

Effects of Suryanamaskara on Hip and Trunk Flexibility among College Students

Surajit Den¹ and Dr. Jaideep Ghosh²

Research Scholar, PGTD of Physical Education, RTM Nagpur University¹

Principal, Indira Gandhi College of Physical Education, RTM Nagpur University²

Abstract: *The aim of the study was designed to determine the immediate effects of Suryanamaskar on hip and trunk flexibility among college male students. The purpose was based on sample of 40 (forty) subjects. The subject randomly selected from the college of Howrah District. The age of subjects for the study was ranged 18 to 20 years. The selected variables for the purpose were Suryanamaskar (Independent variable) and Flexibility (Dependent variable). The subjects their Hip and Trunk flexibility was measured using the Sit and Reach test and Trunk rotation test¹. Pre and post measurements the subjects were formed to do 10tardySuryanamaskar with 05 seconds holds at each step and then immediate effect of Suryanamaskar. Before and after execution t-values shows significant difference for sit and reach test and trunk rotation test at p value <0.05 in trunk and hip flexibility of Suryanamaskar. The finding of this study that Suryanamaskar shows immediate effect on improving flexibility of the hip trunk muscles.*

Keywords: Suryanamaskar, Flexibility, Sit and Reach test, Trunk rotation test