Introduction
The present chapter is concluding chapter, it deals with summary of the study, conclusions, recommendations for further study and suggestions are included in this chapter.

5.1 Summary
Adolescence period is one of the important periods in the human life. As child enters the early adolescence years, it experiences several physical and psychological changes. Especially girls have to face many visible and invisible changes in her body. The most important change is onset of menarche. Many girls suffer from several physical problems along with certain psychological problems. These problems affect on daily routine, academic performance and self-concept of adolescent girls, they may become anxious during the menstrual period and discomfort caused by it. As Yoga has been remained good therapy for several health ailments, it can offer a good solution for these problems. *Surya Namaskar* and *Yoga Nidra* are ancient yogic practices which are now known for their therapeutic effects. Now-a-days doctors are also prescribing the *Surya Namaskar* as well as *Yoga Nidra* along with drug therapy. The main aim of the study is to study effectiveness of *Surya Namaskar* and *Yoga Nidra* programme researcher. The researcher selected 180 early adolescent girls of age between 12-15 years from Maratha High school Nashik who had started their menses. The pre-test was administered on them to know the physical and psychological problems they suffer during menstruation with the help of teacher-made questionnaire for measuring physical problems during menstruation period of adolescent girls, Self-concept Scale constructed by Saraswat (1981) and Comprehensive Anxiety test constructed by Sinha and Sinha (1973). After administering pre-test, girl students were assigned randomly into three equal groups (n=60 in each group). First group (SNG) received 24 weeks *Surya Namaskar* training programme as a treatment, second group (YNG) received *Yoga Nidra* training
programme while, third group CG was kept under controlled condition to evaluate and compare the effects of the above two different treatment variables. After the implementation of 24 weeks experimental interventions the post-test was administered using same tools as used in pre-test. The data collected was then analyzed with the help of SPSS Version 17.0 by using mean, standard deviation, one-way ANOVA and Scheffe’s post-hoc test as a statistical tools. After data analysis, hypotheses and sub-hypotheses were tested. From the findings conclusions were drawn.

5.2 Conclusions:

It is concluded from the results of the study that;

- Both *Surya Namaskar* and *Yoga Nidra* programme reduces physical problems viz., pains (abdominal pain, leg, calf, thigh pain, backache, headache) during and before menstruation, vomiting feeling, improper eating, extra bleeding, and skin problems (acne & pimple problems) in 24 weeks.

- The *Surya Namaskar* programme proved more effective than that of *Yoga Nidra* programme in dealing with physical problems.

- Both the programmes reduce anxiety level of adolescent girls in 24 weeks.

- The degree of reduction of anxiety level is more in *Surya Namaskar* group.

- Both the programmes are effective in improving overall self concept of adolescent girls from average level to high level in 24 weeks.

- *Surya Namaskar* programme of 24 weeks make better improvements than *Yoga Nidra* programme.

- The present study focuses on the six dimensions of self concept viz., physical, social, temperamental, educational, moral and intellectual dimension. *Surya Namaskar* and *Yoga Nidra* help to improve all these six dimensions of self-concept of adolescent girls.

- Both are similarly effective for improvement of social and educational dimension of self-concept from average to high level.

- For improvement of physical and intellectual dimensions *Surya Namaskar* programme is more effective.

- For improving temperamental and moral dimension *Yoga Nidra* is more effective.
Hence, it is concluded that, *Surya Namaskar* and *Yoga Nidra* are effective for reducing physical and psychological problems during menstruation of adolescent girls.

### 5.3 Recommendations for the Further Study

While reviewing the literature, researcher found that, work done on menstrual problems and disorders among adolescent girls is very little. There is very much need to conduct the research study on various aspects of menstrual problems and their impact on adolescents girls as well as on college going girls and women. Present study is an honest approach of researcher to add knowledge in the field of research. Researcher recommends here some study areas which should be carried out.

- Effectiveness of *Surya Namaskar* and *Yoga Nidra* can be studied on psychological variables of adolescent girls, such as, self-esteem, self-confidence, emotional stability, aggression, attention.
- Effectiveness of *Surya Namaskar* and *Yoga Nidra* can be studied on pre-competitive anxiety of adolescent girls during and after menstruation period.
- Effect of *Surya Namaskar* on certain physiological indicators such as, haemoglobin level, hormonal level, ESR level etc. need to be studied.
- *Surya Namaskar* interventions on menstrual disorders among working women can be studied.
- Effect of *Surya Namaskar* and *Yoga Nidra* on physical and psychological problems of pre-menopausal and post-menopausal women can be studied.
- Study of menstrual problems (physical & psychological) of early matured and late mature girls.
- Effect of *Surya Namaskar* and *Yoga Nidra* interventions can be studied on various physical and psychological problems among adolescent boys.

### 5.4 Suggestions:

- School authorities should have some provisions for appointing Yoga teacher who will take proper yogic practice.
- There should be provision of daily practicing *Surya Namaskar* and *Yoga Nidra* for adolescent students especially girls in school settings.
- Schools should arrange Gynaecologists lectures to impart knowledge of menstrual cycle, menstrual disorders and to create menstrual awareness among girl students.

- Girls should be encouraged for practicing *Surya Namaskar* and *Yoga Nidra* daily.

- Schools should take efforts on improving self-concept of adolescent students by different means like, *Surya Namaskar* and *Yoga Nidra* Practice, arranging workshops, lectures for students. Because, low self-concept can cause increase in anxiety level and may affects on academic performance.

- There should be *Surya Namaskar* and *Yoga Nidra* practice for adolescent boys as they also face physical and psychological changes.