

STUDY OF EFFECTS OF YOGA ON HUMAN BODY AND IMPORTANCE OF YOGA IN PHYSICAL EDUCATION AND SPORTS

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Abstract:

Various asanas of yoga increase the activity of different organs inside the body. Enzymes are excreted by them only in the desired quantity and which is useful in keeping the body balanced. Yoga is not gymnastics or exercise which makes the muscles of the body tighter. Rather, yoga is such a discipline that gives a person the ability to remain in the same state for hours. Due to which different parts of the body are affected. Along with this, there is a balance in various activities to keep the body healthy. This affects from the nervous system to the excretory system. Along with a healthy body, knowledge of a rich mind is also essential. India is the second most populous country in the world. But it is lagging behind in the field of sports, and the gold medal in the Olympic Games is still a 'rare for Indian sportspersons'. After independence, a large number of physical education and sports institutes have been established in the country, some of them offer research programs in the respective field. Therefore, to enhance sports performance, new methods and techniques have to be identified by sports persons and sports scientists.

Keywords: Various asanas, Yoga, Physical education, Games, Sportspersons etc.

Introduction

A healthy body and calm mind pave the way for success in any area of life. Realizing its importance, many international clubs of sports like football, rugby, golf and cricket have started

taking advantage of India's oldest yoga system. Yoga is a very specific method, unlike other techniques, which fills the practitioner with energy without applying any kind of pressure or tension. Different types of asanas (postures) if practiced in the right way for a certain period, bring better flexibility and strength to different parts of the body. Actually, most of the yoga postures work to send oxygen to the cells of the body through deep breathing, erection (stopping) and contraction and expansion of muscles. When a player is playing in the presence of thousands of spectators or performing for the honor and pride of his country and the expectations of millions of people bind him, then his mind gets completely tensed. At such times, his anxiety or stress cannot be removed with any kind of counseling or advice. But through certain types of yogasanas and pranayama, the player can remove the old methods of stress in the body, relax his mind, focus on the game and increase his concentration.

There are a lot of sports now, which expect a lot of strength in the player. This is the reason why players do a variety of efforts to increase their strength and build muscles, but they reduce their flexibility. Sports injuries can be avoided if the athlete continues to maintain his weight, along with regular yoga postures and exercises to strengthen the body parts and muscles. Through yoga, the player will not only get the proper flexibility to play the game, but will also increase his balance. In this way, regardless of injury, the player can use his body in many ways in the game.

There are certain prescribed asanas, which, if practiced consistently in the right way, strengthen all the muscles by increasing strength and removing physical leanness. Certain yoga poses are also helpful in the maintenance of underdeveloped muscle groups, which are not useful in individual sports. Based on my personal experiences as a cricketer, I can say that all the muscles of the body are not used in cricket. The back muscles are the most important in cricket and the spine can be made very flexible through yoga. The body's immunity against potential injuries can also be increased.

I once encountered a problem with a swimmer whose body, despite being flexible, failed to maintain balance. Regular yoga practice helped her to achieve better coordination and miraculously she regained the required balance. If you have better balance and coordination it will help you to be in control of your body. So this balance in the player is essential in every

sport - be it swimming, golf swings, cricket shots or football bets. These players always have flexibility problems. Yoga improves the performance of athletes by increasing the flexibility of the joints and muscles of the body. Here I will again give the example of a swimmer. A swimmer with a flexible body will be able to cut through the water, as a result of which he will be able to surpass his competitor with less labor. Play fields are to Yoga what laboratory is to science. For effective organization of physical education, provision of play fields is a must. Organization of major games like hockey, football, cricket, handball, volleyball etc., cannot for children like races, jumps and throwing events etc., cannot be organized without playground. However, the children are generally fond of playing in the streets or by roadsides in the absence of play fields. This evidently shows that playgrounds are a necessary for the development and growth of children. It is not secure to the children play in streets or by roadsides due to very high risk of accidents and pollution or infection. A playground provides them a secure atmosphere where they can play freely, besides a playground is free from pollution. Realizing the importance of playground in India Swami Vivekananda once said, “India needs playgrounds, not the Bhagwat Gita”. The qualities of sportsmanship, cooperation, courage, unity, sacrifice and leadership can be created better in play fields than classrooms.

Due to the magnitude of this task, all staff members should be involved in the planning. The needs and requirements of the departments must be projected for the life of building. The building plan should include a detailed listing of the various areas required—gymnasiums, special activity areas, classrooms, conference rooms, swimming pool, offices, lockers and shower areas, supply rooms, storage facilities and the like with their dimensions and desirable features indicated.

The Yoga faculty should be actively involved in providing pertinent information during the architectural design stages. In part during the pre-design planning provides the basic information needed by the architect to design the building advice of persons who used such facilities elsewhere in the past should also be sought and weighted if facilities are to be planned wisely.(Dr. S. Dheer and Radhika Kamal).

Yoga is an integral part of the whole process of education at different levels including community, schools, Schools, etc., The Yoga programme is sequentially arranged in an

ascending order from elementary school to University level. Then, the repetition of the same skill and knowledge occur at various levels resulting in a lack of interest in participating among the students. This should be avoided in the Yoga programme by introducing new and advanced skills and improved equipment's.

Mythological importance of yoga

Evidence of the science of yoga is from the mythological period itself. Examples of this have also been seen in the Indus Valley Civilization. Lord Shiva is believed to be the originator of this knowledge. There are 84 thousand asanas of yoga. Lord Shiva gave the first education of yoga to Mother Parvati. Yoga and asanas are a combination of different postures of life. With which all people knowingly or unknowingly have to face. Yoga is very useful for the solution of the deteriorating condition of life due to which people have to face different types of diseases. While the lifestyle of people is changing due to the practice of yoga, many incurable diseases are also getting rid of.

