



Certificate

International Multidisciplinary Recognized Research Journal
ISSN 2231-5063 Impact Factor 2.2052 (UIF)
RNI: MAHMUL 2011/38887

Golden Research Thoughts

This is to certify that our Editorial, Advisory, and Review Board Accepted Research Paper of Dr. /Shri. /Smt.: **H. K. Yadav and M. K. Singh** Topic:- **Effect Of Surya Namaskara On Selected Physical And Physiological Variables Of College Students** The Research paper is Original & Innovative it is Done Double Blind Peer Reviewed. Your Article is Published in The Month of **June** Year 2014



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Article Review Report



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International Recognition Multidisciplinary Research Journal
DOI Prefix : 10.9780 ISSN 2231-5063
Journal DOI : 10.9780/22315063 Impact Factor : 2.2052 (UIF)

ORIGINAL ARTICLE		Your Article QR Code
Received : 15 th May .2014,	Published: 1 st June.2014	 See your article on Mobile
Vol. III, Issue : XII, June. 2014		
EFFECT OF SURYA NAMASKARA ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES OF COLLEGE STUDENTS		



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ABSTRACT:

The purpose of the study was found out the effect of surya namaskara on selected physical and physiological variables of college students. The selected physical variables were body composition, muscular endurance and flexibility and selected physiological variables were systolic blood pressure, diastolic blood pressure, resting heart rate, and vital capacity..

Abstract Report: The Title Accurately Said The Study was About.

INTRODUCTION:

Human life focuses on physical, mental, social and spiritual aspects. Human health is divided into physical mental and social dimension. The Sanskrit name Surya (sun) here refers to the sun and Namaskara means 'Salutations'. Surya namaskara been handed down from the enlightened sages of the Vedic age. The sun symbolizes spiritual consciousness and, in ancient times, was worshipped on a daily basis.

Introduction Report: This Article Include Full Introduction, Methods, Results & Introduction Section.

METHODS & MATERIALS:

50 male students of B.A, B.Sc. B.Com and B.Sc. (Ag) were randomly selected from Ch. Charan Singh P.G. College, Etawah.

Methods & Materials Report: The study methods are one of the most important parts used to judge the overall quality of the paper.

RESULT:

Must add result in your article.

Result Report: Result reports is blank.

DISCUSSION:

Table 3 shows that there are significant effects on physical variables i.e. muscular endurance and flexibility. D. Maniazhagu and S. Revathi conducted a study on effects on varied packages of yogic practice on muscular endurance of obese women, result of study was surya namaskar highly influenced of muscular endurance. While there was insignificant effects of surya namaskar on body composition (fat percentage).

Table 4 shows that there are significant effects on selected physiological variables such as resting heart rate, vital capacity, systolic and diastolic blood pressures.

Discussion Report: The Text is Rounded off with a Conclusion that Discusses the Implication of The Findings & Ideas Discussed & Their Impact on Future Research Direction.

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Reference Report: There are Places where the Author H. K. Yadav and M. K. Singh Need to Cite a Reference, but Have Not

RECOMMENDATIONS:

Abstract Report: Introduce New Regular For Content & Communication.

SUMMARY OF ARTICLE:

	Very	High	Average	Low	Very Low
1. Interest of the topic to the readers		✓			
2. Originally & Novelty of the ideas	✓				
3. Importance of the proposed ideas		✓			
4. Timelines			✓		
5. Sufficient information to support the assertions made & conclusion drawn					
6. Quality of writing(Organization, Clarity, Accuracy Grammer)	✓				
7. References & Citation(Up-to-date, Appropriate Sufficient)			✓		

This Article is Innovative & Original, No Plagiarism Detected

Future Research Suggestions

This Article can expand further research for MINOR/MAJOR Research Project at UGC



Future Research Planning :

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
3. Regarding Professor Promotion (<http://academicprofile.org/Professor/regardingPromotion.aspx>)
4. Fellowship for Post Doctoral (<http://academicprofile.org/Professor/FellowshipForPD.aspx>)
5. Online Course on Research (<http://onlineresearch.in/Default.aspx>)

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