

# THE YOGIC INSIGHT

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## AN ASSESSMENT OF AWARENESS REGARDING SURYANAMASKAR A PILOT SURVEY STUDY

**\*DR. SAPNA NANDA**

**\*\*SWATI NANDA**

### ABSTRACT

The presented study was undertaken to assess the awareness of population regarding Suryanamaskar before the initiation of the 75 crore Suryanamakar project. Descriptive survey method had been used in the present study. Google Survey form was developed and used for collection of data. It was mailed to 1000 participants and the responses were received from 504 respondents. Results revealed that 43.5% subjects were made aware by their yoga teachers, 28.7% were self awaren, 17.2% subjects were aware through their families and friends and only 10.6% subjects were aware through social media. Majority of the population (75.9%) subjects knew about all 12 positions of Suryanamaskar and its breathing pattern of Purak, Rechak and Behya-kumbhak as well as various asanas involved and the benefits of Astangasana for various the parts of the body. Nearly half of the subjects were aware the significance of Salutation to the Sun and the correct direction of face towards the Sun. This awareness regarding Suryanamaskar motivated the subjects to participate enthusiastically in the 75 crore Suryanamaskar initiative of Ministry of AYUSH and to create a world record with 114 crore Suryanamakar on the occasion of Azadi ka Amrit Mahotsav of India's independence.

**KEYWORDS:** Suryanamaskar, Azadi ka Amrit Mahotsav and awareness assessment.

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**\*Principal,** Government College of Yoga Education & Health, Sector 23 A, Chandigarh

**\*\*Student,** Computer Science & Management Graduate, Panjab University, Chandigarh

## **INDRODUCTION**

India is celebrating its 75<sup>th</sup> year of independence. To witness this historical event and create history on the occasion of Azadi ka Amrit Mahotsav, Ministry of Ayush undertook an initiative of 75 crore Suryanamaskar in order to pay tribute to the motherland with 75 crore Suryanamaskar whereby 30 lakh participants were to perform 13 rounds of Suryanamaskar everyday for 21 days between 1<sup>st</sup> January to 7<sup>th</sup> February, 2022. This event created a world record with 114 crore Suryanamaskar which had been officially recorded. The present study was undertaken to assess the awareness of population regarding Suryanamaskar before the initiation of this project.

## **OBJECTIVE**

The present study was designed to assess the awareness of population regarding Suryanamaskar.

## **DESIGN OF THE STUDY**

Descriptive survey method was used in the present study.

## **SAMPLE**

Random sampling method had been used to select the sample of 1000 subjects for the present study.

## **TOOL USED**

A self-designed questionnaire to assess the awareness about Suryanamaskar had been developed and used for the present study.

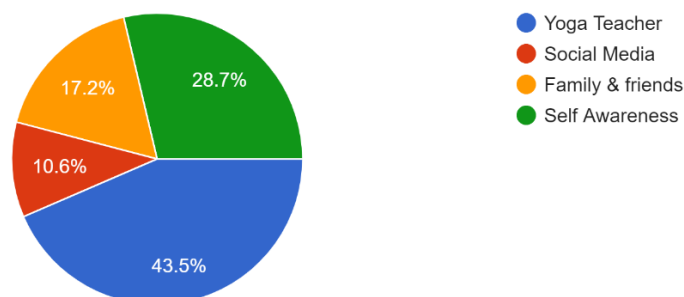
## **METHODOLOGY**

Google Survey form was developed and used for the present study. It was mailed to 1000 participants and the responses were received from 540 respondents. The responses had been analysed and presented in the following results.

## **RESULT AND DISCUSSION**

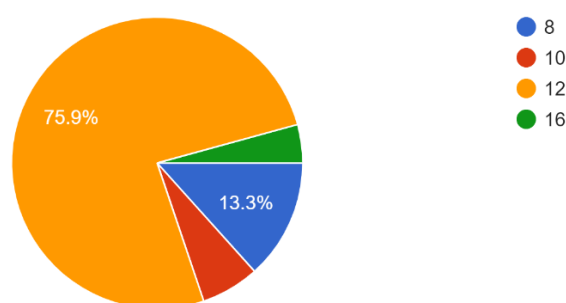
Out of 540 participants who responded to the present study, the results have been analysed and reported in the following Figures 1 to 10.

Figure 1 reveals the source of awareness regarding Suryanamaskar. Results revealed that 43.5% subjects were made aware by their yoga teachers, 28.7% were self awaren, 17.2% subjects were aware through their families and friends and only 10.6% subjects were aware through social media.



