

PART-I REVIEW OF SURYANAMASKARA

PART-II EFFECT OF SHORT TERM *SURYANAMASKAR* AND *PRANAYAMA* ON MIMIMUM MUSCULAE FITNESS IN SCHOOL STUDENTS

Submitted by

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ABSTRACT

Context: *Stiryartamaskara* and *pranciyama* technique arc one of the integral part of the yoga to train the body and mind to achieve the sound health. Yoga practices are found positive impact on,

the health.

Aim: It was aimed to evaluate the effects of *Suryanamaskar and pranayama* on minimum muscular fitness.

Settings and Design: This study was consisted of 94 (28 male and 56 girls) healthy subjects of 13-! 7 years age.

Methods **and Material:** Participants fulfilling the inclusion and exclusion criteria and underwent 30 minute daily yoga program for 30 days taught by yoga teacher. Pre and post yoga and PT group were assessed Kraus Weber Test. The data were analyzed by chi- square Test.

Results: There was significant change in minimum muscular fitness successes rate in yoga compared to control group.

Conclusions: This study showed beneficial effects of short term (30 days) regular *Suryanamaskar and pranayama* on minimum muscular fitness in school children.

Keywords: *Sriryanamaskiira, pranayama, minimum muscular fitness*