



Psychometrical Evaluation of Personality and Behavioral Dimensions of Students

Conducted by: ITL Public School

Attended by: Students of class XI

A psychometric evaluation of the students was conducted and statistically evaluated for the students of **CLASS XI**. They were then introduced to different meditation techniques practiced in different countries. The students realized about the immense significance of meditation in bringing tranquility and calmness to body and soul

Each class was divided into different groups where they practiced meditation for 20 days. After 20 days the second phase of psychometric evaluation of the students was conducted and again statistically evaluated.

The results of pre meditation and post meditation were analyzed and through data analysis a comparative study was conducted using mean , median, and the results were established and significant difference were determined by using statistical tools

The effects of meditation were many. Not only did the grades of the students improve, but students who practiced meditation experienced lower levels of stress, improved concentration, more alertness, and greater resistance to the physical effects of stress. The students realized that meditation should be made an integral part of their lives for enhanced stamina and optimum level of performance.



