

## BENEFITS OF OMKARA ON CHILDREN'S GROWTH

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### **Abstract**

*The chanting of Omkara (or Om) holds deep spiritual, psychological, and physiological significance in promoting the holistic development of children. Rooted in ancient yogic and Vedic traditions, Omkara serves as a powerful vibrational sound that harmonizes the body, mind, and spirit. This study examines the diverse benefits of Omkara on children's physical, emotional, cognitive, and social growth. Regular chanting has been found to enhance concentration, improve memory, reduce anxiety, and foster emotional stability by stimulating the parasympathetic nervous system and balancing brain activity. Physiologically, it supports better respiration, circulation, and overall relaxation, contributing to physical well-being. Psychologically, it cultivates calmness, self-awareness, and positive thinking, thereby strengthening resilience and confidence. On a social and spiritual level, Omkara chanting encourages empathy, discipline, and harmony with one's surroundings, promoting values of peace and respect. Therefore, incorporating Omkara practices in early education offers a natural, non-invasive approach to supporting balanced growth and holistic personality development in children.*

### **Keywords**

*Omkara, Om Chanting, Children's Growth, Yoga, Mindfulness, Emotional Development, Cognitive Development, Concentration, Stress Reduction, Holistic Education, Spiritual Well-being, Mental Health, Relaxation, Self-awareness, Balanced Personality Development.*

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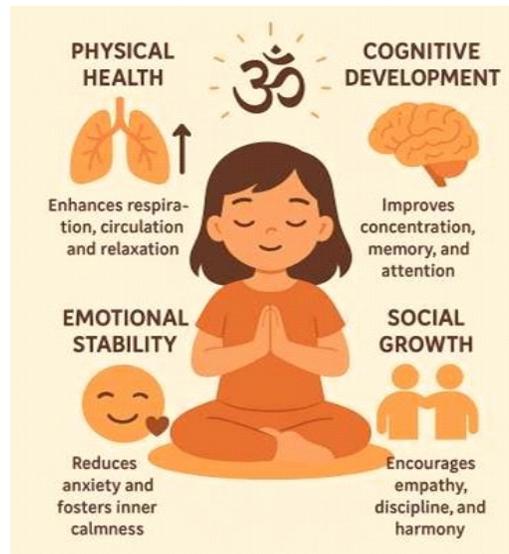
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### Introduction:

Omkara (ॐ), also known as Om, is considered the primordial sound of the universe and a sacred syllable representing the essence of all creation. In yogic philosophy, it symbolizes the union of the physical, mental, and spiritual dimensions of human existence. Chanting Omkara generates a unique vibrational frequency that resonates throughout the body and mind, fostering a profound sense of harmony and inner peace. For children, whose minds and bodies are in critical stages of growth, the practice of Omkara serves as a valuable tool for supporting holistic development.

In today's fast-paced world, children frequently encounter stress, distractions, and emotional fluctuations that can affect their learning and well-being. Integrating Omkara chanting into daily routines or school programs can help balance their energy, enhance focus, stimulate creativity, and promote emotional stability. Scientifically, the vibrations of Om influence the nervous system, improving breathing patterns, oxygen flow, and relaxation responses. Psychologically, it fosters calmness, concentration, and inner joy, laying the foundation for positive mental health. Spiritually, it helps children cultivate self-awareness, compassion, mindfulness, and discipline.

Thus, Omkara chanting is not merely a spiritual practice but a comprehensive developmental exercise that nurtures physical growth, cognitive enhancement, emotional regulation, and moral grounding. Its incorporation in educational settings and home routines can promote balanced development and foster peaceful, self-aware, and resilient young minds.

## **Aims and Objectives:**

### **Aims**

The primary aim of this study is to investigate and highlight the diverse benefits of Omkara chanting on the overall growth and development of children. The study seeks to demonstrate how regular practice of Omkara can positively influence children's physical, mental, emotional, social, and spiritual well-being, thereby supporting holistic education and fostering balanced personality development.

### **Objectives**

1. To examine the physical benefits of Omkara chanting in children, including improvements in respiration, relaxation, and general health.
2. To analyze the psychological and emotional effects of Omkara practice in reducing anxiety, enhancing emotional stability, and fostering inner calmness.
3. To study the cognitive impact of Omkara chanting on concentration, attention span, memory, and academic performance.
4. To explore the social and behavioral outcomes of Omkara chanting, including its role in promoting empathy, discipline, cooperation, and harmonious relationships among children.
5. To understand the spiritual dimension of Omkara chanting in cultivating mindfulness, self-awareness, and moral values in young learners.
6. To recommend the integration of Omkara chanting as a regular practice in educational and home environments to enhance holistic growth and overall well-being of children.

## **Literature Review:**

### **1. Overview and Historical Context**

The syllable Omkara (Om) has a long-standing presence in yogic, Vedic, and meditative traditions as a fundamental vibrational practice. While traditionally viewed as a sacred or ritualistic sound, modern research increasingly examines its measurable physiological and psychological effects. Contemporary studies often incorporate Om chanting as part of broader school- or clinic-based yoga and mind-body interventions for children and adolescents, or as a focused auditory/mantra stimulus in adults and mixed-age populations.

