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EFFECT OF OMKARA CHANTING AND TRATAKA KRIYA ON CONCENTRATION OF SCHOOL STUDENTS IN SHIMLA

***MANISH KUMAR**

ABSTRACT

Yoga not only helps to prevent and treat sickness but also helps to maintain the mental stability and concentration. Omkara chanting and Tratakakriya are very important Yogic practices that have a positive effect not only on our physical health but on the mental health too. The objective of the present study was to see the effect of Omkara Chanting and Tratakakriya on the concentration of school students in Shimla. The subjects for this study were selected from Himachal Pradesh University Model School, Summer Hill Shimla. The study included 50 students who were chosen randomly. Yogic practices (Omkara chanting and Trataka kriya) were considered the Independent Variables and concentration was considered the dependent variable. The students' concentration level was assessed using a five-point behavioural scale developed by Brown and Holtzman in 1967 and revised by Malhotra and Rana in 2004. This scale (adapted version) has 25 items and a split-half dependability of 0.80. At the end of six weeks continuous practice, positive effect of Omkara chanting and Trataka kriya on the concentration level of the school students was observed. It is concluded that there is a positive effect at the level of concentration of the students who practice Omkara chanting and Trataka kriya regularly.

KEYWORDS: – Trataka Kriya, Omkara Chanting, Concentration

***Project Assistant** under SATYAM Project at Government College of Yoga Education and Health Chandigarh

INTRODUCTION

Omkara is a mantra, vibration of Brahmanḍa or Symbol of Iswara in Yogicsadhana, according to Yogasutra of Patanjali,¹ “***Tasya Vāchkaḥ Praṇavaḥ*”¹. 1/27 it is customarily repeated at the start and finish of Yogic Sadhana and Yoga Abhyasa sessions. Despite the fact that the Omkara Mantra is thought to have great spiritual and creative power², it is a Mantra that anybody may chant. The three separate words that may be uttered without using our tongue are Akara, Ukara, and Makara. Pranva Mantra is the name given to this Omkara. Omkara Dhvani is the name given to this Omkara Mantra in various locations. In every sadhana, in the cosmos, Omkara is the most important and vital word of Mantra tradition.**

The Trataka kriya can be performed in a variety of ways, and the advantages are numerous. The Trataka is a Yogic technique that requires one to fix one's sight on any given object, without flickering of eyes. According to Yogasastra. It could be a physical object or a specific location.³ According to Yogsastra, you should focus on the flame of an earthen lamp placed at eye level until tears start to flow. Trataka kriya is a technique for clearing and brightening the eyes. It relieves nervous tension by balancing the neurological system. It boosts memory and aids in the development of good attention and willpower. It activates the ajna chakra and is a great way to be ready for meditation.⁴

Dhyana is the seventh step (limb or level) in Sage Patanjali's eight-step Yoga practise (Ashtang Yoga), and it refers to focus. ***‘Tatrapratyayaikatānatādhyānam’⁵- 3/2.***

Dhyana is an uninterrupted stream of consciousness content. It starts with Dharna (concentration) and ends with Dhyana (meditation), in which the Mind is concentrated on a point where perception becomes acute. Dhyana is made up of two parts. The unbroken conscious flow of consciousness of a single object is the first, and the awareness of Dhyana, which is uninterrupted concentration, is the second.

Practice of both Omkara chanting and Trataka kriya helps to improve the level of concentration which is shown by this study. Several of studies have been done to see the effect of different *Yogic practices* on the level of concentration. The

objective of the study was to determine the effect of Omkara chanting and Trataka kriya on the level of concentration.

OBJECTIVE OF THE STUDY

The following objective guided the current investigation:

To see the effect of Omkara Chanting and Trataka kriya on the concentration levels of school boys and girls.

METHODOLOGY

The present study was conducted to observe the effect of Omkara Chanting and Trataka kriya on the Concentration variable. To meet the objectives of the study, the following methodology was adopted for carrying out the research.

SAMPLE

A representative sample of 50 students (25 Boys and 25 Girls) of Himachal Pradesh University (HPU) Model School, Summer Hill, Shimla, and H.P. was drawn randomly. These 50 students were taken in equal number of boys and girls. Both the groups were then tested on the variable of Concentration. Yogic Practices were given to the subjects for the period of Seven weeks.

