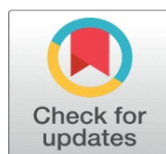
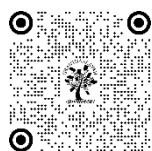


EFFECT OF SURYANAMASKAR WITH KRIYA PRACTICES ON SELECTED MOTOR FITNESS COMPONENTS AMONG INTER COLLEGIATE CRICKET MEN PLAYERS

Dr. V.V.M.U. Phaneendra¹

¹Assistant Professor in Physical Education, Adikavi Nannaya University, Rajamahendravaram, Andhra Pradesh, India



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ABSTRACT

The purpose of the study was to Effect of Suryanamaskar with Kriya Practices on Selected Motor Fitness Components among Inter Collegiate Cricket men players, a total of 20 students' from Adikavi Nannaya University, Rajamahendravaram, Andhra Pradesh, India Were selected as subjects and their Age ranged between 20-23 years. They were divided into experimental and control group randomly, after the pre-and post test the subject (N-20) was randomly assigned into two equal groups of 10 athletes each. The group were assigned as experimental group and control group. The experimental group underwent suryanamaskar with kriya practice for a period of eight weeks. The post tests were conducted on the above said variables. The training programme was schedule as 6.00 am-7.00am for three alternative days in a week, The data collected from the two group namely suryanamaskar with kriya practices group and control group on selected motor components were statistically analyzed by using T ratio in order to determinate the difference if any among the group at pre-post test. The calculated T ratio is tested for significant at 0.05 level of confident, Suryanamaskar with kriya practice had significantly developed the speed, agility, flexibility, balance of the inter collegiate men Cricket players.

Keywords: Suryanamaskar, Kriya, Motor Fitness



1. INTRODUCTION

Good health is the right of every human being. But this right depends on individual, social and environmental factors. Along with environmental or social factors to a large extent, we can develop a better immune system and a better perception of oneself so that other conditions do not affect us adversely and we can achieve good health.

Yoga is one of the most powerful drugless system of treatment. It is having its own concept of wellness which has been scientifically understood and presented by many. Yoga can be adopted as lifestyle for promoting our physical and mental health. Yoga, if introduced at the school level, would help to inculcate healthy habits and lifestyle to achieve good health. The aim of yoga thus, at the school level, is to encourage a positive and healthy lifestyle for physical, mental and emotional health of children. Yoga helps in the development of strength, stamina, endurance and high energy at physical level. It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony

Surya Namaskar is not a mere sequence of Asanas. It combines body movement with breath and awareness. One can combine Asana, Pranayama, Dhyana and all the other 8 limbs of Yoga in this practice. When we combine the body

movement with rhythmic breathing, the practice becomes extraordinarily powerful. We can further add power to the practice with a meditative state of mind and using mantras

Kriyas are the yogic techniques to cleanse the internal organs. According to Hatha Yoga Pradipika, there are six cleansing techniques called Shat Kriyas. They are Kapalabhati, Trataka, Neti, Dhouti, Nauli and Vasti. Shat means "six" and kriya means "cleansing". Yogic kriya remove the waste materials of our internal organs which are not expelled normally. Therefore, the aims of Hatha Yoga and of the Shatkriyas are to cleanse the internal organs and thereby create harmony between the major pranic flows, Ida and pingala, and attaining physical and mental purification and balance

2. PURPOSE OF THE STUDY

The purpose of the study was to Effect of Suryanamaskar with Kriya Practices on Selected Motor Fitness Components among Inter Collegiate Cricket men players.

3. METHODOLOGY

SELECTION OF SUBJECTS

A total of 20 students' from Adikavi Nannaya University, Rajamahendravaram, Andhra Pradesh, India were selected as subjects and their Age ranged between 20-23 years. They were divided into experimental and control group randomly, after the pre-and post test the subject (N-20) was randomly assigned into two equal groups of 10 athletes each. The group were assigned as experimental group and control group. The experimental group underwent suryanamaskar with kriya practice for a period of eight weeks. The post tests were conducted on the above said variables. The training programme was schedule as 6.00 am-7.00am for three alternative days in a week

Selection of Test

S.No	Criterion Variables	Name of the test	Unit/Measurement
1	Speed	50 yard Dash	In Seconds
2	Agility	Shuttle run	In Seconds
3	Flexibility	Sit and reach test	In Centimetres
4	Balance	Stroke balance test	In Seconds

4. STATISTICAL TECHNIQUES

The data collected from the two group namely suryanamaskar with kriya practices group and control group on selected motor components were statistically analyzed by using T ratio in order to determinate the difference if any among the group at pre-post test. The calculated T ratio is tested for significant at 0.05 level of confident.

Table-I

Difference in Mean, Standard Deviation, Standard Error and T ratio on selected Motor fitness components

Variables	Group	Mean	Mean Difference	Standard Deviation	Standard Error	T-Ratio
Speed	Pre-Test	8.809	0.8272	0.7176	0.2271	13.75*
	Post-Test	7.982		0.6882	0.2178	
Agility	Pre-Test	11.29	1.5	0.4841	0.2344	2.64*
	Post-Test	9.79		0.7978	0.6365	
Flexibility	Pre-Test	53.50	8.00	3.206	1.014	13.86*
	Post-Test	61.50		3.779	1.95	
Balance	Pre-Test	118.99	33.95	61.108	19.325	12.01*
	Post-Test	15.94		67.685	21.404	

*Significant at 0.05 level of confidence

(The table value required for 0.05 level of significant with df is 2.26)

Table shows the significant difference was found in speed between experimental and control group ($t=13.75 < 0.05$), which means experimental group are having more speed when compared with control group.

Table shows the significant difference was found in agility between experimental and control group ($t=2.64 < 0.05$), which means experimental group are having more agility when compared with control group

Table shows the significant difference was found in flexibility between experimental and control group ($t=13.86 < 0.05$), which means experimental group are having more flexibility when compared with control group

Table shows the significant difference was found in balance between experimental and control group ($t=12.01 < 0.05$), which means experimental group are having more balance when compared with control group

5. CONCLUSION

Suryanamaskar with kriya practice had significantly developed the speed, agility, flexibility, balance of the inter collegiate Cricket men players.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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