupils need to solve problems, think critically, or understand challenging academic content, mental clarity is essential.

4. Stress Mitigation

The goal of Super brain Yoga is to lower stress and quiet the mind, both of which are essential for academic success. Exam performance, learning capacity, and focus can all be adversely affected by stress and anxiety. Frequent practice may make pupils feel more comfortable and relaxed, which lowers the risk of performance anxiety.

5. Equilibrium Hemispheres of the Brain:

The goal of super brain yoga is to harmonies the brain's left and right hemispheres. The right hemisphere is connected to creativity and intuition, whereas the left hemisphere is tied to reasoning, logic, and analytical thinking. Students may perform better in both analytical (like math and physics) and creative (like writing and the arts) areas if their brains are functioning properly.

6. Improved Control of Emotions:

A sense of calm and emotional resilience can be fostered by combining breathing techniques with physical activities to help manage emotions. Students who may experience academic worry, self-doubt, or frustration may find this to be extremely helpful.

Super brain Yoga has been shown to be useful anecdotally, although there is little empirical evidence that it directly improves academic performance. However, cognitive science and psychology have investigated the concepts of Super brain Yoga, such as deep breathing, physical movement, and balancing the hemispheres of the brain.

Personally researcher has felt that doing super brain yoga (SBY) for enhance the academic performance. so she has chosen SBY for improving academic Performance.

The study was conducted in 2015 shows that Super brain yoga and Cognitive Processes its combination of physical movement (squats), breathing techniques, and ear-lobe acupressure is comparable to methods that have been demonstrated in other studies to influence cognitive function.

Brain Hemisphere Balancing Theory:

The idea behind Super brain Yoga is that cognitive capacities can be improved by harmonising the left and right hemispheres of the brain. While the right brain is linked to creativity, intuition, and emotions, the left brain is frequently linked to language, logic, and analytical thought. It is believed that techniques such as ear-lobe stimulation stimulate several brain regions, enhancing both logical and creative thinking and supporting general brain function.

It has been demonstrated that physical activity, such as squats, improves brain function by boosting oxygen and blood flow to the brain. Even though Super brain Yoga just requires a few basic movements (squats), studies have repeatedly demonstrated that regular exercise improves cognitive function and scholastic achievement.

PROBLEM STATEMENT:

“An Experimental study to assess the effectiveness of video assisted teaching program about Super brain yoga on academic performance among higher primary school students at selected school in Bangalore, Karnataka.”



OBJECTIVES:

1. To assess the pre-test level of academic performance among higher primary school students.
2. To assess the post-test level of academic performance among higher primary school students.
3. To compare the pre-test and post-test level of academic performance among higher primary school students.
4. To associate the pre-test level of academic performance with selected socio- demographic variables.

OPERATIONAL DEFINITIONS OF TERMS:

Assess: In this study, assess means systematically gathering information (e.g., through pre-test and post-test scores) to make judgments about whether the intervention had an effect on academic outcomes.

Effectiveness: The degree to which the practice of Super Brain Yoga contributes to observable improvements in academic performance, as measured by changes in grades, test scores, and academic achievements.

Super Brain Yoga: In this study, Super Brain Yoga consists of a set of 4 steps, which is demonstrated to the higher primary school students through video.

Academic Performance: In this study, academic performance means the measurable outcome of students' scholastic achievements including grades obtained in academic subjects, overall academic success as assessed by school evaluations.

Higher primary School Students: Students enrolled in higher primary schools within the selected schools in Bangalore, typically ranging from the age group of 13 to 14.

ASSUMPTIONS:

The study is based on following assumptions:

- Super Brain Yoga may enhance the level of academic performance among higher primary school students.
- Super brain yoga improved concentration and focus.
- Super brain yoga helps to enhance memory, stress reduction, energy boost, Promotion of mind-body concentration.
- Super Brain Yoga is easy to practice, cost-effective technique to improve students' academic performance.

HYPOTHESIS:

RH1: There will be a significant difference between pre-test and post-test level of academic performance among higher primary school students.

RH2: There will be significant association between pre-test level of academic performance with selected socio-demographic variables.

