



IMPACT OF SURYANAMASKAR ON FLEXIBILITY OF STUDENTS

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ABSTRACT

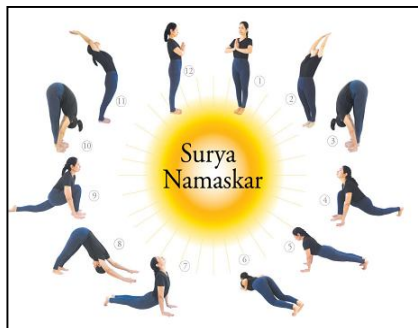
In all this Suryanamaskar is an appreciated exercise among people of all ages from kids to old age people suryanamaskar is the best way to burn the calories and reduce weight. It is often recommended for obesity. Surya namesake has been around for centuries, but only recently have its health benefits resurfaced in a big way, causing a whole new generation to wake up to it. Surya Namesake is widely known as The Salutations to the Sun or Prostrations to the Sun, and is considered to be one of the most beneficial yogic exercises that can be performed in one's daily routine. In Sanskrit literature, Surya means "sun," and namesake means "salutations" or "worship," hence the name Salutations to the Sun, Surya Namesake consists of twelve rhythmic and symmetrical positions that are synchronized with breathing (each position having its own posture and form, breathing pattern and mantra).

KEY WORD: Suraynamaskar, Yogasanas and Method of teaching.

INTRODUCTION

Surya Namaskar is widely known as The Salutations to the Sun or Prostrations to the Sun, and is considered to be one of the most beneficial yogic exercises that can be performed in one's daily routine. In Sanskrit literature, Surya means "sun," and namaskar means "salutations" or "worship," hence the name Salutations to the Sun, Surya Namaskar consists of twelve rhythmic and symmetrical positions that are synchronized with breathing (each position having its own posture and form, breathing pattern and mantra). In all this surya namaskar is an appreciated exercise among people of all ages from kids to old age people surya namaskar is the best way to burn the calories and reduce weight. It is often recommended for obesity. Surya namaskar has been around for centuries, but only recently have its health benefits resurfaced in a big way, causing a whole new generation to wake up to it.

BENEFITS OF SURYANAMASKAR



- It improves blood circulation, burns excess fat and increases metabolism, all resulting in weight loss.
- It refreshes your mind, promotes clarity of thought and consciousness. Additionally, it helps the mind rid itself of negative energy.
- It is especially beneficial for youngsters as it affects muscular structure and growth. « It is also extremely effective in relieving stress and anxiety.'
- As with any asana in yoga, surya namaskar improves flexibility and balance.
- It promotes a feeling of wellbeing and is an excellent way to

prepare self you for a brand new day, both mentally and physically.

METHODOLOGY

The methodology adopted in the present study related with selection of subjects, selection of variable, and selection of test.

SELECTION OF SUBJECTS

The purpose of the study was to find out the, "Effect of Surya Namaskar on Flexibility among Post graduate students." To achieve this purpose 30 female students studying in Karnataka state women's university, Bijapur.

SELECTION OF VARIABLES

The following Surya Namaskar was selected for giving 6 weeks training for 30 subjects. SURYANAMASKAR- A graceful sequence of 12 asanas that are performed in conjunction with breathing and were used to sturdy the mind and body. By following the steps given below an individual can be ascertained of a sound mind in a sound body. SURYANAMASKAR-Urdhvanamanasana, Padahastasana, Ekapadaprasanasana, Dwipadaprasana, shashankasana, saastanganamanasana, urdhvamukhasha shwanasana, adhomukhashashwanasana, shashankasana, Ekapadaprasanasana, padahastasana namaskarasana Criterion variable Flexibility were selected and measured by using Shoulder reach Flexibility test. It was used for pre test and post test.

The test items and Measurements

Sl.No.	Variable	Test Item	Measurements
1	Shoulder flexibility	Shoulder reach Flexibility test	Ruler or measurement scale

Analysis And Interpretation Of Data

The purpose of the study was to find out the "Effect of Surya Namaskar on Flexibility performance among Post graduate students". To achieve this purpose the data was gathered for the study were put into analysis and results of which are presented in the table.

Table-Showing the pre-test and post-test performance of Shoulder flexibility among the subjects.

Name of the subject	Sample size	Mean	SD	't' value
Pre-test	30	1.33	0.54	4.287
Post-test	30	1.86	0.34	

** level of Significant is 0.05 = table value = 2.045.

The table indicates that the 't' value is more than the table value, hence it is Significant. The pre-test mean value is 1.33 and the post-test mean value is 1.86. The post-test mean value is greater than the pre-test mean value. It indicates significant improvement in the shoulder reach flexibility performance of females owing to the Six weeks Surya Namaskar draining. The same as displayed in the figure.

SUMMARY:

The purpose of the study was to find out the "Effect of Surya Namaskar on Flexibility performance among Post graduate female students, to achieve this purpose six weeks Surya Namaskar training was given to selected 30 female subjects to know the effect of flexibility performance Shoulder reach flexibility test was used for pre and post test of the subjects. The result indicates that six weeks Surya Namaskar training develops Shoulder flexibility performance among the subjects.

CONCLUSION:

On the basis of the study and with the limitations, it was observed that the Surya Namaskar training develops flexibly performance among the subjects?

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