

NEED AND IMPORTANCE OF YOGA IN SPORTS

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Abstract

Yoga is one of the Indian philosophical systems that emphasize the importance of the work with the body to develop healthy behaviors and thoughts. Among all its techniques the physical postures, called asanas in Sanskrit, are the ones that got. It is necessary to remember that sports and gymnastics belong to the scope of Physical Education. Once there was a time when people said “it is not the winning itself but the competing nobly that really matters”, when the place where competitions took place was sacred and the respect between competitors was essential. In our modern society the term Physical Education has been understood in different ways. Some say it is the “education of the body”, which is educating the body to achieve some skills and abilities as it is done, for example, in sports. Others think it is the “education to the body”, which is working out only to improve one’s looks. Unfortunately, this is the main reason why people join gyms, especially before the summer. In fact, the expression 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 our relationships with each other and the environment. Physical education deals with very limited group of population. It caters to the needs of younger generation mostly. If we look at the body-types (Somatotypes), we get three types of body, like

1. Ectomorph – lean body
2. Mesomorph –muscular body, and
3. Endomorph- fatty body,

Out of these, Mesomorph is attracted much towards hyperactivity. To that extent the other two types of body are not interested much in

vigorous activities. We need alternative means to activate them. Yoga, especially asanas, Pranayamas and Kriyas suits well according to their nature. It is an accepted fact that exercise is to be done regularly throughout the life. All parts are to be used regularly and meaningfully. Otherwise, a porter or a coolie could be healthy while he gets tension on the contrary. The age factor cannot be lopsided. Old Age Problem cannot be eliminated. So we can do vigorous exercises till the end.

It is necessary to remember that sports and gymnastics belong to the scope of Physical Education. Once there was a time when people said “it is not the winning itself but the competing nobly that really matters”, when the place where competitions took place was sacred and the respect between competitors was essential. 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.

Keywords: Yoga, Sports

Introduction:

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 a practice with historical origins in ancient Indian philosophy. 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 wellbeing. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates.

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 practice of asanas is yet only a small part of the complete system of Physical Culture & Education known as Hatha Yoga. Role of yoga in education from various angles, including the type of education that was being provide 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.

Adjusting Both Hemispheres of the Brain:

According to Science, there are two hemispheres in our brain, the right and the left. These two hemispheres perform different functions. The functions of the left hemisphere

are linear, logical and intellectual. Those of the right hemisphere are artistic, creative and intuitive. If we consider these facts, the education system does not allow the child to develop the full potential of the right and left hemispheres of the brain. The trend of education has been through books, You read, memorize, sit for an exam and receive a grade, Either you pass or fail. Again you have to read, memorize, sit for an exam and get your grade. The subjects which are taught follow a linear, logical system, whether it is math's, history, geography, physics, chemistry or medicine, whether it is advanced education or secondary education. In this process only one side of the brain is stimulated – the linear, logical side. In order to balance the other aspects, we teach children the arts. We encourage them to practice music, to paint, to perform plays. We encourage them to practice music, to paint, to perform plays. We encourage them to use their creativity. But if you compare the influence to the different lobes of the brain, you will find that the linear and logical are more pronounced than the artistic and creative.

Benefit for Sports:

Sports can lead to injury because of its repetitive nature and the resulting musculoskeletal imbalance. On a physical level, yoga restores balance and symmetry to the body, making it the perfect complement to sports. Runners are often drawn to yoga to deal with specific issues, such as improving flexibility or helping with an injury. Yet many are shocked at the world it opens for them, specifically, the strengthening capacity and the world it opens for them, specifically, the strengthening capacity and the use of muscles they never knew they had. Let's take a closer look at the effects of yoga, both physical and mental, on runners.

Physical Effects:

As seen in the preceding definitions, yoga encompasses more than the mere physical Benefits of Yoga in Physical education and sports 37 postures. Nonetheless, the physicality of yoga is what draws most people to their first yoga class. The following summarizes the

physical benefits that sports persons can expect from yoga.

Flexibility:

Many sports person cite greater flexibility as the number one reason for beginning a yoga practice. This is a good reason, because yoga stretches the muscles that are tight, which in turn increases the range of motion in related joints. Increased flexibility decreases stiffness, results in greater ease of movement, and reduces many nagging aches and pains.

Strength:

Like Runners are strong in ways that relate to running. However, a running stride involves only the lower body and movement in one plane-sagittal (i.e. forward and backward) Thus, certain muscles become strong while others are underused and remain weak. Runners have strong legs for running, but when faced with holding a standing yoga pose, they are quite surprised to find that their legs feel like jelly. This is simply because a properly aligned yoga pose involves using all the muscles in a variety of planes. The muscles that are weak fatigue quickly and those that are tight scream for release-thus, the jelly-leg syndrome. Additionally, a by-product of becoming stronger is greater muscle tone. Yoga helps shape long, lean muscles that do not hinder free range of movement in joints.

Improved Breathing:

Lung capacity is of prime importance for players, because it creates the ability to maintain an even breathing pattern through all phases of running. The better the lung capacity is, the, ore oxygen is circulated through the system, which is most helpful for running long and strong. However, the breathing pattern used in running long and strong. However, the breathing pattern used in running and other forms of aerobic exercise involves quick and shallow inhalations and exhalations. This uses only the top portion of the lungs, leaving the Benefits of yoga in Physical education and sports middle and lower portions untouched. Yogic breathing involves slow, deep inhalations and long exhalations, making use of

the upper, middle, and lower portions of the lungs. Yogic breathing has been shown to increase lung capacity, and greater lung capacity increases endurance and improves overall athletic performance, In Sanskrit, prana means “energy” and yogic breathing is called pranayama. Through the breath, you bring in oxygen feeding your cells and creating vital life force, and remove carbon dioxide, eliminating toxins. The use of the breath in yoga is vital. Whereas holding the breath creates internal tightness, tension and anxiety, deep breathing releases tension, reduces stress and anxiety, and physically helps the body ease into poses, particularly those that are challenging. Through this conscious breathing, the body is energized as a result of increased oxygen circulation throughout all of its systems.

Conclusions:

If we look at various yogic practices, we will find that breathing practices, cleansing processes etc. are the beautiful techniques which would be utilized effectively in physical educational & sports. Yoga can play a key role in cultivating mind control & concentration which helps a sportsperson to perforce at their game. It offers children & adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life.

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