DELIMITATION:

Higher primary school students who are:

- Willing to participate in the study.
- Able to speak in Kannada and English.
- Studying in 7th standard.
- In between the age group of 13 to 14 years.

Review of Literature

"A literature review is not an end in itself, but a means to an end."

- Bruce Ballenger

Review of literature is a crucial component of any research endeavor, serving as the foundation for understanding existing knowledge, identifying research gaps, and informing the development of new insights. This literature review is dedicated to exploring studies and scholarly materials related to the academic performance of higher primary school children. As an essential aspect of quantitative research, this review involves a systematic examination of available literature to gain an in-depth understanding of factors influencing the educational



outcomes of young learners.

Students' academic improvement and learning performance is influenced by different factors including genders, age, teaching faculty, students' residential area, father/guardians, social economic status, daily study hours. Many researchers studied the factors affecting student performance at different study levels.

Review of literature divided under 4 sections:

SECTION 1: Super Brain Yoga Is Improving Academic Performance

SECTION 2: Super Brain Yoga Is Improving Concentration Level Memory and Confidence Level.

SECTION 3: Super Brain Yoga Helps to Prevent Hyperactivity Disorder

SECTION 4: Super Brain Yoga Is Improving the Attention Span

Section 1: Super Brain Yoga Is Improving Academic Performance:

Siman Xavier (2023) conducted an experimental study to assess the effect of super brain yoga technique on academic performance and psychological well-being among nursing students, Mumbai. Sample was selected by purposive sampling technique. Among 60 female nursing students ranging from age group of 17 to 19 years. 90% of the student reported, after the implementation of SBY has helped them to face examination more confidently, their memory has improved by 80% and concentration by 75%. This study findings showed that improvement in various parameters such as better sense of wellbeing, feeling of relaxation, improved concentration, Self-confidence, good interpersonal relationship.

Dr Srikanth N. Jois (2017) conducted a cross-sectional study to assess the effectiveness of super brain yoga on the academic performance and attendance of school students, Mysore, India. Sample was selected by 1,945 school students studying from 1st to 10th standards in Mysore, India. The academic score and attendance of the students were compared before and after practicing SBY for a period of 3 months. This study findings showed that 13.86% increases in academic performance of students after the practice of SBY technique, and also an increase of 3.94% the attendance.

Section 2: Super Brain Yoga Is Improving Concentration Level Memory and Confidence Level:

Srikanth N Jois and Lancy D Souza (2018) conducted a cross-sectional study to assess the effectiveness of super brain yoga on concentration, memory and confidence in school students. The sample consisted of 1,945 students among 6 to 18 years randomly selected from various areas in Mysore district, India. Structured questionnaire was prepared and used to collect data. Among them 948 were boys and 997 are girls. Majority of the students (97.3%) practiced SBY at school regularly. SBY was found to be beneficial for the students as it increases their concentration, memory, and confidence³.

Sandeep Kumar Pandey (2019) conducted an experimental study to assess the super brain yoga on memory enhancement and mental health of adolescence. Two types of tools were used in this study, memory drum apparatus and mental health questionnaire. Sample was selected by incidental sampling techniques, this sample consisted of 40 adolescents, 20 were in experimental group and 20 were in control group. The study findings showed that positive impact and significant improvement in the academic and behavioural performance of the adolescent by using super brain yoga⁴.

V.S.viji and Subbalakshmi and L.Uma Devi(2021) conducted an experimental study to evaluate effectiveness of super brain yoga on concentration and memory in children in a selected private school, Kodambakkam, Tamil Nadu, India. The aim of this study was to evaluate the efficacy of super brain yoga by measuring the changes in concentration and memory in children, Sample was selected by purposive sampling technique among 120 students age between 10 to 12 years who were studying in 6th standard and 7th standard. The practice of super brain yoga was given 20 times over 10 minutes per day for a period of one month. The overall mean and standard deviation were 33.68 & 4.700. There was no significant effect of concentration and memory of children with a duration of four weeks of practice, the



positive effect on children's concentration and memory the study can be conducted for a long period of time.

