Introduction:

Study of school children in higher primary (5 – 7\textsuperscript{th} class) and high school (8 – 10\textsuperscript{th} class) will give good result. Of course Yoga and physical education both physical activity good for every human beings. But if we studied with school children it will give proper result and our study will get more effective than other group persons. Therefore, we selected school children for study that to those children belongs to state Government owned rural school children.