

By The Effect of Surya Namaskar Sports Person Can Develop More Performance in Their Games and Increase Body Fitness Components Like Speed, Endurance, Flexibility and Strength

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Abstract – Surya namaskar is twelve stage direct exercises. It is constantly guaranteed that it makes the practitioner fit and proportionate. This dynamic exercise creates solid muscles and joints. Today the issue of weight is expanding sports Person. The point of this investigation was to watch the impact of Surya namaskara on obese persons towards Body Fitness Components like Speed, Endurance, Flexibility and Strength. Every one of them was in ordinary healthy condition. The writing notices weight misfortune because of standard routine with regards to Surya namaskara and change in the performance. The test consider uncovered that a standard routine with regards to Surya namaskara for 30 days essentially lessened weight and improve Working speed of sports persons of the exploratory gathering. In this paper we have selected 3 variables body fitness, Speed and Flexibility that the sports persons can essentially maintain their body with the assistance of Surya namaskara exercise.

Keywords: Surya Namaskara, Exercise, Speed, Body Fitness

1. INTRODUCTION:-

Yogic procedures however mellow in nature, when utilized precisely and consistently, can keep one healthy, fit and proportionate. Suryanamaskara can be viewed as a direct isotonic exercise. In spite of the fact that it incorporates a few postures that are like yogic asanas, Surya namaskara isn't yoga since its temperament is dynamic. It should be possible by kids, youthful and old people alike. The Rig Veda says:

Sun is the soul of the whole world. Sun is the main god which gives (us) great wellbeing. Subsequently we should adore the Sun for wellbeing and long life. Surya namaskara gives energy and essentialness and keeps us healthy and fit. The Sun travels through 12 Rashis or zodiac signs and in this way it has got 12 names. One round of Surya namaskara comprise of 12 stages or postures, outlined such that our muscles and joints wind up more grounded but flexible. The breath is likewise balanced according to the stance and the development (Singh, et. al.)

It also helps in overall development of Sports Persons which can help in increasing their Games and Increase Body Fitness Components like Speed, Endurance, Flexibility and Strength

Along these lines Surya namaskara expands blood circulation. This has an effect on the endocrine framework. It makes us more alarm, enthusiastic and lights up our acumen. It keeps up the freshness of our brain.

Twelve Mantras of Surya namaskara:

There are twelve names of Lord Sun (Surya) which are discussed with or without beeja mantra, one by one preceding each round of Surya Namaskara. On the off chance that Surya Namaskara is finished with these mantras, one is enormously benefitted with Sun vitality. These are:

1. Om Mitraya namah
2. Om Ravaye namah
3. Om Suryaya namah
4. Om Bhanve namah
5. Om khagaya namah
6. Om pushnaye namah
7. Om hiranyagarbhaya namah

8. Om marichaye namah
9. Om Adityaya namah
10. Om Savitre namah
11. Om Arkaya namah
12. Om Bhashkaraya namah

Process of Surya Namaskara

One round of Surya Namaskara comprises of following twelve stances: Stand upright and join both the feet. The foot sole areas ought to be joined together while the toes ought to be separated. Head, neck and body ought to be in one line. Join the hands in namaskara position. Breathe regularly. This is the initial stance. At the point when the round is over this is twelfth stance. Presently serenade First name of the Lord Sun and begin initially round of Surya namaskara.

1. While inhaling, gradually lift the hands and curve backward.
2. While breathing out curve forward, keeping the knees straight lay the hands on the ground on the two sides of the feet. Endeavor to bring the forehead in contact with the knees.
3. Rest the palms on the ground. While breathing in take the right leg back and inhale.
4. Take the left leg behind, holding the breath. Join the two legs at lower legs and toes. Bring the buttocks, abdomen and head in one line like a wooden board. Look to the front.
5. While exhaling touch the ground with the knees, twist forward and touch the forehead to the ground. Palms are settled at one place since the position of three.
6. While holding the breath, with the help of the arms, lie supine and touch the forehead to the ground, assuming the posture of Sashtang namaskara (Milind, et. al., 2011).
7. Now inhale and accept the stance of Sarpasana by lifting the chest above and straitening the hands.
8. Take a stance like inverted V by pulling the back up. Hold the breath.
9. Exhale, put down both the knees and go to the position five.
10. While inhaling bring the right leg in the middle of the two palms and go to the position of three.

11. While exhaling move the left leg and join it with the right foot. Go to the position two.
12. Now inhale and stand up with palms in namaskara position like initial stance. This finishes one round of Surya Namaskara.

