

"The impact of the use of Hathayoga exercises on the level of harmonic abilities In children with ADHD"

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Yoga is one of the best activities that are used to achieve the goals and benefits of motor education. It is the best way to achieve fitness and proper skill performance, as its training makes the muscles in harmony and smooth movement and performance and describes childhood as "golden years" in which there are many opportunities and possibilities for establishing expertise. The developed nations are the ones that prepare their children and provide them with the right atmosphere for integrated growth in the various psychological, social, educational, health and religious aspects. Therefore, it is one of the most important lifespan of the individual because it creates the negative or negative aspects of the child Personality traits appear on the performance and behavior in the future can be strengthened positives and development, but the disadvantages are difficult to change in the future and we have individuals with shortcomings in the personal aspects that could be avoided in the young.

The researcher considers the importance of the role of Hathayoga exercises in the kindergarten stage, which can contribute positively and effectively to meet the needs of children with ADHD, as well as the opportunity to acquire physical fitness and improve the control of the child on the body members and increase the cognitive efficiency motor through development To provide the appropriate environment for them and to acquire many cooperative positions that reduce the intensity of their motor activity and to provide the environment for them to invest their potential to the maximum extent possible, which leads to adaptation With the community and this prompted the researcher to do this study to identify the impact of the use Hathayoga exercises on the level of interoperability capabilities of children with ADHD and the lack of attention.

The study aimed to identify the effect of the use of Hathayoga exercises on the level of compatibility in children with ADHD. The researcher used the experimental approach in the design of the remote tribal measurement of the two groups. The sample included children with ADHD and the two adults at the October Sports Social Club). One of the most important results was that Hathayoga exercises have a positive effect on improving the level of harmonic abilities and reducing the level of hyperactivity in children of ADHD group experimental research.