

## EFFECT OF NEUROBICS ON COGNITION OF STUDENT

**A.V. Balgaonkar**

Solapur University, Solapur, India

**Introduction:** Neurobics for student are mental exercises, brain teasers and puzzles those purport to enhance the brain's performance. Children's Non-routine activities and thoughts produce more chemicals of the neurobiology system of body that encourage growth of new dendrites and neurons in the brain and stimulate the brain.

**Objective:**

- To develop the neurobics skills training program for optimal performance in cognition and gross motor and fine motor functions.
- To analyze the factors influences neurobics and effect on cognition.
- To examine the factors influences neurobics and gross motor and fine motor functions.

**Aims:** To develop the neurobics skills training program for student to stimulate the brain. Examined the factors influences neurobics and effect on cognition and highlight the benefits of neurobics on student's overall development.

**Methods:** The Researcher has been used before and after experimental and control group design for the study. Independent variable was neurobic and dependent variables were student's cognition, gross motor and fine motor functions. The sample were 140 students and 70 in each group 70+70 of III rd and IV th std. Various kinds of experiment and activities had been used for measure gross motor and fine motor function. Effect of neurobics had been evaluated by behavioral performance.

**Results:** Statistic data has been analyzed by mean, SD, 't' test. Results showed that neurobics of student increased performance for cognition and other areas of intelligence.

**Conclusions:** Neurobics positively influence on students cognition and functional skills. Cognitive abilities can be maintained or improved by neurobic exercise.