

## **CHAPTER V**

### **SUMMARY CONCLUSIONS AND RECOMMENDATIONS**

#### **5.1 SUMMARY**

The purpose of the study was to investigate the efficacy of vinyasa yoga with and without mantra chanting on selected cerebromuscular cognitive and psychomotor variables among children with cerebral palsy. To facilitate the study 45 cerebral palsy children were selected at random by using random sampling design from Chennai, and their age group ranged between eight and twelve years. They were divided into three equal groups namely Experimental group I, experimental group II and control group consisting of 15 subjects each group. In this study the experimental group I practiced vinyasa yoga with mantra chanting, experimental group II practiced vinyasa yoga without mantra chanting and no experimental training was given to control group. The pre test on selected variables were taken from the subjects before the commencement of training.

The subjects were involved in their respective training for five days in a week for a period of 22 weeks. The training session was scheduled for the experimental groups in the morning from 10.00 a.m. to 11.20 a.m. at yoga hall of NIEPMD, Chennai. The subjects were monitored throughout the sessions. After completion of training period of 22 weeks, post test was conducted on selected cerebromuscular variables such as muscle coordination, visual perception, proprioception, cognitive variables such as registration, memory, attention, psychomotor variables such as static balance, dynamic balance and gait by using standardised tests and methods.

The significant difference between the means of the experimental group I, experimental group II, and control group for pre test and post test scores were determined by

Analysis of Co – variance (ANCOVA). The level of significance was fixed at 0.05 level of confidence to test the hypothesis.

The results proved that there was a significant differences in the selected cerebromuscular cognitive and psychomotor variables due to 22 weeks of training of vinyasa yoga with and without mantra chanting than control group.

## **5.2 CONCLUSIONS**

Within the limitations and delimitations of the present study and considering the results obtained, the following conclusions were drawn.

1. It was concluded that efficacy of vinyasa yoga with and without mantra chanting was considerably effective on selected cerebromuscular variables such as muscle coordination, visual perception and proprioception than the control group among children with cerebral palsy.
2. It was concluded that efficacy of vinyasa yoga with and without mantra chanting was considerably effective on selected cognitive variables registration, memory and attention than the control group among children with cerebral palsy.
3. It was concluded that efficacy of vinyasa yoga with and without mantra chanting was considerably effective on selected psychomotor variables static balance, dynamic balance and gait than the control group among children with cerebral palsy.
4. It was also concluded that vinyasa yoga with mantra chanting was considerably more effective than vinyasa yoga without mantra chanting on selected cerebromuscular cognitive and psychomotor variables among children with cerebral palsy.

### 5.3 RECOMMENDATIONS

The findings of the research conducted proved that 22 weeks of vinyasa yoga with and without mantra chanting had significantly altered the selected cerebromuscular, cognitive and psychomotor variables among cerebral palsy children. Based on the results the recommendation may be derived.

1. Vinyasa yoga with mantra chanting modifications may be recommended for all diseases for better treatment.
2. Vinyasa yoga with mantra chanting modifications may be recommended especially for other special children group.
3. Awareness programmes may be conducted for special schools regarding therapeutic application of yogic practices and mantra chanting.
4. Mantra chanting may be recommended for cognitive improvement among special children.
5. Findings of the study can be recommended to special schools, rehabilitation centre to include it in their remedial program to improve health fitness among the special children.

#### **5.4 SUGGESTIONS FOR FURTHER RESEARCH**

1. The intensity of the training and number of training sessions can be fixed according to the age, gender and performance level of the subjects.
2. Similar studies may be conducted for female subjects .
3. Same type of study may be designed to investigate the effects of training programs based on gender at different age levels.
4. The study may be conducted by selecting large sample.
5. Studies can be conducted with same variables by selecting the subjects from other environmental aspects.
6. Similar study may be conducted with other independent and dependent variables.
7. The present study thus, needs to be strengthened or supported by more relevant research studies.
8. Vinyasa yoga with different combination of therapies can be given with similar variables.
9. The vinyasa yoga and mantra chanting modifications can be compared to other types of ailments to find the effectiveness on dependent variables.
10. Same study may be pursued in different intensity, volume and density factors.