



NATIONAL E-CONFERENCE ON “NEED OF SPORTS AND PHYSICAL EDUCATION IN CHANGING SCENARIO”

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Shivaji University, Kolhapur (Maharashtra)

scpeta2014@gmail.com

hod.sports.shivaji@gmail.com

27	Miss Rupali S.Kamble Dr.Deepak Shendkar	USES AND ADVANTAGES OF MODERN TECHNOLOGY IN PHYSICAL EDUCATION	177
28	Mr. Ajit Kalgonda Patil	STRESS MANAGEMENT IN SPORTS: A STUDY	182
29	Dr. Dasharath Rajaram Deshinge Dr. Vikas Anandrao Jadhav	SPORTS CHALLENGES IN INDIA	186
30	Dr. Pravin Shiledar Mr. Sampat Salunke	A COMPARATIVE STUDY OF EFFECTS OF FARTLEK AND INTERVAL TRAINING ON BOXERS AGGRESSIVENESS	193
31	Mr. Anand Yadav Dr. Sharad Aher	STUDY OF PHYSICAL FITNESS AND FUNDAMENTAL SKILL PROFILES OF ROLL BALL PLAYERS AT INTERNATIONAL LEVEL	198
32	Dr. Suhas Nivrutti Bhairat	SPORTS PERFORMANCE AND LIFESTYLE	207
33	Lt. Shivakumar K R	IMPORTANCE AND ESSENTIALS OF PHYSICAL ACTIVITY AND EXERCISE DURING THE COVID-19	212
34	Dr. Shreedevi A. Pawar (Hirugade)	A DESCRIPTIVE STUDY- AN IMPORTANCE OF YOGIC EXERCISES FOR STRESS RELIEF	220
35	Thounaojam Sushil Singh Dr.Jogiswar Goṣwami	THE EFFECTS OF APPROACH ANGLES ON LOFTED KICK PERFORMANCE WITH UNIVERSITY FOOTBALL PLAYERS	226
36	Dr.Bhagwat vinayak Bajirang	HEALTH AND PHYSIOLOGICAL CHARACTERISTICS OF JUDO PLAYERS	231
37	Dr.B.N.Yadav	EFFECT OF YOGA ASANA ON PHYSICAL FITNESS OF YOUNG WRESTLER	236
38	Mr. Ajay Mahadev Marathe Mrs. Smita Bhalchnadra Jagtap	SPORTS TRAINING	240
39	Mr. Abhijeet Sadashiv Kharade Dr. Mahendra Anandrao Kadam- Patil Mr. Sandeep Bajirao Patil	THE EFFECT OF LEZIUM EXERCISES ON PHYSICAL FITNESS OF SCHOOL GOING CHILDRENS	245
40	Mr.Vishwas D. Sawant	IMPORTANCE OF NUTRITION FOR COMMUNITY HEALTH	253
41	Dr. Vikramsinh Pandharinath Nangare	BENEFITS OF SURYA NAMASKAR	256

BENEFITS OF SURYA NAMASKAR

Dr. Vikramsinh Pandharinath Nangare.

Director of Physical Education,

R.C.Shahu College, Kolhapur.

Email Id: nangarevp@gmail.com.

Introduction:

In an Indian traditional physical workout Surya namaskara has its important place. It has physical as well as spiritual dimensions to it. While going through studies that Surya namaskar is a complete general conditioning package and to prove this, study and analysis of surya namaskar is required to spread its benefits to people. In addition to the Surya namaskar is not only an anaerobic training but it is aerobic training, in full sense. Objective of this study is to find out benefits of surya namaskar and study the benefits in relation to health related physical fitness factors like strength, flexibility, strength endurance, functional ability, cardiovascular training and body composition.

Surya namaskara is an important technique that has been practiced for ages together. The physical basis of the practice links together 12 asanas in a dynamically performed series. These asanas are ordered so that they alternately stretch the spine backwards and forwards. This sequence of movements and poses can be practiced on varying levels of awareness ranging from that of physical exercise incorporate asana, Pranayama, mantra and chakra meditation. Practice of these asanas help in rejuvenating the whole body parts and also helps in losing of the muscles in the body. One who practices Surya namaskar regularly is blessed with the health and vitality as the Surya chakra gets activated very fast with these asanas.

There is no fixed timing for performing Surya namaskar but the ideal time can be either sunrise or sunset. During the sunrise the body is more at peace and receptive to the subtle vibrations in the air. These vibrations help in activating various minor chakras. When these Aasana is performed during the time of sunset it helps in kindling the jatharagni. Surya namaskara, like most yoga asanas must be performed only on an empty stomach or there should be gap of at least 4 hours between the meals. The clothes should be comfortable and loose.

Observations:

Surya namaskar as a aerobic activity

Visually it might look like just a static position but to go into these positions one needs to generate certain amount of power with coordinated eccentric and concentric contractions. After doing these positions one's heart rate increases to the aerobic training zone that is 140 heart beats per minutes in an average. So Surya namaskar is not only an anaerobic activity but as a tradition of practicing it repeatedly, it becomes an aerobic activity. Here researcher wants to add one comment- common peoples concept of aerobic activity is related to displacement of human body from one place to another like running but biochemically, it is not entirely related to the displacement of body, but displacement of position from one position to another caused by contraction and relaxation of body muscles and the Surya namaskar works as an aerobic training applying the same theory.

Muscular strength: it has been observed that Surya namaskar trains a normal person at in an average 50% intensity of 1RM.

Body composition: by practicing Surya namaskar there is possibility of not gaining strength because of limitation of increasing resistance and that is limited to individuals own body weight. But in burning more calories from fat one has to work at a moderate intensity for a possibly longer duration which exactly take place while practicing Surya namaskar.

Muscular endurance: By repeatedly doing the same activity for considerably longer duration strength endurance gets developed in almost entire body of individual at an intensity of 40% of one are approx.

Conclusion: As we all know, certain exercises cannot be limited to train only planned target like, if one is training cardiovascular endurance, he/she is bound to train involved the muscle endurance also. So Surya namaskar is not just beneficial to train strength, muscle and Cardiovascular endurance, flexibility but also neuromuscular coordination and coordination among body parts. Surya namaskar is a complete general conditioning package.

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SENIOR COLLEGE PHYSICAL EDUCATION TEACHERS ASSOCIATION (SCPETA)

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NATIONAL E-CONFERENCE

On

Need of Sports & Physical Education
in Changing Scenario

Certificate of Attendance

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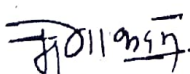
Dr. Vikramshingh Nagare

of

R.C. Shahu College, Kolhapur
Maharashtra

has participated / published research paper in this
E-Conference on "Need of Sports & Physical Education in
Changing Scenario" held on July 10 to 11, 2020

Paper entitled - *Benefits of Suryanamaskar*


Dr. Mahendra Kadam-Patil
BOS Member, Shivaji University,
Kolhapur


Mahadeo Suryawanshi
Patron, National E-Conference
President, SCPETA, Kolhapur


Lt. Sameer Pawar
Convener, National E-Conference
Director of Phy. Edu., K.V.M., Wai, Satara

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