

Variorum Multi-Disciplinary e-Research Journal
Vol.,-03, Issue-III, February 2013
Role of Yogic Practices in Games and Sports

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Abstract

Yoga is arts of life or science of right living and integrated system of education for body, mind and soul. (Kindersey1974). This art of right living was perfected and practiced in India thousand of year ago but, since yoga deals Universal truths. It works on all aspects of the person physical mental emotional, and spiritual the aim of this study was to search out the effect of practicing yoga on speed, strength, flexibility, agility and endurance. For this study eighty subjects are selected with the random boys). The group was divided into two groups on experimental and other control group that the experimental group has significantly better ($P<0.101p>0.03$) in flexibility strength and endurance. It was conducted that yoga practice helps to improve to improve the physical efficiency of players and thus it helps to keep the body fit.

Education aim is all round development of for physical & mental development we usually adopt different methods. But to the mind of investigator our Indian system of yoga asanas may help to neutralize these stresses, fatigue and low performance etc. is the best. If we read the literature on Yoga exercises, we will find that India method of yogic exercises give equal importance to physical, mental and spiritual development. By dictionary meaning of Sloka depicted in Halt yogapardipika Vol-II 47-III and gives us the philosophy of yogic exercises. In a written literature the word yoga means the union of jivatma and parmatma. It mean, it is maintaining and improving physical and mental health and also as a self realization. Today we are in need of strong and healthy race of human beings who canshow better performance in the field of games and a parotid and also in Educational life. Our aim is to bring education have developed the physical fitness progranne and scientifically planned exercises.

Yoga is a technique system of holistic health & personality. This technique when properly utilized will enhance sports performance of person who has interests and potential talents is well established through research evidence. The major component of yoga i.e. yogic asana is included in the schedule of conditioning as well as the warm up procedures by many elite athletes. Besides a few research studies have brought about specific out comes of asanas for sports performance. The present study focuses on the effect of yoga asanas as physical and psychological fitness in relation to sports performance.

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Statements of the Problem:

The study focuses on the “Effect of Yoga Asanas on Efficiency of players.

Objectives of the study:

To find out the effect of yoga asanas on physical efficiency of students.

Significance of the study:

Utility of yoga for the promotion of sports may be useful from the following points of view :

Applications of yogic exercises have a considerable scope in the promotion of sports. Promotion of sports depends on basic motor fitness factors, specific sports skills and psychological factors. Physical fitness is must for every sports man. This can be achieved excellently by the yoga routine exercise. Yoga exercises deal with the vital organs of the body on which health depends.

Every sports involves vigorous movements of shorter muscles and makes them more susceptible to pulls and strains. It is to be noted that a person involves himself in intermission on vigorous activities the more he need to stretch. In sports like running, the muscle most commonly injured by pulls and strains are the hamstring and the calf muscles. Athletes competing in running sports should regularly practice stretching is the most important injure preventive in sports, asanas are safety measure for many types of injury.

It is accepted by the trainers that warming up are necessary not only to avoid injuries but also to improve the performance in sports. The key to a good warming up is to increase the pace of the week out so gradually that the muscles can adjust to increase pace and remain free form injury. The steady stretching asanas prepare such a back ground.

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Methodology

The method and procedure have been explained to compare the physical characteristics of 12 to 15 years age group of players consisting of two groups; Methods are used to see the effects of selected yogic asanas on physical and psychosocially fitness of these players.

Experimental Design:

The process of Experimental passes through following procedure.

The data was collected with the help of physical education teacher & coaches of the School. The samples of 80 students were divided into two equal groups. One group was experimental group and other control. Three months training by Yogic exercise. The test was conducted twice before the yoga training and after yoga training. After the completion of three months training the performance of control and experimental group were compared on all the tests.

SR. NO.	NAME OF GROUP	NO OF STUDENTS	EXERCISE GIVEN
1	Experimental	40	Asanas
2	Control	40	Nil
	Total	80	

Design

The study is an experimental design has been followed. Two group of players were selected one group was given yogic asanas and second group was control group. Both groups were pretested and re-tested for physical and psychological variable created to the particular exercises given to the group.

Sample:

In the present study, students of eight school were selected from Jalgaon City. The age group between 12 to 15 years, these eighty players were equally divided in two groups. Each group consisted of 40 students.

Selection of Variables:-

To compute the groups, the variables have been selected keeping in view their significance in regarding of their performance. The variables belong to areas.

Physical Fitness Variables:

- a) Strength b) Agility c) Endurance d) Flexibility

Selections of (Yoga Asana) Training Exercise

1	Padmasana	6	Chakrasana
2	Paschimottasana	7	Vrikshasana
3	Ustrasana	8	Gharudasana
4	Sarvangasana	9	Makarasana
5	Halasana	10	Shavasana

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Prentice – Hall, Inc

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