Section 3: Super Brain Yoga Helps to Prevent Hyperactivity Disorder:

Pouran Varvani (2019) conducted a quasi-experimental study to evaluate the effectiveness of super brain yoga for children with hyperactivity disorder among the school age children. Sample consisted of 18 school age children through a pre-test - Post test design. The result of study revealed that there has a significant difference between the means of severity of hyperactivity disorder before (75.1) and after the intervention (63.5).

Section 4: Super Brain Yoga Is Improving the Attention Span:

Shilpa D and Sunitha M (2024) conducted a study to effectiveness of super brain yoga on attention span of adolescent male. The aim of this study was to evaluate the effect of super brain yoga on attention span of adolescent male. The study was conducted among school Children of government school nituballi, davangere. Among 40 adolescent males in the age group of 14 to 16 years. This test was done on students before the commencement of super brain yoga and one month after doing the yoga. It is concluded that practicing super brain yoga for one month has improved the attention span of adolescent males. Super brain yoga could be used by the students for improving academic performance.

RESEARCH METHODOLOGY

RESEARCH DESIGN: Quasi Experimental- One group pretest post test design

E	O1	X	O2
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E = Experimental group

X = Super Brain Yoga (Intervention)

O1 = Observation before the Super Brain Yoga (pre-test)

O2 = Observation after Super Brain Yoga (post-test)

RESEARCH SETTINGS:

For the present study the setting is Higher primary School, Doddakammanahalli, Bangalore, Karnataka.

VARIABLE:

Independent variable:

In this study independent variable is Super Brain Yoga.

Dependent variable:

In the present study the dependent variable is Academic Performance of higher primary school students.

Demographic variable:

In the present study it refers to the selected variables such as Age in years, Gender, Religion, Socioeconomic Status, Family income, Parental Education, Parental support for study, Type of family, Ordinal position of student in the family, Study Habits, Sources and Type of Community.

POPULATION:

Population is an entire set of individuals having some common characteristics, sometimes universal.in the present study the population comprises of higher primary school students.

SAMPLE AND SAMPLING TECHNIQUE:

Sample:

Sample refers to the 7th standard students who are studying at higher primary school in Bangalore.

Sample size:

Sample size refers to the number of individuals or observation in the samples. The samples selected for the study were 60 higher primary school students.

Sampling technique:

Sampling technique is the process of selecting a group of people or other elements with which to conduct a study. In the present study, non-probability purposive sampling technique is used.



SAMPLING CRITERIA:

The samples were selected with the following pre-determined set of criteria during the period of study.

INCLUSION CRITERIAS:

Students:

- ◆ available during the period of data collection.
- ◆ willing to participate in this study.
- ◆ Able to speak in Kannada or English.
- ◆ Studying in 7th standard.

EXCLUSION CRITERIA:

Students:

- ◆ Who are not willing to participate.
- ◆ Participating in other research programs.
- ◆ Practicing any other relaxation technique.

ETHICAL CONSIDERATION:

After obtaining permission from the research committee of AECS Maaruti College of Nursing. Permission will be obtained from higher primary school and consent taken from each participant who will participate in the study.

DEVELOPMENT AND DESCRIPTION OF RESEARCH TOOL:

The study tool consists of two parts:

Part A - Dealt with the structured interview schedule for demographic data which consists of 12 items used to collect the sample characteristics such as Age in years, Gender, Religion, Socioeconomic status, Family income, Parental education, Parental support for study, Type of family, Ordinal position of student in family, Study habits, Study Sources and Type of community.

Part B: Modified Academic Performance Scale of 15 items. Each items having five point like Strongly agree, Agree, Neutral, Disagree, strongly disagree.

Scoring Pattern: The level of academic performance will measure by 15 statements having Strongly agree, Agree, Neutral, Disagree, strongly disagree. The total scale scores ranged between 0 to 75.

To interpret the level of academic performance, the total scores were classified as follows:

Score	Parameter
66-75	Excellent Performance
51-65	Good Performance
36-50	Moderate Performance
21-35	Poor Performance
15-20	Failing Performance

Plan for Data Analysis:

The data Were Analysed by Descriptive and inferential statistics.

Statistical Data Analysis:

Section A: Description of demographic characteristics of school children by frequency and percentage.