Importance of yoga in the field of sports

It is important in the field of sports. In different types of sports, players take the help of yoga practice to increase their skill, ability and ability etc. While yoga practice reduces the stress level in the player, on the other hand it also increases the concentration, intelligence and physical capacity of the players. Cricket players give time to daily yoga practice to bring concentration in batting, increase flexibility in the body and increase the capacity of the body. Even now, many researches have been done on the effects of yoga in sports on government expenditure for sportspersons, which proves the importance of yoga in the field of sports. Yoga practice also has its own special place in the field of sports.

Sports & Yoga Exercises

Most of the children stay away from physical activities i.e. sports. For this reason, the body mass index of more than 50 percent of children is found to be above normal. The competition of studies and life has kept them away from physical activities. By reaching adolescence, becoming obese, they become vulnerable to many diseases. Related to physical exercise, sports, yoga-pranayama. There should be 60 minutes for sports in school every day.

Get this done at home- Do at least 5 cycles of Suryanamaskar. Encourage the children to walk like a lion, a bear, a monkey, a frog and make a sound by making the children stand in the shape of a chair.

Do yoga- Children enjoy doing yoga postures, it increases awareness of the body, they can do yoga or exercise on their own with children.

Benefits- Concentration and love increase with children's play and our exercise. The spirit of competition is developed in the children.

Effects of Yoga:-

Yoga has various effects on the body of individuals.

Improving the power of concentration:-

Concentration is very important in the field of sports. Concentration is required in almost all sports. In fact, Endurance, Strength, and Desire to excel lose their meaning under the influence of concentration. For example, when a cricket player shows his concentration, he gazes at the ball and his energy, tactics and skill bring very good results for him. Some asanas, Vajrasana, Vrikshasana, Padmasana and Siddhasana etc. and Pranayama, such as Ujjayi, Kapalbhathi, Bhastrika etc. are helpful in increasing the power of concentration.

Improving the function of the respiratory system:-

Generally it is seen that a person uses only 1/6th of the full capacity of his lungs. If the full capacity of the lungs is used properly, then its results can be very good. By doing pranayama, the capacity of lungs can be increased, which is always helpful for sports activities related to endurance. Research studies have shown that pranayama is very beneficial for swimmers. Different types of Pranayama such as Ujjayi, Sheetkari and Bhastrika etc. improve the functioning of the respiratory system. Pranayama increases the capacity of the person's will power and life-bearing air.

Improvement in skeleton system:-

Research studies show that various yogic exercises or activities increase the maximum stress tolerance of the muscles and permanent ligaments. Such changes are beneficial in many sports

activities. These yogic movements are especially important in gymnastics, diving, and swimming.

Prevents Sports Injuries:-

Players often suffer injuries during the game, such as sprains, strains, muscle torn and bone fractures, etc. Such injuries can be prevented by the practice of asanas. Therefore, to protect against short in sports, yogasanas can be done during warming up or at the time of adaptation.

Improvement in motor skill learning :-

Gamer plays an important role in the performance of skill games. The learner must face the stress pressure while learning the singing skill. Compound verbs relax the learner. Therefore, he can learn Gamak skill correctly and easily. Along with relaxation, yoga also helps in the concentration of the teacher, which further enhances the teaching of gamma skills.

Improvement in cardio-vascular efficiency:-

Yogic practices, especially pranayama, improve a person's cardiovascular efficiency. Different types of Pranayama such as Kapalbhati, Ujjayi and Bhastrika are beneficial in increasing the efficiency of the heart. Research studies also indicate that if a person practices pranayama regularly for a long period, then it improves the confirmation of heart vessels. On the other hand, it is a well-known fact that cardiac vasculature is essential to improve a player's performance. After looking at the physiological-psychological effects of various Yogic practices mentioned above, it can be concluded that Yoga is beneficial for individuals in maintaining and improving general health and fitness. It is also helpful in achieving the goal of 'Health for all' of the World Health Organization, as it prevents and treats various diseases. But when we think about its role in the field of sports, especially in competitive sports, it can be of little help.

In the field of sports, yoga is not as important as it is thought. The main reason for this may also be that so far only a few research studies have been done related to the role of yoga in sports. In addition, the studies that have been done so far have not been based on large numbers of players and it appears that those studies are not very reliable.

In fact, there should be a large-scale research study and a complete analysis of those studies should be done. But this does not mean that yoga has nothing to do with sports. Nowadays various compound actions are being implemented on national level teams to improve the performance of the players.

Conclusion

Meditation and pranayama helped me to keep my blood pressure balanced by removing my worries, on the other hand my immunity also increased. After a month of regular yoga practice, my body became very flexible, flexible and healthy. I started giving my best on the field of play and got confident over time. Even today I practice yoga and give strong advice to players of all sports to do yoga.

In the end, I would like to tell all of you that to give your best in any sport you need a flexible body, concentration and free mind. All this can be achieved through yoga. Daily yoga practice can not only enhance the performance of an athlete, but it can also make him a fine and strong human being both mentally and physically. Physical education refers to the process of providing systematic instruction in physical exercise, sports and hygiene. The term is commonly used for physical education programs in schools and colleges.

The aim of this education is to train a student to have a healthy body, mind and conduct. In order to have a healthy mind in a healthy body, a student needs regular physical exercise. After school studies, students' brains become tired. Their mind refuses to do any work. Therefore, for mood and freshness of mind, they require some organized form of physical and mental work.

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