

Part I: Concept of Sandhyavandana according to Ancient Indian Texts & Literature.

Part II: A Comparative Study of Suryanamaskara and Physical Exercise on Visual Reaction Time in Adolescents.

**By
Tharangini V**

ABSTRACT

Part I: Concept of Sandhyavandana according to Ancient Indian Texts & Literature.

Sandhyāvandana according to upaniṣat have given a brief account on meditation which is a part of it. They all bring out the importance of offering 'Arghya' meditating on aditya. Prayers at Sandhyā times are called "Sandhyāvandana". Sandhyāvandana is done thrice a day. Procedure is a part of the Sandhyāvandana which has six steps regarding each texts books. Time of performance when to perform, what time and the qualities before starting. Gāyatrī Japa which plays a important role. Gāyatrī occurs in Rg, Yajur and Sama veda. Here in this report I have tried to bring out what other sages have told regarding Gāyatrī mantra.

SUMMARY AND CONCLUSIONS

1. Sandhyāvandanam is a subject of very deep significance, for it is concerned with the relation between man and the universe and the reality which underlines both.
2. To start with Sandhyāvandanam meaning itself has got lot of significance. It is a form of Sunrise constitutes a change from 'darkness' to 'light' and hence constitutes a 'Sandhyā' i.e junction. Similarly sunset is also a 'Sandhyā' i.e. a junction.
3. 'Sandhyāvandanam' starts with purification process so that the benefits of 'Arghyam' and 'Gāyatrī' are realised.
4. Though Sandhyā time refers to sunrise and sunset, it's benefit spreads on

either side of this point. Under Indian situations, approximately two hours on either side is beneficial.

5. Time of performance also makes big importance; is the unification of the individual with the universal at all levels. He should invoke the inner latent divine reality to be in harmony with the externally manifested cosmic reality.

6. Procedure is the second step. These six steps are: ācamana, prāëäyāma, märjana, arghyapradāna, gāyatrējapa and süryopasthāna.

7. Roll of Gāyatrī Mantra plays an important role. A 'Hymn' or 'Mantra' is a prayer (With words and alphabets specifically chosen) addressed to God or Deity. It is supposed to have mystic and supernatural powers. The energy from the universe is present everywhere. By reciting a Mantra either orally or mentally, we tune ourselves to receive this energy. The hymns chosen for Sandhyāvandanam are meant to realize the benefits of Sandhyā.

8. Every Mantra has a Chandas - the Chandas explains the potential of the Mantra or the power it can create in our body by receiving it.

Part II: A Comparative Study of Suryanamaskara and Physical Exercise on Visual Reaction Time in Adolescents.

This longitudinal prospective randomized control study was aimed to assess the awareness and alertness in students after the intensive practice of Suryanamaskar as compared to physical exercise by using Visual reaction time test (VRT). Normal healthy (81) school children 12-16 years (13.32 ± 1.00) were randomly assigned into two groups YOGA and CONTROL. They were taught Surya Namaskar and Physical exercises respectively. Visual Reaction time was measured to assess awareness and alertness which was administrated to children in both the groups before and after twenty eight days. The data were normally distributed (Kolmogorova Smirnov) and baselines were matched. Repeated Measure ANOVA showed that within the groups the results were significant for the SN group. But between the groups it showed no-significance. With the (mean of 5 attempts of each) VRT for red, yellow and green light the results showed similar trends. As conclusion this study shows that Suryanamaskar and physical exercise is very much beneficial in improving awareness as well as alertness.

SUMMARY AND CONCLUSION

Summary

1. The aim of the study was to assess the effect of Suryanamaskara practice on children in regard to their alertness and awareness..
2. A total of 81 children were randomly allocated to 2 groups and assessed with the help of Visual Reaction time test.
3. The Intervention used was 24 rounds of Surya Namaskar practice for 30 minutes 6 days\week for 4 weeks to yoga group and physical exercise for Control group.
4. Data was found normally distributed and baselines were matched.
5. In within the group comparison, both yoga and control groups showed significant change between pre and post values.
6. Between group comparisons by RM ANOVA showed no significance.

Conclusion

Surya Namaskar and physical exercise are beneficial to school children to improve their awareness and alertness.

Keywords:Sandyavandana, Suryanamaskara,Physical Exercise, Visual Reaction, Adolescents.