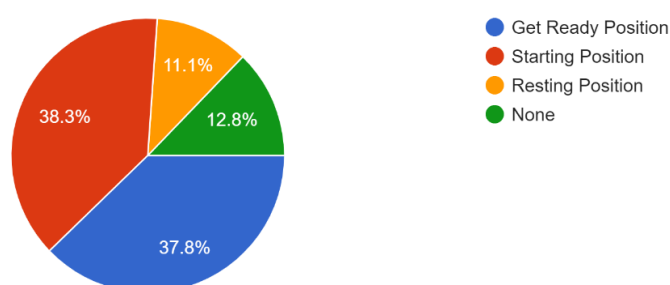
**FIGURE 1**

Figure 2 reveals the knowledge of subjects regarding various positions of Suryanamaskar. It was found that majority of the population (75.9%) subjects knew about all 12 positions of Suryanamaskar, 13.3% subjects knew about 8 position and other remaining 6.5% and 4.3% subjects reported 10 and 16 position of Suryanamaskar.



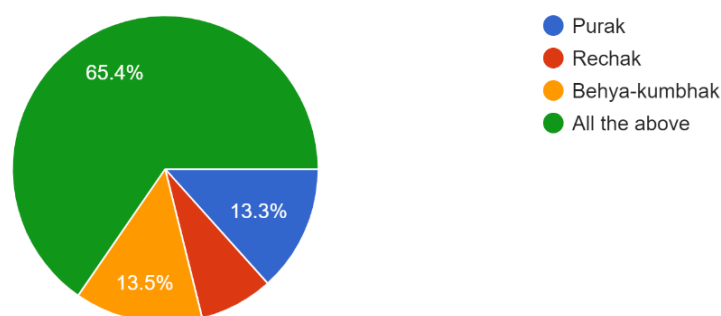
**FIGURE 2**

Figure 3 depicts the knowledge of subjects regarding Siddha Sthiti in Suryanamaskar. It was found that nearly same percentage of subjects (38.3% and 37.8% subjects) suggested starting position and get ready position respectively. Out of remaining subjects, 11.1% subjects reported for resting position whereas 12.8% opted none option.



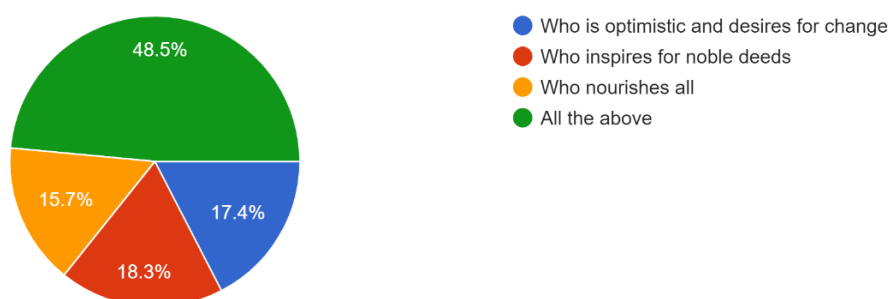
**FIGURE 3**

Figure 4 expresses the accompaniments of Suryanamaskar. Majority of the subjects (65.4%) reported all the options, including Purak, Rechak and Behya - kumbhak whereas nearly same percentage 13.5% and 13.3% subjects suggested for Behya- kumbhak and Purak while remaining 7.8% population reported Rechak.



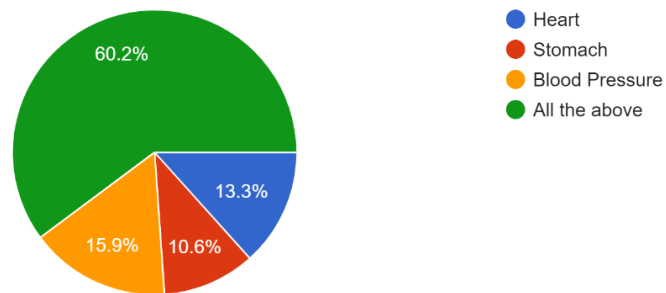
**FIGURE 4**

Figure 5 reveals the knowledge of subjects regarding the significance of Salutation to Sun encompasses. Nearly half of the subjects (48.5%) opted all the above options whereas 18.3% subjects considered that it inspires for noble deeds and 17.4 subjects considered it for optimistic and desires for change while remaining (15.7%) considered that salutation nourishes for all.



