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Need and importance of yoga in physical education and sports

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Abstract

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional and spiritual dimensions of the individual. Keeping in mind the health benefits of Yoga, it has been made part of the school curriculum under physical education and sports. It is also necessary to remember that sports and gymnastics belong to the scope of Physical Education. In our modern society the term Physical Education has been understood in different ways. In fact, the expression of Physical Education originally means "education through the body". It is using the work with the body as a strategy to reach the noblest goals of education: autonomy and ethics in our relationships with each other and the environment. Both Yoga and Physical Education in their origin use the body as a tool for developing attitudes and abilities that are important to achieve physical and mental health. Nowadays they can be considered complementary subjects. While the West developed the aerobic conditioning and the sports training and focused on its relationship with good health, the East pursued the same goals through concentration and relaxation. This paper attempts to study the need and importance of some elements of yoga in physical education and sports.

Keywords: Yoga, physical education, sports, exercise, yoga practice

Introduction

Yoga originated thousands of years ago in India as a technique to help people achieve spiritual enlightenment. The word 'yoga' means "to join or Yoke together". It brings the body and mind together to become a harmonious experience. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit". Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body. Yogic activities refresh the body and promote divine energies. Yogic exercises recharge the body with cosmic energy and facilitate benefits for Physical Education. Yoga is then commonly taken as a system of physical education with a spiritual component, although the truth is the reverse: Yoga is a spiritual system with a physical component. The "postures" are the physical positions that coordinate breath with movement and we hold these positions to stretch and strengthen different parts of the body. They systematically work all the major muscle groups, including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Yoga can help to check any imbalance in muscular development and will enable the body to function more efficiently. If the body is flexible and supple, it will be less prone to sports injuries as the joints will be kept lubricated. Yoga also helps strengthen connective tissue, break down adhesions from old injuries and over-training that have tightened as we age, thus helping create mobility of the joints and an anti-aging posture.

Aim and objectives

The objective of this study is to assess the findings of selected articles regarding the importance of yoga in physical education and sports and to provide a comprehensive review of the benefits of yoga practice.

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Methodology

In order to locate research studies and interventions that examined the therapeutic effects of yoga, databases were searched through web based and leading yoga journals.

Role of yoga in physical education

Yoga is a sound lifestyle, began in India. Presently it is accepted to be a type of science acknowledged everywhere throughout the world. The primary goal of yoga, as a practice of physical education, is to lead to the harmonious growth of children and adolescents. Yoga implementation in physical education is looked at as a process where no instructions are used. The use of yoga elements in curricular and extracurricular physical education work should be primarily oriented towards asana practice, with elements of breathing control and concentration in addition. In course of time, different schools of yoga created. The significant schools of yoga are Jnana yoga, Bhakti yoga, Karma yoga and Raja yoga. These schools of yoga advocate specific sort of strategy which incorporates an assortment of systematized practices of yoga relying upon their specific methodology. Yoga for a typical individual contains the acts of yama, niyama, asana, pranayama, pratyahara, kriya, mudra, bandha and contemplation which are useful to keep one physically fit, rationally alert and genuinely adjusted. This at last gets ready ground for the profound improvement of a person. The psychological accentuation of the present yoga educational modules for school-going kids is to build up their physical wellness, psychological advancement and passionate dependability as opposed to on the otherworldly part of yoga. Role of yoga in education from various angles, including the type of education that was being provided to children throughout the world as well as the different levels of stress that children face in the classroom environment. The difficulties, problems, conflicts, distractions and dissipation of their energies were also considered. We started using certain principles and practices of yoga, firstly, as an experiment to increase the children's learning ability and, secondly, to inspire teachers to teach their subjects in a slightly different way. Our belief was, and still is, that we are educating our children without considering or caring for the growth of their entire personality. We are cramming their brains and minds with information without creating any support group outside the classroom environment where they can continue to imbibe education. We have to look at what science says about the growth of a child, what psychoanalysis says about child psychology and how the hormones and glands alter and influence the rationality, emotional structure and creative output of the child.

Importance of yoga in physical education

Great Health is the privilege of each individual. Be that as it may, this privilege relies upon individual, social and natural variables. Alongside social or ecological variables to a substantial degree, we can build up a superior insusceptible framework and a superior view of oneself with the goal that different conditions don't influence us antagonistically and we can accomplish great wellbeing. Wellbeing is a positive idea. Positive wellbeing does not mean only opportunity from infection, however, it additionally incorporate a joyous and lively sentiment of prosperity with a measure of general opposition and ability to effectively develop insusceptibility against explicit culpable specialists. There are numerous advanced and indigenous techniques and orders that can push us to effectively battle with ailments. For instance, the

arrangement of yoga, naturopathy, ayurveda, unani, homeopathy and siddha can be cited among indigenous frameworks, though allopathic framework is cited as the cutting edge and well known restorative framework. Yoga is a standout amongst the most dominant drugless arrangement of treatment. It is having its own idea of wellbeing which has been deductively comprehended and displayed by many. Yoga can be received as way of life for advancing our physical and psychological well-being. Yoga, whenever presented at the school level would instill solid propensities and sound way of life to accomplish great wellbeing. The point of yoga in this way, at the school level, is to empower a positive and solid way of life for physical, psychological and passionate wellbeing of youngsters. Yoga helps in the advancement of solidarity, stamina, continuance and high vitality at physical dimension. It likewise enables oneself with expanded fixation, quiet, harmony and happiness at psychological dimension prompting inward and external amicability.

