



EFFECT OF SURYA NAMASKARA TRAINING ON PHYSICAL FITNESS COMPONENTS OF COLLEGE STUDENTS

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Abstract:

Introduction:

Today all over the world, there is a lot of discussion on Yoga seminar, workshops and research studies are being conducted to find out the effect of Yoga on individuals. Yoga as a discipline and claims to development in general. Yogic practice induces more physical and vital effects the physical exercises (Bhole 1982, Kulkarni 1997). Cardio-Vascular efficiency before and after yogic training has been studied by (Panasre 1986 Gunguly 1972, Datar 1997). They have proved experimentally that Yogic exercises were found much more efficient in curing and improving Cardio-Vascular diseases and function. Doctors and Psycho-Therapists are using yogic methods to cure mental disorder too.

Modern saints and reformers like Swami Vivekanand and many are giving living proofs of such claims. As mentioned above a lot of researches have been done in the field of physical, mental and spiritual development of individuals. Therefore, it was decided to study the effect of 'Surya Namaskara' training on development of the college students.

Objectives of student:

The main objectives of the study were

- 1) To find out the effect of Surya Namaskara training on Breath holds capacity.
- 2) To find out the effect of Surya Namaskara training on strength of Leg muscles.
- 3) To find out the effect of Surya Namaskara training on Shoulder muscles strength.

- 4) To find out the effect of Surya Namaskara training on Flexibility of Front and back bending capacity.

Hypothesis:

The researchers in the field of Yoga have shown the superiority of yogic exercise on the physical and mental development of individuals. In this view yogic practice of Surya Namaskara may be proved to be superior to the present practice for enhancing physical and mental growth of students. Thus following hypothesis have been formulated to verify statistically.

- There is significant difference between pre-test and post-test 'Surya Namaskara' training effect on student's growth of breath hold capacity.
- There is significant difference between pre-test and post-test 'Surya Namaskara' training effect on student's growth of leg muscles strength.
- There is significant difference between pre-test and post-test 'Surya Namaskara' training effect on student's growth of shoulder muscles strength.
- There is significant difference between pre-test and post-test 'Surya Namaskara' training effect on student's developing growth of front and back bending flexibility.

Methodology:

Subject:

The study has been conducted on Adarsha Mayavidyalaya, Dhamangaon Railway boys and girls. Training effect on selected physical fitness variables in pre-and post test experimental design. In this training 18 to 22 years college student has been

randomly select. 30 boys and 20 girls select for Surya Namaskara training of 30 days.

Physical Fitness Variables

Following variables were selected for study

- 1) Breathe hold capacity.
- 2) Standing board jump for muscles leg strength
- 3) Push up for shoulder muscles strength.
- 4) Bridge up for back bending flexibility.
- 5) Sit and reach for front bending flexibility.

Experimental design:

In this research study has been conducted on the college 30 boys and 20 girls pre-test has been conducted before training. Daily 12 Number of Surya Namaskara practicing 6 days in a week, the training is conducted for 30 days. After the training post-test has been conducted and collect the data of pre and post-test.

Training Program

- 1) 5 minutes walking and jogging.
- 2) 10 minutes conditioning :- (Arms and shoulder exercise, bending, twisting and stretching exercise)
- 3) 12 no. of 'Surya Namaskara' practice with omkar.
- 4) Cool down by 'Shavasan'

Tools:

For measuring the physical fitness variable use of chart and instruments and tools were used.

- 1) Measuring tape
- 2) Watch
- 3) Flex meter

Data collection:

In this study practice training has been conducted and therefore before training data has been collected in chart and after

30 days of training again data has been collect for analysis both pre and post data has been calculated separating. All data of the pre and post test were score and tabulated for statistical analysis.

Result and Discussion:

The hypothesis was vertical by comparing the pre and post test of Boys and girls the result have been given and discussed hypothesis wise.

Conclusion:

The superiority of Surya Namaskara practices in increasing level of physical fitness has been proved. It proves beyond doubt that students are practicing Surya Namaskara and training increasing the physical fitness of breath hold, leg strength, shoulder strength and front back bending capacity (flexibility) development progressively.

On the basis of analysis of data Surya Namaskara is a successful physical fitness and therapeutic means for both recent and long standing physiological fitness, the practitioner of Surya Namaskara becomes his own physiotherapist by all aviate in his own personal difficulties. Therefore, it is accepted that the regular fitness.

References:

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- 3) **Datar, S. V. and Kulkarni, VA, (1997)** Yogic practice and cardiovascular efficiency, yoga Mimansa, Vol. XXXII (1 and 2) 8-13.
