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## A study of basic yoga in physical education

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### Abstract

Yoga means the experience or unity with inner being. This unity comes after dissolving the duality of mind and matter into the supreme reality. It is a science by which the individual approaches truth. The aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul or god

**Keywords:** basic yoga, physical education

### Introduction

Yoga means the experience or unity with inner being. This unity comes after dissolving the duality of mind and matter into the supreme reality. It is a science by which the individual approaches truth. The aim of all yoga practice is to achieve truth where the individual soul identifies itself with the supreme soul or god.

Man has made tremendous progress in almost every walk of the life. Modern scientists and researchers have absolutely changed the life-style. However, pollution of air, water, body and mind is also the result of science. Longing for material wealth has hardened the hearts of human beings. Human values are declining. Stress and strain are the causes of physical as well as mental distraction. Yoga has the surest remedies for mans physical as well as psychological ailments. It makes the organs of the body active in their functioning and has good effect on internal functioning of the human body.

### Meaning of Yoga

The literal meaning of the word yoga is yoke. It means for uniting the individual spirit with the universal spirit, or god.

The word yoga is derived from the roots of Sanskrit Yuj which means to join, to attach, to bind, and yoke, and to concentrate on one's attention. It also means union. Yoga is the true union of our will with the will of God.

### Aim of Yoga

The main aim of yoga is control over the mind. A happy man is who knows how to distinguish the real from the unreal, the eternal from the transient and the good from the bad by his discrimination and wisdom. In Bhagavad Gita Arjun Asks Sri Krishna Yoga as a communion with Brahman which is ever one.

A man who cannot control his mind will find it difficult to attain this divine communion but the self-controlled man can attain it if he tries hard and directs his energy the means. The are different paths by which a man travels. The common man finds realisation karma, yoga, in which a man realises his own divinity through work and duty. A man who work selflessly for the welfare of others with love in his heart. Love and selfless is holy. Those who meet such people become calm and purified. There are eight stages of yoga to secure purity of body, mind and soul. They are. 1) Yama 2) Niyama 3) Asana 4) Pranayama 5) Pratyahara 6) Dharana 7) Dhyana 8) Smadhi

### Types of Yoga

1. Karma yoga is the yoga of action.
2. Jnana yoga is the yoga of knowledge and wisdom.
3. Hatha yoga is the yoga of attaining physical and mental purity, (shuddi).

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4. Raj yoga is the yoga of awakening the psychic awareness and facilities.
5. Mantra yoga is the yoga of freeing the by utilizing a second vibration.
6. Laya yoga is the of conscious dissolution of individuality.
7. Bhakti yoga is the yoga of intense devotion.

### **Concept of Hatha Yoga**

Hatha yoga is powerful, whose whole principle of action is founded on an intimate connection between the body and the soul. Hatha yoga is, in its own way, a system of knowledge, this is a science of being, a psycho physical system. In the views of swami Vivekananda there is no limit of the power of the human mind. The more concentrated it is, the more power bought to bear one point.

### **According to Sanskrit texts**

Ha means sun I e positive energy the word yoga comes from the Sanskrit root yug meaning to link join or unite.

### **Hatha Yoga**

Hatha is the meeting of tow forces animating the human body I e the union of positive energy (symbolized by the sun) and negative energy (symbolized by the moon) puls a perfect balance.

### **Hatha yoga is composed three inseparable factors**

- 1 Control of mind.
- 2 Pranayama (control and regulation of breath)
- 3 Asanas (Bodily postures)

**Hatha Yoga and Physical Health:** The muscles and bones, nervous, glandular, respiratory excretory and circulatory systems are coordinated so therapy help one another. unhappiness. The power of determination and concentration are developed.

**Hatha Yoga And Spiritual Health:** In hatha yoga the purpose of spiritual health is to make the body steady for the higher techniques of pratyahara (sense withdrawal) dharana (concentration) dhyana (meditation) leading to culmination, smadhi.

### **Review Questions**

1. What is the meaning of yoga? Write the aim of yoga.
2. What do mean by yoga? What are the types of yoga?
3. What is Hatha yoga? Write a detail.
4. Write the relationship of Hatha yoga with physical Hatha and mental Hatha.
5. What is concept of Hatha yoga? Write the relationship of Hatha yoga with spiritual health?

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