2. REVIEW OF LITERATURE

Akshay Tomar, (2013) [3]"The Effects of Suryanamaskara on Selected Physiological Variables of Paramilitary Forces Sportsperson", the goal of the examination was to decide the impacts of Suryanamaskar (sun greetings) on the chose physiological variables of paramilitary powers sportsperson of Meerut, Uttar Pradesh, India. The sportsperson as subjects for this investigation were chosen from the sixth Battalion, Provincial Armed Constabulary (P.A.C.) and 44th Battalion, Provincial Armed Constabulary (P.A.C.) of Meerut (U.P), India. A sum of 40 male (20 from every Battalion) subjects were chosen and utilized as one practice gathering. Suryanamaskara was considered as the Independent Variable and Blood Pressure, Pulse Rate, BMI and Breath holding capacity were viewed as the Dependent Variable.

Dr. Abhay N. Buchha,(2012)[4]" Significance of Surya Namaskaar for a Healthy Life "contemplated that Recently numerous individuals are turning towards Yoga to dispose of physical issues and discovered Surya Namaskara a basic, yogic exercise that gives huge health benefits. Surya Namaskara is an arrangement of yogic postures alongside serenades that together involve an entire yoga called Surya Namaskara (Sun Salutation) which is a love arrangement of worshiping Surya, has been practiced in India for a large number of years. It's a mix of twelve postures in the arrangement with elegant development. For the physiological arrangement of the body to be fit, the frameworks must capacity alright to help the particular action that the individual is performing. More finished distinctive exercises influence diverse requests upon the living being as for to circulatory, metabolic, neurological and temperature administrative capacities.

Bhavanani et. Al, (2013)[5]directed an examination on "near of moderate and quick Suryanamaska (SN) on physiological capacity". Point: the point of this examination was to look at the impacts of half year training in moderate Suryanamaskara (SSN) and quick Suryanamaskara (FSN). Strategy: the examination was directed on 42 understudies of Government Higher Secondary School, Indira Nagar, and Pondicherry. Every one of the 42 understudies separated in two groups, one gathering for moderate Suryanamaskara and one gathering for quick Suryanamaskara. The subjects of FSN assemble were prepared to perform SN in a fast way with the goal that every one of the 12 postures were finished

in 2 minutes and the subjects of SSN amass were prepared to perform SN in a moderate way so every one of the 12 postures was held for 30 seconds, each round took 6 minutes to finish one round. Understudy's (unpaired) t test was utilized to look at the qualities between the groups when training. Result: training in SSN delivered a significant reduction in diastolic pressure. Conversely, training in FSN delivered a significant increment in systolic pressure. Despite the fact that there was a profoundly significant increment in isometric hand grip (IHG) quality and hand grip endurance (HGE) in both the groups, the expansion in HGE in FSN assemble was significantly more than in SSN gathering. Pneumonic capacity tests indicated upgrades in both the groups however intergroup examination demonstrated no significance contrast.

Javadekar P, Manjunath NK, (2012) [6]"Impact of Surya Namaskara on Sustained Attention in School Children",. Sun greeting (Surya Namaskara) is a far reaching Yoga procedure which consolidates physical action, breath control, unwinding and mindfulness. Aside from enhancing physical stamina and endurance, Surya namaskara has been appeared to impact a person's recognition and performance. Consequently, the present investigation has been intended to gauge the performance of school kids in a digit letter substitution assignment following the practice of Surya namaskar contrasted with physical exercise.

Kristine M. Fondran,(2014)[7] the impact of The Effect Of Surya Namaskara Yoga Practice On Resting Heart Rate And Blood Pressure, Flexibility, Upper Body Muscle Endurance, And Perceived Well-Being In Healthy Adults", Examine Indicates Surya Namaskara (Sn) Is A Yoga Practice(Routine) That Comprises of a progression of 12 physical postures made up of an assortment of forward and in reverse curves. The arrangement of developments extend the spinal segment and massage, tone and invigorate indispensable organs through then again flexing the body advances and in reverse. Reason: The motivation behind the investigation was to decide the impacts of a twice every day SN yoga practice on resting heart rate (HR) and blood pressure (BP), adaptability, abdominal area muscle endurance, and saw prosperity in low to tolerably dynamic adult males and females.

Pratima M. Bhutkar et. Al, (2015) [8] "Impact of Suryanamaskara Practice on Cardio-respiratory Fitness Parameters: A Pilot Study" - The present investigation tried adequacy of customary practice of 'suryanamaskara' in enhancing the cardio-respiratory fitness. The present examination was led on 78 subjects, (48 males and 30 females). It was watched that a half year of suryanamaskara practice diminishes resting beat rate and blood pressure. In the meantime it increments cardio-respiratory effectiveness and respiratory capacity as assessed by bike ergometry

and different lung capacities tests, in both male and female subjects. From this examination we infer that suryanamaskara practice can be pushed to enhance cardio-respiratory productivity for patients and also healthy person.