Importance of yoga in sports

Sports make an individual extrovert, self-confident and aggressive whereas yoga makes the man humble, docile and balance. Although Yoga and sports are two different disciplines yet yoga techniques and asanas help players to improve their performance and strength, reducing injuries and take off their minds from various troubles. It is a good complimentary exercise for athletes. Moreover whatever is the game, players need focus concentration, self-confidence, self-discipline and better energy levels. All these can be achieved through various yoga techniques. In other words yoga techniques can be used for enhancement of sports performance. All though yoga is beneficial for physical fitness but every sport involves vigorous movement whereas yoga techniques involve smooth and safe movement of muscles. In sports, muscles are commonly injured by pulls and strains but asanas help to avoid various kinds of injuries. So, Yoga as a therapy helps healing of Physical and mental suffering. Importance of yoga in sports can never be ignored. But as every game is played in different mode and through different means, it is necessary to understand what kind of yoga asanas are needed for the better performance. Every game needs specialized skills as per its requirements. But whatever is the form of skills, players need to train the body in such a way that skills are refined and polished to perform in better way. It takes time, energy and commitment to master the skills. Along with this it is very important that a player remains focused, concentrated and confident despite various kinds of distractions liking cheering or chanting slogans. So yoga not only helps to relieve stress and mental sufferings but also contributes in physical fitness. The importance of yoga can be described through the following aspects:

- **Concentration and Meditation:** Generally it is observed that every person is unable to concentrate his/her mind on single object for long time. Due to lack of concentration, player cannot focus on practice properly which leads to the bad performance, but concentration can be improved through yoga practice. Simply concentration is an act to achieve a focused mind; on the other hand meditation is an act to achieve an uncultured mind. Meditation is very good because it adds positive energy to all the cells of the body and removes any kind of negative energy. Meditation helps to go deeper within oneself. For meditation and concentration, Padmasana or Siddhasana is prescribed. In fact Siddhasana is considered to be the

most beneficial of all.

- **Stress and Yoga:** During game there is need of stress to some extent but bad stress often effects badly to the performance. Due to stress player can get stomach pain and headaches. Yogic exercises reduce the stress and keeps body and mind fit.
- **Yoga and Nervous System:** The human body is a very efficient, self-generating chemical factory and giant power station practically regulated by the nervous system, resulting in excessive release of chemical from the glands under great pressure. Yoga practices provide a large variety of nervous stimulation and increases efficiency of the nerves.
- **Breathing and Yoga:** Breathing is directly related to the performance. A player can reduce the anxiety and improve concentration through deep breathing. Meditation trains the mind to block out all worries of game and helps to focus on the present situation. Yoga regards sinus as a minor problem as it can be cured through breathing techniques. Many players experience stress and anxiety especially at the time of competition. Breathing techniques can contribute in lessening anxiety and pressure of those moments.
- **Yoga balances exercise and athlete:** Yoga improves balance which is very much needed in every game. By practicing balancing moves in yoga, player can learn where to find the centre of gravity or balance, and then movements can be adjusted according to the situations.
- **Strength and Yoga:** Yoga increases an athlete's strength. Strengthening in yoga requires entire body to be working as a unit so that the strengthening one muscle group is connected to that of another muscle group. Yoga works on muscles that support the spine and strengthening them, gives the body more flexibility. Yoga balances out posture, improving alignment when the body is out of alignment. Regular exercises make strong body to feel good.
- **Core strength mechanism:** Yoga postures are all about building core strength. Core strength exercises strengthen the core muscles like abdominal muscles, back muscles, hip flexors, hip adductors, diaphragm muscles etc. Strong core muscles make it easier to do various kind of physical activities. Core exercises train the muscles in pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.
- **Kinesthetic:** Yoga discover and explore kinesthetic awareness. It has a wonderful effect on every team sport because it helps to be more aware of both the teammates and the opposition.
- **Agility and yoga:** Agility is an ability of individual to move body position easily and quickly according to the situation. Yoga helps in improving agility. The combination of total body strength, flexibility, posture and balance is aimed to improve body's ability to move freely, quickly and without pain.
- **Yoga and endocrine glands:** Nature has blessed every human being with endocrine system. This system is a network of glands that produce the hormones which help cells to link with each other. They are responsible for every activity or function of every organ in the body. If the endocrine system develops problems, whole body will face different kind of issues. This endocrine system is a fantastic super chemical system of growth enhancing,

performance enhancing. Thousands of years ago the yogic postures and other exercises had provided for the stimulation of all the endocrine glands.

Conclusion

From the above analysis our paper is concluded that need and importance of yoga in physical education and sports is as essential as it helps us in different ways and different levels in life. The systematic yogic practices not only eliminate and control several diseases but also keep the mind perfect, clean and peaceful. That means the yogic practice gives both physical and mental perfection. Through yoga physical education helps in creating discipline through games and sports. Physical education enhances all the essential traits required for development of the personality and develops the alertness of mind. Yoga offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. It is yoga that helps players keeping them cool and calm in stress. So although yoga itself is a sport yet it helps in improvement of players of other kind of games. It would be no exaggeration if yoga is called basic for all other games.

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