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## EFFECT OF SURYANAMASKAR ON TRUNK JOINT MOBILITY OF TEACHING FACULTY

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### Abstract

The purpose of this study was to see the effect of 6-week suryanamaskar on trunk joint mobility of faculties of Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri. To achieve this purpose twenty (20) subjects were divided into two groups (Experimental group – 10 Teachers & Control group – 10 Teachers). The criterion variable of trunk joint mobility was measured by Goniometer. Pretest was taken prior to the Suryanamaskar training and posttest was taken after six weeks of Suryanamaskar. Suryanamaskar were practiced every morning i.e. five days (Monday to Friday) per week. After six week training post-test were administered and data were collected. Statistical analyses were done on the basis of 't' test. The level of significance was set at 0.05. Result shows that on the basis of mean difference there was difference between the means of pre and post-test of control and experimental group of college teachers in reference to trunk joint mobility. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & above table shows that there is significant difference between pre and post-test of experimental group of trunk joint mobility, as the calculated 't' value 2.115 is greater than tabulated 't' value 1.734. But there is insignificant found between pre and post-test of control group of trunk joint mobility, as the calculated 't' value 0.681 is lesser than the tabulated 't' value 1.734. Concluding we can say that experimental group shows significant difference in reference to trunk joint mobility the differences may be attributed that Surya namaskar is basically a sun salutation that leads to healthy body, mind and soul. However, morning time is the best time for surya namaskar. Sun rises is the time when sun rays help revitalize the body and refresh the mind. It also increases the ability of muscle to perform movement with large amplitude (range of motion). It also refers to functional capacity of a joint to move through a normal range of motion.

**Keywords:** Suryanamaskar, Trunk Joint Mobility, Goniometer, etc.

### Introduction

Life styles have been changing over the past few decades in most parts of the world. The excesses of the consumer society are now showing their effects on health. In case we are to prevent the diseases that are the results of unfavorable life styles, we have to ensure that sound decisions on healthy lifestyles are to be urgently cultivated. This will be a major role of health education. In our ancient culture, instance can be found where the continuation of healthy life styles has contributed to better health and longevity. For instance, the kurichia tribe of wayanad follows several healthy food habits, better sanitation, personal hygiene, moral life, and old age security, hard physical labour and peaceful

religious life. Their women have better status and lead a disciplined moral life. They have no diabetes as they eat the right type of food and do hard physical labour. Several of their positive life styles made them free from many common diseases and thereby prolonged their life even beyond the life span of the so called educated and affluent people who have access to modern medical facilities from super specialty hospitals. On the other hand, following improper life styles, modern people invite many complicated and complex diseases necessitating the creation of costly medical facilities to serve minority of population. Such distortion in development can be avoided in poor countries, if proper health education is spread to everybody in the society. Joint Mobility often also referred to as flexibility or suppleness can be defined as the ability to perform movement with greater range of motion or large amplitude. It is controlled partly by the energy liberation processes of the body and partly by the coordinative processes of central nervous system. Though there are different way to keep you healthy, yoga promotes overall health in a balanced way. Yoga helps in recharging the body by promoting self-healing, removing negative energies and enhancing personal powers. It simplifies your mind and thought process. One of the yoga postures which is simple form of daily workout for the mind and body is the Surya Namaskar. Thus, if you haven't stretched your body since ages and considering something effective then the surya namaskar is just right for you. In ancient times, worshiping to the sun has been practiced in India for prosperity and this has even been mentioned in the Vedas. Salutation to the Sun in the early morning was added as a daily routine for Hindus. For that time people from all civilizations have offered prayers to the sun, the ultimate source of life and energy. Such practice is named as surya namaskar.

Suryanamaskar is a complete meditative technique in itself as it includes various asanas like- Pranamasan, hasta utthanasan, padahastasan, ashwasanchalanasan, ashtanaga namasakar, bhujangasan, and parvatasan. Increasing flexibility through stretching the body parts is one of the basic tenets of physical fitness. Flexibility is the ability of muscle to perform movement with large amplitude (range of motion). It also refers to functional capacity of a joint to move through a normal range of motion.

## Methods

The purpose of this study was to see the effect of 6 week Suryanamaskar on trunk joint mobility of faculties of Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri. To achieve this purpose twenty (n=20) teachers of various departments and faculties were randomly selected from the said college. Subjects were divided into two groups (Experimental group – 10 Teachers & Control group – 10 Teachers). The criterion variable of trunk joint mobility was measured by Goniometer. The scoring unit of goniometer is in degree (max-360 degree). The reading showed by the apparatus at four sides i.e. left, right, forward and backward will be added together to get the final score. Pre-test was taken prior to the Suryanamaskar training and post-test was taken after six weeks of Suryanamaskar. Suryanamaskar were practices every morning i.e. five days (Monday to Friday) per week. First week the session consisted of 5 minutes warm-up 2 times suryanamaskar and 5 minutes cool-down, increased 2 times suryanamaskar every week. After six week training post-test were administered and data were collected.

## Statistical Procedure

Statistical analyses were done on the basis of 't' test. The level of significance was set at 0.05

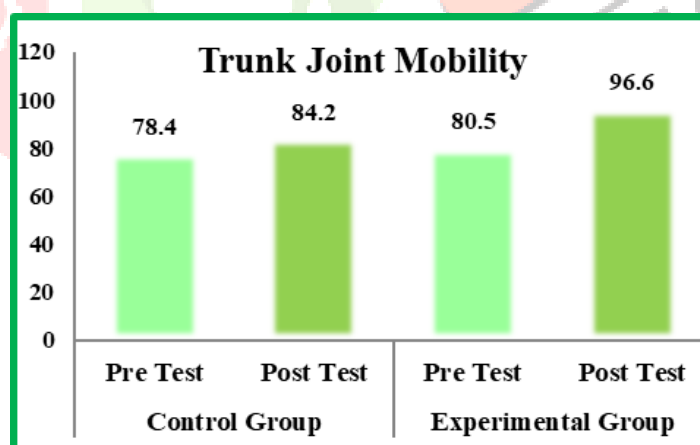
**TABLE**  
**Comparison of Pre & Post-Test**

Variables	Group	Test	Mean	S.D	S.E	M.D	D.F	Obt ‘t’	Tab ‘t’
Trunk Joint Mobility	Controlled	Pre-test	78.4	18.24	8.513	5.8	18	0.681	1.734
		Post-test	84.2	19.8					
	Experimental	Pre-test	80.5	17.86	7.612	16.1		2.115*	
		Post-test	96.6	16.14					

\*Significant at 0.05 Level

The above table shows that on the basis of mean difference there was difference between the means of pre and post-test of control and experimental group of college teachers in reference to trunk joint mobility. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & above table shows that there is significant difference between pre and post-test of experimental group of trunk joint mobility, as the calculated 't' value 2.115 is greater than tabulated 't' value 1.734. But there is insignificant found between pre and post-test of control group of trunk joint mobility, as the calculated 't' value 0.681 is lesser than the tabulated 't' value 1.734.

**Graph**



## Conclusion

Concluding we can say that experimental group shows significant difference in reference to trunk joint mobility the differences may be attributed that Surya namaskar is basically a sun salutation that leads to healthy body, mind and soul. However, morning time is the best time for Suryanamaskar. Sun rises is the time when sun rays help revitalize the body and refresh the mind. It also increases the ability of muscle to perform movement with large amplitude (range of motion). It also refers to functional capacity of a joint to move through a normal range of motion.

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