

## ABSTRACT

### EFFECT OF SHORT TERM *SŪRYANAMASKĀR* AND *PRĀNĀYĀMA* ON MINIMUM MUSCULAE FITNESS IN SCHOOL STUDENTS

#### ABSTRACT

**Context:** *Sūryanamaskāra* and *prānāyāma* technique are 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 *Sūryanamaskār* and *prānāyāma* on minimum muscular fitness.

**Settings and Design:** This study was consisted of 94 (28 male and 56 girls) healthy subjects of 13-17 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 *Sūryanamaskār* and *prānāyāma* on minimum muscular fitness in school children.

**Key words:** *Sūryanamaskāra*, *prānāyāma*, minimum muscular fitness