



THE EFFECT OF SURYA NAMSKAR AND BHRAMARI PRANAYAM ON SELF CONFIDENCE

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KEYWORDS :

Introduction –

Self Confidence is the quality of human being. It has been described as soil from which the finest flowers grow. There for neglecting one's confidence for other virtues in life is said to be the greatest of follies Self- Confidence is a part of Health and Health is a natural fact of livingness – both by definition and realization. You can acquire it only by following nature and abiding by its laws. Yoga helps in avoiding things and keeping body and mind healthy. The main goals or achievements of such a kind of yoga are physical, mental, social, spiritual health these goals are attained by loving and helping all living beings, by paying respect and confidence to life by protecting Nature and the Environment. Technically, Yoga is a life style management module importing physical fitness breath-control of mind and realization of soul/Self Confidence from disease, better outlook for personal life and society, mental peace and sharpness but Yoga is not only life style it is also the way of living. Surya Namaskara and Bhramari Pranayama is the part of yoga. This Excellent warning up exercise consists of a sequence of 12 positions that more the spine in various ways and flexibility in the limbs.

Technically Surya Namaskara (The Sun Salutation) is not an asana but a series of gentle flowing movements synchronized with the breath and Bhramari pranayama is very useful for removing Mental and Emotional tension, Prana and Mind exerts an influence on each other. When the pranas are restless, they effect the mind and vice versa. By controlling the pranas through the practice of pranayama calmness and tranquility in several ways.

Many researcher are sported this work such as according to Hitendradeka et al. (2012)

Bhramari Pranayama significantly decreases the level of stress in the age of 18 to 25 years of female students. Yogic practice is improves the personality of students of Saurashtra University Rajkot. So we says yoga improve our holistic personality while doing the above review over the topic the researcher came effect of the present study which was to assess the effect of Surya Namaskara and Bhramari Pranayama on self Confidence there is significant relation between yoga and self-confidences of University students.

Methodology –

In the present study 30-student male and female both between the age group 18 to 25 years from Saurashtra University Rajkot, Gujarat selected for the practice. So all had been practicing the Surya Namaskara and Bhramari pranayama followed by shavasana regularly for 35 minutes daily the period of 30 days (except Sunday and Holidays) pre- post research design had been applied in the present research work. For sample selection, accidental sampling was applied on students of Saurashtra University. Data was statistically analyzed by using 't' test. All the practice is completed in front of the researcher herself. To assess the impact of yogic intervention parameters on self-confidence for the measurement of Agnihotri self-confidence inventory (A.S.C.I) 1987 developed by Rekha Agnihotri Agra had been applied one month duration the same test again being applied and the data's at 0.01 significant levels are as shown-

Table - 1 Shows the effect of Surya Namaskara and Bhramari Pranayama on Self Confidence of female students –

	Mean	N	SD	T	SING,LEVEL
PRE	67.73	30	13.42	4.16	0.01
POST	85.13	30	14.32		

(Result observed at 0.01 level of significance) t Value is 4.16; there is a Significant change at 0.01 levels in the self-confidence of female subjects.

Table - 2 Shows the effect of Surya Namaskara and Bhramari Pranayama on Self Confidence of Male students

	Mean	N	SD	T	SING,LEVEL
PRE	72.12	30	13.22	3.96	0.01
POST	83.73	30	13.24		

(Result observed at 0.01 level of significance) t Value is 3.96, there is a Significant change at 0.01 levels in the self-confidence of male subjects.

Yoga because of results came out from this study. It can be stated that there is a significant effect of Surya Namaskara and Bhramari Pranayama on self Confidence particularly on the University students. Previous researchers (Hitendra, Sunitaetc.) support this study. Observed a significant relationship between yoga practice and self-confidences yoga not only releases the mental tension it also teaches how to cop up with the situation. Thus, the practices not only bring a harmony but also the happiness in life. Pranayama produce calmness and tranquility in several ways. It clears all the pranic passages of any blockages – due to the presence of toxins. It is subdivided into the central and autonomic nervous systems. The autonomic nervous system is subdivided into the sympathetic and parasympathetic system. These two systems work in harmonious regulation. The parasympathetic system, for instance, slows down the heart while the sympathetic system accelerates it and between these two opposing actions, the heart rate is regulated. Research suggests that long pranayamicbreathing chanting activates the parasympathetic system and lowers stress (Jarath et-al. 2006) if our stress level is low so our confidence level is defiantly high. Therefore, we say pranayama increases our confidence level. Asana are useful in correcting structural imbalances by using movements to work on each side of the body separately (Mohan, 2009) Asana promote structural well-being, Strength flexibility, Skeletal, Alignment and neuromuscular coordination and physiological well-being for optimum body function and psychological well-being. This leads to clarity and balance of mind.