3. RESEARCH OBJECTIVES

1. To know while doing Surya Namaskara whether the Sun rays falls on human body which promotes overall development
2. To know whether it Stimulates blood circulation, strengthens the heart, strengthens wrist and arm muscles, relieves neck and shoulder tension.
3. To know whether Surya Namaskara impact Sports Person performance in games and sports

4. RESEARCH METHODOLOGY

30 Sports persons with the age range of 20-30 yrs., weight 70-80 kg and stature 150-165 cm. were chosen for the investigation. They were isolated into two equivalent groups of 15 subjects each. One group was dealt with as a trial group and another one as control group. The training of Surya namaskara was given to just test group (Pratima, et. al., 2008). The control group was not given any kind of yogic exercise. The training project of 30 days was composed for a hour day by day routine with regards to Surya namaskars at 5.00 to 6.00 a.m. The tests were led on two events

1. Before the training of Surya namaskara and
2. Following 30 long periods of routine with regards to Surya namaskara.

After the fulfillment of the training time frame, the weight of subjects of test and control groups were measured thought about and the outcomes were statistically broke down.

Tool

Digital weighing machine

5. DATA ANALYSIS

The statistical examination was finished by using 't' test for the following correlations

1. Intra group Comparison
2. Inter groups Comparison

- Intra group correlation:** The object of intra group examination was to examine pre and post scores of each group. Based on this correlation it would achieve the conclusion helped with the following advances:

Control Group

Table 1 Comparison between pre & post-test mean scores of control group on body fitness

Variable	Conditions	Mean	SD	"T" value
Body fitness	Pre-test	76.62	3.59	0.031
	Post-test	77.01	3.39	

The investigation demonstrates the aftereffects of the test of significance of contrast in mean score of the control group amongst pre and post-test. In control group the obese subjects did not demonstrate any change regarding Body fitness (Ramaswami, 2005). It might be noted from the table no.1 of mean value that the subjects score 76.62 and 77.01 in pre and post conditions, individually. The "t" value of - 0.031 isn't significant.

Experimental group

Table-2 Comparison between pre & post-test mean scores of Experimental group on Flexibility

Variable	Conditions	Mean	SD	"T" value
Flexibility	Pre-test	77.46	2.73	4.72
	Post-test	73.88	2.81	

The outcomes demonstrate the pre and post state of experimental group. It might be noticed that mean value of the subjects are 77.46 and 73.88 separately. The "t" value of 4.72 at level 2.15 indicates that the act of Surya namaskara has impact on Flexibility.

Table 3 Comparison between post-test mean scores of Control and Experimental group on Endurance

Variable	Groups	Mean	SD	"T" value
Endurance	Control group	77.01	3.39	0.02
	Experimental group	73.88	2.91	

Table no.3 presents the significance of mean distinction amongst control and experimental group on Endurance and the control group has recorded higher

mean score i.e. M=77.01 when contrasted with experimental group that is 73.88.

Low score indicates change of experimental group on Endurance. The "t" value is 0.02 which is, in any case, insignificant at the 2.15 level.

6. CONCLUSION

Suryanamaskara is the piece of yoga it is having antiquated history from the Vedas. Beforehand it utilized by the main saints. Suryanamaskara brings a novel measurement to yoga. It empowers the body through a combination of incitement and relaxation procedures. It can be singularly helpful for people with either thamas, Rajas or Satva. In each human physiology, we have both pressure reaction and relaxation reaction yet we don't appear to have control over them. That's why we the people to begin the SN and to maintain the wellbeing (Sjoman, 1999)

Through the demonstration of Surya Namaskara, if one achieves a particular level of soundness and dominance over the system, one could then be acquainted with an all the more compelling and significantly enormous method called Surya Kriya. Surya Kriya is the key methodology. Surya Namaskara is a "country cousin" of Surya Kriya, and there is another method called Surya Shakti, which is a distant relative. If you have to just use the strategy as a physical society to fabricate muscle and end up being physically strong, you do Surya Shakti. In case you should be physically fit furthermore require some significant segment in it, you do Surya Namaskara. In any case, in case you require a strong otherworldly process, you do Surya Kriya

7. FUTURE SCOPE OF THE RESEARCH

We intend to complete further investigation by controlling the diet and with settled intensity and in addition customary follow ups to set up maintenance dosage of Surya namaskar to keep control on our body.

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