

Research Paper :

## Effects of suryanamaskar and specific excercises on selected physical fitness variables of college students

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### ABSTRACT

The study consisted of 40 male subjects randomly selected from Dr. Babasaheb Nandurkar College of Physical Education, Yavatmal, between the age range of 18 to 25 years. The selected subjects were divided into two equal groups of 20 subjects in each. One was treated as experimental group; the second one was control group. The experimental group was asked to practice Suryanamaskar and specific excercises of six days in a week for duration of eight weeks. The control group did not participate during the period of eight weeks training programme. The experimental group was administered on the basis of training schedules in Table 1 and 2. The data obtained were statistically analyzed with the help of t' test. The finding of the results concluded that there were significant changes on selected physical fitness variables of experimental group in comparison to control group.

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**Key words :** Suryanamaskar, Physical fitness variables, Exercises

Yoga is a very ancient discipline. It is way of life or science of right living and integrated system of education for body, mind and soul. This art of right living was perfected and practiced in India thousand of years ago but, since yoga deals the universal truths. It works on all aspects of the person physical, mental, emotional and spiritual. Its importance for the spiritual attainment has been recognized throughout the age, by all the Indian philosophy. However, its application in various fields is a new trend (Francis, 2006).

Suryanamaskar is very effective and useful for both physical and mental health development. It helps to keep the internal and external organs of the body strong and healthy. Physical excercises are especially important for individual to develop strong intentions toward living a physically active life style. Physical activity is not only important for children to develop into healthy adolescents and adults. Fitness is very broad term, it includes physical, mental, social and emotional aspects.

There are so many excercises which are important and applied for the development of health and physical fitness. Appropriate form of exercise and Suryanamaskar on a regular basis will be helpful for the development of physical fitness of an individual. Gopal *et al.* (1973) studied the effect of Yogasanas and exercise training on

blood pressure, pulse rate and some respiratory function. Two groups of male volunteers, 20-33 years in age and having the same average height and weight were studied. The experimental group consisted of 14 subjects in yoga asanas and pranayama for a period of six weeks. The control group consisted of 14 normal untrained subjects, who carried out non-yogic exercise to both the groups before and after training. The results of both the groups were compared. The trained persons had grater vital capacity, more tidal volume and less respiratory rate than the untrained group. The prescribed standard exercise increased the respiratory rate in both groups but the increase was less in the trained group who instead a corresponding increase in vital volume.

### Purpose of the study:

The main purpose of the study was to find out the effects of Suryanamaskar and specific excercises on selected physical fitness variables of college students.

### METHODOLOGY

The study consisted of 40 male subjects randomly selected from Dr. Babasaheb Nandurkar College of Physical Education, Yavatmal, between the age range of 18 to 25 years. The selected subjects have been divided