VARIABLE SELECTED

- 1. Independent Variable: Yogic Practices** (Omkara Chanting and Trataka Kriya)
- 2. Dependent Variables:** Concentration

TOOL USED

Behavioural Scale for assessing Concentration Level has been used. A five point behavioural scale Brown & Holtzman, 1967 revised by (Malhotra and Rana, 2004)⁶ was used for assessing the concentration level of the students regarding their studies. This scale (Adapted version) consists of 25 items with 0.80 split-half reliability.

EXPERIMENTAL DESIGN

The research design was based on pre and post-test in this study. Only one group of 50 Students (25 boys and 25 girls) was created. Total treatment duration was 7 weeks. Tests were administered in the starting of the practice and the end of the last week practice.

Table-1 :Mean, SD and t- value of Concentration Scores				
	N	Mean	Std. Deviation	t-value
Pre Boys	25	49.68	2.982	1.104
Post Boys	25	63.48	3.664	
Pre Girls	25	53.40	3.686	.837
Post Girls	25	67.92	2.397	

INTERPRETATION

As per the table 1 and figure 1 of pre and post data for 50 students (25 boys & 25 Girls) shows that long-term practice of Omkara chanting and Trataka kriya improves Concentration of students. As seen in the table, the score of Pre-test Boys is 49.68 and Pre-test Girls 53.40 that improves, though not significantly, after seven-week practice of Yogic Practices. Post-test scores of Boys and Girls is 63.48 and 67.92 respectively. It is clear that t-value of pre and post score of Boys students is 1.104 and t-value of pre and post score of Girl's students is .837. This is not significant at 0.05 levels at 24 degree of freedom.

There exists no significant difference in the level of concentration before and after Yogic practices among school boys and girls students, though there is an improvement in the concentration level of both boys and girls after seven week of yogic practices. Similar study done on elderly subjects also showed that, at the 3-month follow-up, yoga group improved in semantic memory, short-term primary memory, and short-term working memory.⁷ So, the result of the present study consistently shows the increase in the level of concentration.

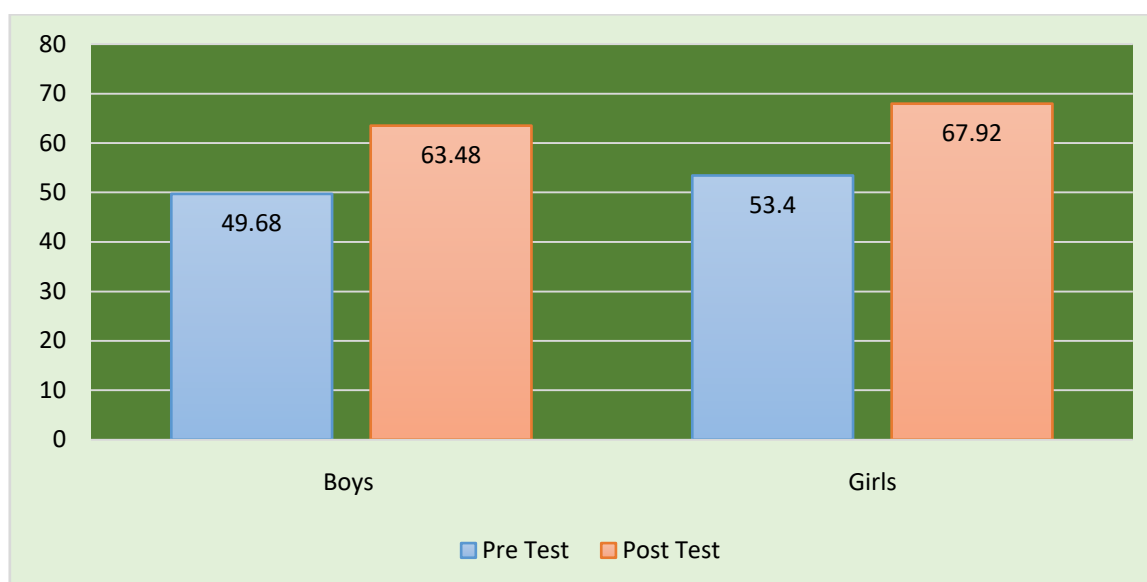


Fig. 1 – Mean and SD of Concentration Scores

CONCLUSION

The results of this study establish that Omkara chanting and Trataka kriya can be used as a technique to enhance Concentration among the school students. The Omkara chanting and Trataka kriya intervention is easy to learn, implement, and adhere. Further Omkara Chanting and Trataka kriya, after the initial few sessions, can be practiced independently by the participant to achieve desired results. For researchers, this study could provide a substantial base for conducting future trials to test the efficacy of Omkara Chanting and Trataka kriya in controlled experiments.

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