Table-1: Classification of respondents based on demographic characteristics.

Table No.	Socio-demographic Variable	Frequency	Percentage (%)
1.	Age		
	12	19	31.67
	13	28	46.67
	14	13	21.67
	Total	60	100
2.	Gender	Frequency	Percentage (%)



	Male	26	43.33
	Female	34	56.67
	Total	60	100
3.	Religion	Frequency	Percentage (%)
	Hindu	42	70
	Muslim	9	15
	Christians	8	13.33
	Others	1	1.67
	Total	60	100
4.	Socio-economic Status	Frequency	Percentage (%)
	Low Socio-economic status.	14	23.33
	Middle-level economic status.	46	76.67
	High Socio-economic status.	0	0
	Total	60	100
5.	Family Income	Frequency	Percentage (%)
	10000-25000	20	33.33
	25000-50000	38	63.33
	50000-75000	2	3.33
	75000-100000	0	0
	Total	60	100
6.	Parental Education Level	Frequency	Percentage (%)
	Secondary level	34	56.67
	Higher secondary level	17	28.33
	Graduate	5	8.33
	Postgraduate	4	6.67
7.	Parental support for study	Frequency	Percentage (%)
	Yes	60	100
	No	0	0
	Total	60	100
8.	Types of Family	Frequency	Percentage (%)
	Nuclear family	36	60
	Joint Family	24	40
	Extended Family	0	0
	Total	60	100
9.	Ordinal Position of Student in Family	Frequency	Percentage (%)
	First	34	56.67
	Second	21	35
	Third & above	5	8.33
	Total	60	100
10.	Study Habits	Frequency	Percentage (%)
	Single Study	47	78.33
	Group Study	13	21.67
	Total	60	100
11.	Sources	Frequency	Percentage (%)
	Only books	24	40
	Books & digital sources	19	31.67
	Books and digital and tuition	17	28.33
	Total	60	100
12.	Types of community	Frequency	Percentage (%)
	Urban	53	88.33
	Rural	7	11.67
	Tribal	0	0
	Total	60	100

The data in Table 1 depicts the distribution of subjects according to the demographic characteristics in term of frequency and percentage.



Table 2: Shows that Mean , Standard Deviation and T test value for comparison.

S.No		Pre test	Post test	't' test
1	Mean	32.53	52.62	19.2
2	Standard Deviation	11.94	8.86	

P<0.05*

Table 2 shows that, Marked increase in Mean value from 32.53 in pretest and 52.62 in post test. Standard Deviation slightly decrease from 11.94 in pre test and 8.86 in post test. The 't' value 19.2 is highly significant at p<0.05 level. This indicates the Academic Performance was improved hence the RH1 hypothesis is accepted.

Association between the pre-test scores with selected demographic variables.

Research Analysis Revealed that there was a significant association found in pretest level of Academic Performance with the demographic variables of Parental education level and Type of Community and no Significant association with Age, Gender, Religion, Socio Economic status, Family Income, Parental Support for study, Type of Family, Ordinal Position, Study Habits and Study Sources.

Results:

The Mean pretest level of Academic Performance among the sample is 32.53 and SD is 11.94. The Mean posttest level of Academic Performance among the sample is 52.62 and SD is 8.86. the calculated t value was 19.2 which was statistically significant at p<0.05 level. Hence the Research Hypothesis **RH1:** There will be a significant difference between pre-test and post-test level of academic performance among higher primary school students at p<0.05 level is accepted.

Data Findings revealed that, there was statistically significant association found in pretest level of Academic Performance with the demographic variables of Parental education level and Type of Community and no Significant association with Age, Gender, Religion, Socio Economic status, Family Income, Parental Support for study, Type of Family, Ordinal Position, Study Habits and Study Sources. So, the stated hypothesis **RH2:** There will be significant association between pre-test level of academic performance with selected socio-demographic variables rejected at p<0.05 level of significance.

Conclusion:

The study concluding that, Practicing Super Brain Yoga (SBY) enhance the level of Academic performance among School children. There is evidence suggest that SBY is beneficial, low risk and low-cost relaxing exercise that can practice by everyone. Every Subject experience physical and Mental wellness.

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