Correlation of Age, Yoga and Circadian Rhythm on Attention
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Abstract
A field investigation was conducted concerning the impact of Yoga practice and Circadian Rhythmic impact on Span of Attention of the subjects. All the subjects were randomly selected from different Yoga practicing center throughout Orissa. They are divided into two groups like Yoga practicing groups (n=40) and Non-Yoga practicing Group (n=40). All the subjects are tested individually for four times in a day like morning, noon, evening and night, for their span of attention test. The analysis of results basing on their average span of attention score revealed that both the groups differed significantly with regard to their circadian Rhythmic impact. However, interaction impact is not found to be statistically significant which revealed the idea that the activity and arousal level may have certain other physiological aspects to be explored further.

Keywords: Age, Yoga, Circadian Rhythm and Attention