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## Effect of Suryanamaskar on Selected Physical Fitness of students from Dumb & Deaf Students

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### Abstract:

Sun worshipping practises like Suryanamaskar have their roots in the Vedas. However, the phrase "Suryanamaskar" literally means "Salutation to the Sun." Suryanamaskar consists of twelve distinct postures, and each posture is performed while reciting a different mantra. Traditional Suryanamaskar is done on an empty stomach at sunrise, which is said to be the most spiritually beneficial moment, while facing the rising Sun. The researcher designed program of suryanamaskar of about 8 weeks and implemented on 20 male dumb & deaf students from Adhar Muk Badhir Vidyalaya from experimental group. Before and after the training program selected fitness components of the students were measured and recorded for the analysis. On the basis of the result obtained in the study the researcher made the concluded that eight weeks Suryanamaskar program was significantly effective to increase the physical fitness of dumb & Deaf students

**Key Words:** Suryanamaskar, dumb & deaf students, Physical Fitness

**Introduction:**

The nation's wealth depends on the wellbeing and vigour of its citizens. Every country prioritises the health and fitness of its men, women, and children. Physical fitness refers to your body's capacity to function well as a whole, enabling you to maintain good health and carry out everyday tasks. A healthy individual may work energetically at daily tasks. So many individuals keep up their physical condition by engaging in various forms of exercise. People frequently engage in healthful activities as part of their everyday routines, such as strolling outside of their homes and adjacent to places that are conducive to health, using parks or gardens for yoga or Suryanamaskar, going to a gym for weight training or zumba, or taking aerobic dance lessons.

Sun worshipping practises like Suryanamaskar have their roots in the Vedas. However, the phrase "Suryanamaskar" literally means "Salutation to the Sun." Suryanamaskar consists of twelve distinct postures, and each posture is performed while reciting a different mantra. Traditional Suryanamaskar is done on an empty stomach at sunrise, which is said to be the most spiritually beneficial moment, while facing the rising Sun. (Saraswati 1983)

**Benefits of Suryanamaskar:**

- ✓ Help maintain the cardiovascular health
- ✓ Stimulates the nervous system
- ✓ Help in stretching, flexing & toning the muscles
- ✓ An excellent exercise for weight loss management
- ✓ Strengthen the immune system
- ✓ Enhance cognitive function
- ✓ Improve overall health, strengthen the body & relaxes the mind.

## **Methodology:**

The present study was an experimental research which was conducted with a purpose to see the effect of Suryanamaskar on selected physical fitness of dumb & deaf students from Adhar Muk Badhir Vidyalaya.

## **Research Design**

True experimental design was used for this study to check the hypothesis; this research was based on pre-test and post-test equivalent group design.

## **Method of Sampling**

The present research whole population a total number of 20 male dumb & deaf students from Adhar Muk Badhir Vidyalaya were selected the basis of purposively method of sampling technique from Pune city for experiment and 20 of 20 male dumb & deaf students from Adhar Muk Badhir Vidyalaya were selected for control group.

## **Procedure of the study**

The researcher designed program of suryanamaskar of about 8 weeks and implemented on 20 male dumb & deaf students from Adhar Muk Badhir Vidyalaya from experimental grou. Before and after the training program selected fitness components of the students were measured and recorded for the analysis.

## **Statistical Tools**

After data collection, data of pre-test and post-test of both the groups i.e, experimental and control group, compared by independent sample t-test and interpretation were drawn. The level of significance was kept at 0.05 to test the hypothesis.

### Results of the study:

The obtained results are present in the following table which represents the results of descriptive analysis and independent sample t-test to compare the mean of group's i.e, experimental and control group.

**Table no 1**  
**Descriptive statistics to gain the pre and post-tests**  
**of experimental and control group**

Test	Group	N	Mean	SD
1 Min Push-Ups Test	Experimental	20	28	3.1
	Control	20	24	3.4
1 Min Sit-Ups Test	Experimental	20	21	2.9
	Control	20	18	1.5
Sit & Reach Test	Experimental	20	17	1.1
	Control	20	14	1.7

**Table no 2**  
**Independent sample t-test to gain the tests of experimental and control group**

Test	Group	Mean Difference	't' value	Sig. (2-tailed)
Push-Ups Test	Experimental	4.0	2.35	0.03
	Control			
Bent Knee Sit-Ups Test	Experimental	3.0	3.00	0.00
	Control			
Sit & Reach	Experimental	3.0	2.00	0.04
	Control			

Table no. 2 shows the mean of gain in experimental and control group were compared with independent t-test. The calculated 't' value of subjects in Push-ups test, Sit-ups test, Sit & Reach test was 2.35, 3.00 and 2.00 respectively. It is hence interpreted that there is effect of Suryanamaskar on selected physical fitness variables at 0.05 levels of significance

### **Conclusion:**

On the basis of the result obtained in the study the researcher made the concluded that eight weeks Suryanamaskar program was significantly effective to increase the physical fitness of dumb & Deaf students.

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