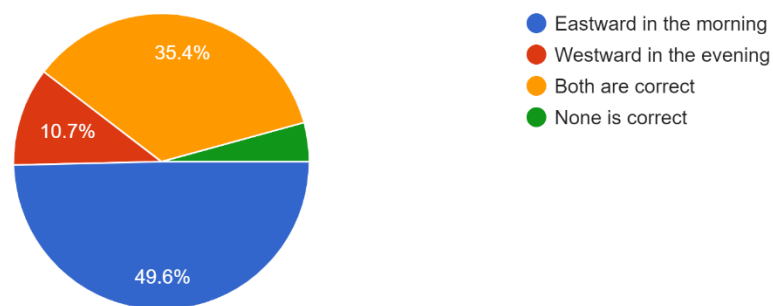
**FIGURE 5**

As depicted in Figure 6, Majority of the subjects (60.2%) suggested the benefits of Astangasana for all the body parts such as heart, stomach and blood pressure whereas 15.9% subjects considered it for blood pressure, 13.3% subjects for heart and remaining percentage (10.6%) considered it for stomach.



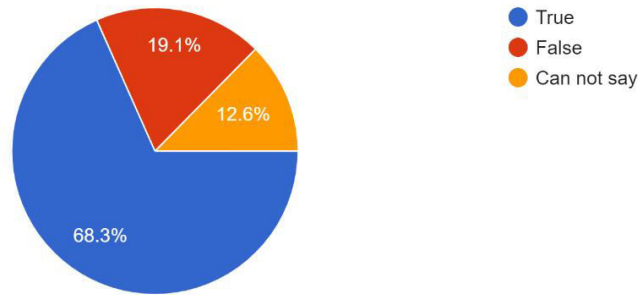
**FIGURE 6**

Figure 7 shows the knowledge about the direction of face towards the Sun in Get Ready Position of Suryanamaskar. Half of the respondents (49.6%) suggested for eastward in the morning whereas 35.4% of subjects considered both the directions i.e. eastward in the morning and westward in the evening to be correct, 10.7% subjects considered westward in the morning to be correct and remaining subjects (4.3%) opted for none.



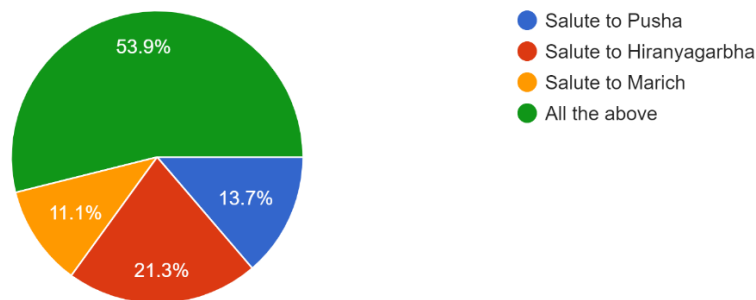
**FIGURE 7**

Figure 8 expresses the knowledge about various asanas i.e. Paadahastasan, Ashwasanchalanasana & Bhujangasan to be positions of Suryanamaskar. Majority of the respondents (68.3%) suggested all the asanas to be part of Suryanamaskar while 19.1% rejected that these are not the asanas of surya namaskar and remaining 12.6 % subjects could not say anything.



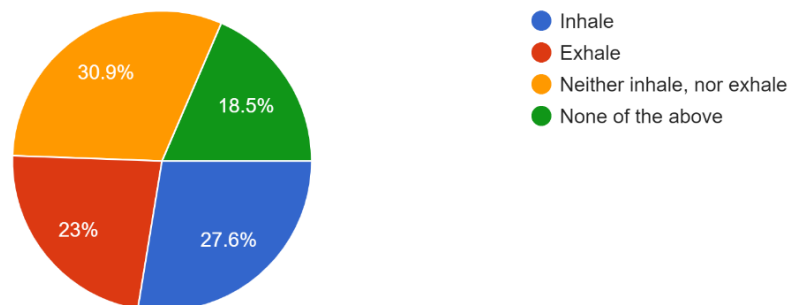
**FIGURE 8**

Figure 9 shows knowledge of subjects regarding salutation during Suryanamaskar. More than half of the subjects (53.9%) considered it Salutation to Pusha, Hiranyagarbha as well as Marich while 21.3% of the subjects considered it salute to Hiranyagarbha, 13.7 % subjects considered salute to Pusha and 11.1% subjects suggested Salute to Marich.



**FIGURE 9**

Figure 10 reveals the awareness of subjects regarding breathing practice during Astangasana. Nearly equal percentage of subjects (30.9%) reported neither inhale nor exhale, 27.6% subjects reported inhale and 23% subjects reported exhale and remaining percentage (18.5%) opted for none of the practices.



**FIGURE 10**

## CONCLUSION

Results of the present study revealed the enthusiastic response of the subjects towards this awareness assessment through Survey method. Majority of the subjects were aware and motivated to participate enthusiastically in the 75 Crore Suryanamaskar initiative of Ministry of AYUSH and set the official record of 114 crore Suryanamakar against the set target, thereby creating a world record.

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