



INDIAN CULTURAL HERITAGE AND DIVERSE SPORTING ACTIVITY: THE SURYA NAMASKAR AND FLEXIBILITY

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Abstract

The purpose of the present study was to determine the effect of Surya Namaskar on the flexibility of college girl students. For the study research scholar selected twenty college girl students at the age of 20-22 years randomly. For the study research scholar selected a single group design. The subjects were given a treatment (Surya namaskar) of forty-five minutes duration for five days per week for three months. Flexibility was measured with the help of the Sit and Reach Test. Girl students participated in the Surya Namaskar. The finding of the statistical analysis revealed that there was a significant difference between the mean of pre-test and post-test. The level of significance was kept at 0.05 level. Girl students were significantly improving their flexibility because of participation in Surya Namaskar.

Keywords: - Surya Namaskar, flexibility, Sit and Reach Test.

Introduction

Hindus have revered the sun, also known as Surya, for thousands of years, viewing it as the physical and spiritual center of the universe and the source of all life. We honor the sun by doing the vigorous asana sequence known as Surya Namaskar, or Sun Salutation. Namaskar is derived from names, which mean "to bow to" or "to adore". It is derived from this root. It refers to "the divine in me honors the divine in you. The joined-

hands mudra (gesture) at the beginning and end of each Sun Salutation is not an accident - only the heart knows the truth. It is a prayer of Lord Surya, the god of health, and it is a regular morning ritual of prayer and worship. During Sun Salutations, we obtain wisdom and understanding by using our bodies as instruments of greater consciousness. The ancient yogis taught us that in addition to embodying "rivers seas mountains fields," we also all embody "stars and planets the sun and moon." According to some traditions, it is the home of the corporeal self as well as the seat of awareness and higher knowledge (jnana). Our own "inner sun," or subtle or spiritual heart, is symbolized by this outer sun. The Sun Salutations are supposed to reduce anxiety on both a physical and emotional level. Boost the nervous system, raise body warmth, and improve circulation. Every joint has been freed and lubricated. It greatly increases the spine's range of motion. The muscles of the abdomen, pelvis, and spine are toned and strengthened. Controlled breathing aids in mental calmness. It has a calming effect when applied gradually. Exercise that is done rapidly is stimulating. The sun is called by twelve names in Sanskrit. They are as Om Mitraya namah, Om Ravaye namah, Om Suryaya namah, Om Bhanave namah, Om Khagaya namah, Om Pushne namah, Om Hiranyagarbhaya namah, Om Marichaye namah, Om Adityaya namah, Om Savitre namah, Om Arkaya namah, Om Bhaskaraya namah. Surya Namaskar consists of 12 various asanas (poses) in sequences, ie., Pranamasana, Hasta Uttanasana, Hastapaadasana, Ashwa Sanchalana Adho Mukha Svanasana / Parvatasana Ashtanga Namaskara, Bhujangasana, Adho Mukha Svanasana/ Parvatasana, Ashwa Sanchalanasana, Hastapaadasana Swadhisthana, Hasta Uttanasana, Pranamasana Anahata.

The range of motion of a joint, or a collection of joints, is called flexibility. It also refers to the length of the muscles that span the joint to create movements or bending motions. People differ in their degree of flexibility, especially in terms of the length of their muscles that are used in many joints. To maintain or improve flexibility, stretching is a frequent exercise component. Exercise may build flexibility in many joints to some degree. Players must improve their general strength, power, flexibility, coordination, and agility via training, practice, and the appropriate exercise if they are to progress in all areas and realize their full potential.

Statement of the problem

This study was undertaken to know the “effect of Surya Namaskar on the flexibility of college girl students.”

Purpose of the study

The purpose of the present study was to evaluate the effect of Surya Namaskar on the flexibility of college girl students.

Objectives

To study the effect of Surya Namaskar on the flexibility of college girl students.

Hypothesis

It was hypothesized that Surya Namaskar significantly improves the flexibility of college girl students.

Delimitations

The present study was delimited in the following aspects:

1. The study was delimited to 20 college girl students.
2. The study was delimited to college girl students only.
3. The subjects for the present study were randomly selected.

Limitations

The present study was limited to the following aspects:

1. The dietary habits of the subjects were not under the control of the researcher.
2. The daily activities of the subjects were not controlled.
3. No restrictions were imposed upon the other physical activities of subjects.

Methodology

For the present study, twenty college female students were randomly selected at the age group of 20-22 years as subjects of the study from Mahila Mahavidyalaya Nagpur. The randomly selected subjects participated in Surya Namaskar. The independent variables in the present investigation were the Surya Namaskar and the dependent variable in the present investigation was flexibility. Flexibility was measured with the 'Sit and Reach Test'. The subjects were given a treatment (Surya Namaskar) of forty-five minutes duration for five days per week for three months. The first ten minutes were given to loosening exercises of the subjects twenty-five minutes for treatments (Surya Namaskar) and the last ten minutes for cool-down.

Analysis of data and interpretation of the result

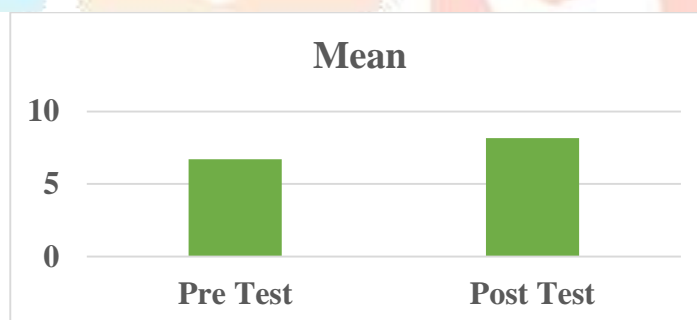
Analysis of data and interpretation of the result was done by using the mean and standard deviation. Comparative analysis was done by using the t ratio. The level of significance was kept at 0.05 levels. It was hypothesized that there would be significant changes in the flexibility of college girl students if they did regular Surya Namaskar.

Table 1. Showing the pre-test and post-test scores of flexibilities of college girl students.

Experimental Group	N	Mean	SD	MD	't' ratio	Table value of 't' ratio
Pre-test	20	6.7	1.6	1.45	3.22	2.09
Post-test	20	8.15	1.7			

Significant at level 0.05

The initial mean value of flexibility was measured with the help of the sit and reach Test of college girl students of pre-test 6.7. The final mean value of flexibility of college girl students on the post-test was 8.15. Thus, the resultant mean difference between the pre-test and post-test was 1.45. College girl students were found statistically significant. The value of the 't' ratio was 3.22. This value was significant at 0.05 level because the value of the 't' ratio was greater than 2.09.



Graph No. 1. Bar graph showing the pre-test and post-test means of college girl students of flexibility.

Conclusion

The result of the present study was concluded that a three-week Surya Namaskar enhances the flexibility of college female students. Similar research can be carried out to study the effects of Surya Namaskar on the flexibility of the college male group for more than three months for different durations on men of different age groups. Similar research work can be carried out to study their effects on adolescent boys, men of different age groups, players, non-players, sedentary life-styled men of India, and so on.

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