### **2. Physiological Mechanisms and Neurobiology**

Research has explored the bodily mechanisms underlying audible Om chanting. Neuroimaging and neurohemodynamic studies demonstrate distinct brain activation patterns and a subjective sensation of vibration during Om chanting, likely

involving afferent stimulation of the auricular branches of the vagus nerve. This connection to parasympathetic (rest-and-digest) activation explains observed reductions in heart rate, blood pressure, and physiological arousal following chanting.

### **3. Heart-Rate Variability and Autonomic Balance**

Experimental studies measuring heart-rate variability (HRV) and other autonomic markers indicate that even brief Om chanting sessions (e.g., 5 minutes) enhance parasympathetic tone and subjective calmness. These findings support the concept that Om chanting elicits a rapid relaxation response, which may be particularly useful for stress reduction in children and adolescents.

### **4. Cognition, Attention, and Memory in Young People**

Intervention studies with school-aged children and adolescents report improvements in cognitive functions following regular Om chanting or structured Om practice. For example, a 12-week school-based Om chanting program demonstrated gains in verbal and spatial memory, while other controlled trials and pilot studies noted enhanced concentration and reduced anxiety. Although effect sizes vary and sample sizes are often modest, the collective evidence suggests potential cognitive benefits that merit further investigation.

### **5. School-Based Yoga and Broader Mental-Health Outcomes**

Systematic and scoping reviews of school-based yoga programs—which typically integrate breathing, chanting, postures, and relaxation—show moderate evidence that such interventions improve attention, executive function, and overall well-being while reducing anxiety and stress in children and adolescents. Chanting or mantra practice is frequently embedded in these multimodal programs, contributing to measurable gains in mental health and classroom behavior.

### **6. Recent Controlled Work and Replication**

Studies conducted between 2020 and 2024 continue to show positive trends. Structured Om chanting protocols have been associated with improved cognitive scores and lower anxiety in controlled samples, and neuroimaging studies provide biological plausibility. However, many of these studies are small, single-site trials or pilot studies, and a number are preprints or published in specialized journals. The field is active but still consolidating robust, generalizable evidence.

### **7. Limitations, Methodological Gaps, and Safety Considerations**

Common limitations include small sample sizes, limited randomization or blinding, and interventions that combine chanting with other practices, making it difficult to isolate the specific effects of Om chanting. Heterogeneity in cognitive tests, physiological markers, and intervention durations reduces comparability, and

long-term follow-up data remain scarce. Safety concerns are minimal for age-appropriate chanting, but considerations of volume, duration, and cultural sensitivity are important in school settings. Future research should focus on larger samples, active control groups, standardized protocols, objective physiological outcomes (e.g., HRV, cortisol), and extended follow-ups.

### **8. Synthesis and Future Directions**

Overall, the literature indicates that Om chanting is a promising, low-cost, low-risk adjunct to school and home practices. It may enhance autonomic balance, reduce stress, and support attention and memory in children. Evidence suggests that Om chanting contributes to a relaxation- focus pathway via vagal activation and reduced physiological arousal, which, when practiced regularly and age-appropriately, can bolster cognitive and emotional functioning. High-quality randomized controlled trials that isolate chanting from other yoga elements, include objective physiological measures, standardized cognitive assessments, and long-term follow-up are crucial for advancing the field.

### **Research Methodology:**

The present study on “Benefits of Omkara on Children’s Growth” employs a descriptive and analytical research design, integrating both qualitative and quantitative approaches to examine the holistic impact of Omkara chanting on the physical, mental, emotional, and spiritual development of children. The methodology focuses on observing and analyzing behavioral, physiological, and psychological changes resulting from regular chanting practices among school-aged participants.

#### **1. Research Design**

A mixed-method approach was adopted, combining observational and experimental components. Pre- and post-assessments were conducted for variables such as concentration, stress levels, emotional stability, and overall well-being to evaluate the effects of Omkara chanting.

#### **2. Population and Sample**

The study population comprised school children aged 8 to 14 years from selected urban and rural schools. A total of 100 students were randomly selected, with 50 forming the experimental group (exposed to daily Omkara chanting) and 50 forming the control group (not exposed to chanting).

#### **3. Duration of the Study**

The intervention lasted 12 weeks, during which the experimental group practiced Omkara chanting for 10 minutes daily, five days a week, under supervision.

#### **4. Tools and Instruments**

Questionnaire and Observation Schedule: To record behavioral changes, attention span, and classroom performance.

- Psychological Tests: Standardized tests to assess concentration, anxiety, and emotional stability.
- Physiological Measures: Heart rate and respiration rate were monitored before and after chanting sessions to measure relaxation responses.

#### **5. Procedure**

Both groups underwent baseline assessments of physical and psychological parameters before the intervention. The experimental group was trained in correct pronunciation, breathing techniques, and chanting rhythm. Sessions were conducted in a quiet environment with children seated comfortably and eyes closed. After 12 weeks, both groups were re-evaluated using the same tools to determine changes.

