*International Journal of Physical Education*, Vol. 4 No. 1 (April, 2011) : 20-22

*Research Paper :*

# Effect of Suryanamaskar and Aerobic exercise on selected physiological variables among sedentary men students of Pondicherry University

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**Received :** *September 2010;* **Accepted :** *November, 2010*

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## ABSTRACT

The purpose of the study was to determine the effect of Suryanamaskar and aerobic exercise on selected physiological variables among sedentary men students of Pondicherry University. The students were divided by three groups' suryanamaskar, aerobic group and control group, each consisting of 10 students. It was hypothesized that there would be significant changes in the Suryanamaskar group and aerobics group on physiological variables. The experimental groups under went the Suryanamaskar and aerobics exercise training for a period of twelve weeks, whereas the control group did not involve in any strenuous physical activity during the course of study. However experimental groups and control groups were permitted to go their routine curriculum. The study was formulated as a random group design. The subjects were tested at the beginning (pre-test) and at the end of the experimental period (post-test) taken after twelve weeks. ANOCOVA was used for statistical analyzed. The results of this study showed that Suryanamaskar groups and aerobics groups can be an effective training to improve a physiological variable.

Vinothkumar, P., Anburaj, E. and Samraj, P. (2011). Effect of Suryanamaskar and Aerobic exercise on selected physiological variables among sedentary men students of Pondicherry University. *Internat. J. Phy. Edu.*, **4** (1) : 20-22.

**Key words :** Suryanamaskar, Aerobic exercise, Physiological, Vo2 max, Resting pulse

Suryanamaskar is a well-known and vital technique within the yogic repertoire. Its versatility and application make it one of the most useful methods to induce a healthy vigorous and active life and at the same time prepare of spiritual awakening and resultant expansion of awareness. In recent years more and more people have moved away from mere spirituals and are turning to yoga as a method for exploring and improving their lives. Thought the need for techniques to enhance physical, mental and spiritual evolution has been recognized, the fast pace of modern living makes it difficult for even the most determined individual to implement the yoga practice. It is the practice, which is the most important.

Aerobic exercise is the key component of health. In order to be healthy, we have to exercise regularly. It may be difficult to take the time out of your busy schedule to engage in physical activity but exercise helps your mind, emotions and your body in your so many ways. Exercise can help you to lose weight and tone muscle. It will make you look better, but it also releases endorphins and other chemicals that stabilize and improve moods.

Gore and Bhole (1982) conducted to find out the effect on 10 days of training in asanas, the students were taken up for experiments. Pulse rate near wrist joints was measured before and immediately after the following three conditions given with the sufficient rest in between. The pulse rate showed a great variation due to different types of muscular activities involved in them. Any activity of an isometric nature increases muscle tensions and muscles have to be released by with drawing ones effort to its optimum level. Naturally relaxed muscles will put less strain and demands on heart.

Kelly and Kaiser(2007) conducted a study on the aerobic-exercise training improves ventilator efficiency in overweight children The objective of this study was to investigate the effect of an 8-week aerobic-exercise training program on ventilatory threshold and ventilator efficiency in overweight children. Twenty overweight children (BMI > 85th percentile) performed a graded cycle exercise test at baseline and were then randomly assigned to 8 weeks of stationary cycling (n = 10) or a no exercising control group (n = 10). Ventilatory variables were examined at ventilatory threshold (VT), which was