



▼ POST GRADUATES ABSTRACTS

PG - 83 : EFFECTIVENESS OF THOPPUKARANAM ON ACADEMIC PERFORMANCE OF SCHOOL GOING CHILDREN

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Background: Thoppukaranam is the practice of ear piercing too has its real reasons being the stimulation of the pituitary and pineal glands, due to the effect of the pressure in the ear lobes. The main benefit of Thoppukaranam is a simple, fast and effective technique used to promote proper functioning of the brain, greater intelligence and creativity. Each and every performance followed by some scientific truth. Thoppukaranam' activates the acupuncture points at right and left ears thereby activating the right and left brains. The main

aim of the study was to evaluate the effectiveness of Thoppukaranam on Academic Performance of school going children.

Material and methods: Quantitative research approach and True experimental research design was used for this study. Total 120 school going children from Government Higher Secondary School, Nonankuppam and Dr.Ambedkar Higher Secondary School, Kirumampakkam, Puducherry, were selected

by using simple random sampling technique. The group A (n= 60) received Thoppukaranam for 10 times in morning and the group B (n = 60) had normal daily routine activity. The Academic Performance was recorded from the academic total marks secured by the students in their midterm exams.

Results: The results revealed that Thoppukaranam was effective on academic performance in group A was

better than group B, which was statistically significant at $p < 0.001$ by paired t test.

Conclusion: The study concluded that Thoppukaranam is effective on academic performance among school going children.

Key words: Thoppukaranam, Academic Performance, School children