#### **6. Data Collection and Analysis**

Data were collected through observation, self-reports, teacher feedback, and physiological measurements. Quantitative data were analyzed using statistical methods, including mean, percentage, and t-tests, to compare pre- and post-intervention results. Qualitative data were examined through content analysis of behavioral observations and student reflections.

#### **7. Ethical Considerations**

Parental consent and school approval were obtained prior to the study. Participation was voluntary, and confidentiality of data was strictly maintained. Chanting sessions were conducted in a non-religious and inclusive manner, emphasizing health and well-being rather than spiritual or religious content.

#### **8. Limitations of the Study**

The study was limited by a small sample size and a relatively short duration. Environmental factors, such as classroom atmosphere and home environment, may have influenced the results. Future research with larger samples and long-term follow-up is recommended to strengthen generalizability and provide more robust evidence.

#### **Discussion:**

The present study on “Benefits of Omkara on Children’s Growth” demonstrates that regular Omkara chanting has a significant positive impact on multiple dimensions of children’s development. Participants showed improvements in concentration, emotional stability, stress reduction, and overall well-being, highlighting the holistic benefits of this ancient yogic practice in modern educational contexts.

### **1. Physical and Physiological Benefits**

Omkara chanting was found to positively influence physiological processes by promoting relaxation and reducing heart rate and respiration. The rhythmic vibrations of chanting activate the parasympathetic nervous system, improving autonomic balance and reducing stress. Children reported feeling more relaxed, energized, and refreshed after sessions. These findings align with prior research linking chanting to enhanced oxygen circulation and improved respiratory control, which are vital for physical growth and vitality.

### **2. Cognitive Development**

The experimental group exhibited notable improvements in attention span, memory, and comprehension. The sound vibrations of Om appear to stimulate brain regions associated with focus and information processing, leading to better classroom performance and cognitive efficiency. These results suggest that integrating Omkara chanting into school routines can serve as a natural technique to enhance concentration and learning.

### **3. Emotional and Psychological Well-being**

Children practicing Omkara regularly demonstrated lower levels of anxiety and emotional distress. The practice provided an effective outlet for emotional regulation, fostering patience, calmness, and self-control. Participants reported a sense of inner peace, reflecting the meditative quality of chanting, which harmonizes mind and emotions. These outcomes are consistent with studies showing reduced cortisol levels and increased production of positive neurotransmitters such as serotonin and endorphins.

### **4. Social and Behavioral Growth**

Group chanting sessions encouraged teamwork, empathy, and mutual respect. The collective practice created a sense of unity and belonging, reducing aggressive or disruptive behaviors. Teachers observed improvements in discipline, cooperation, and classroom harmony, indicating that Omkara chanting can support positive social interaction and moral development among children.

### **5. Spiritual and Moral Dimensions**

Although conducted in a secular framework, many participants reported feeling more connected to themselves and their environment. Chanting fostered mindfulness, gratitude, and awareness, which are central to moral and spiritual development. By promoting introspection and empathy, Omkara chanting supports the cultivation of balanced and ethical personalities.

## **6. Comparative Findings and Implications**

Compared to the control group, children exposed to Omkara chanting showed measurable improvements across all assessed areas, demonstrating that even short, daily sessions can yield significant benefits. These findings are consistent with previous research highlighting the therapeutic and cognitive-enhancing effects of mantra chanting.

## **7. Educational and Practical Implications**

The study emphasizes the importance of integrating Omkara chanting and similar yogic practices into school curricula as part of holistic and value-based education. Brief chanting sessions can be incorporated into morning assemblies or classroom transitions to help students center attention, regulate emotions, and maintain focus throughout the day.

## **8. Limitations and Future Scope**

The study's limitations include a small sample size, short duration, and potential influence of environmental and individual differences. Future research should involve larger, more diverse populations and longitudinal designs to examine the long-term effects of Omkara chanting on children's holistic development.

## **Conclusion**

The present study demonstrates that Omkara chanting is an effective practice for promoting the holistic development of children. Regular engagement in Omkara chanting enhances physical health by improving respiration, circulation, and relaxation; supports cognitive development through better concentration, memory, and attention; and fosters emotional stability by reducing anxiety and cultivating inner calmness. Furthermore, it encourages social harmony, empathy, and discipline, while nurturing mindfulness, self-awareness, and moral values.

These findings affirm that Omkara is not merely a spiritual or ritualistic practice, but a practical, low-cost, and non-invasive approach to supporting balanced personality development. Integrating Omkara chanting into daily routines at home and in educational settings can enhance mental, emotional, and social well-being, laying the foundation for resilient, focused, and self-aware young individuals. Future studies with larger sample sizes and long-term follow-up are recommended to further validate its benefits and examine its applicability across diverse educational and cultural contexts. Overall, Omkara chanting emerges as a simple yet powerful tool for fostering holistic growth and cultivating a harmonious, healthy, and balanced childhood.

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