

Study of Yoga and Sports in Physical Education

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Abstract

Yogic practice getting popular is looked upon its systemic improvement of physical fitness of an individual. Yet we lack in the experiment evidence about the utility of physical exercise and yogic exercises for promoting physical fitness.

It can be said that exercises are believed to contribute physical fitness; therefore it is necessary to consider the concept of yogic exercise in relation to physical fitness. Yoga is recognized as one of most important valuable heritage of India. Today the whole world is looking to yoga for answer to various problems that modern man is facing which was designed and practiced by our ancient stages for all round development of personality. Now a day's yoga is getting famous and supports its use for figure and fitness. Few minutes of daily yoga provide well result in all round development.

Introduction

Various training programmes have been developed to strengthen the big part of the body. Most of these programmes consist of vigorous and resistance exercise which emphasized more on cultivation of strength and endurance. Every individual differs in their capacity and level of physical fitness.

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Specific training schedule in sports has become very popular among the players coaches. It is a general practices that during preparatory phase of sorts training for competition, maximum efforts is given by sports coaches for enriching top performance among their players.

Creating awareness about fitness in community is very important for people which need to realise the value of fitness because fitness is the mother of sports. More fit the sportsman better the performance.

Yogic Practices

- Asana
- Pranayama
- Relaxation and Meditation techniques

The Preparatory Exercises

Preparatory exercises remove stiffness from the joints and help the muscles to become flexible. Co-ordination between bones, muscles, joints and ligaments improves so that they work naturally and spontaneously. Problems in the knee joints, hip joints, ankle joints, shoulder joints and wrist joints can all be remedied by these Asana thus minimising injuries.

Asanas

- Backward and forward bending Asana increase the strength and flexibility of the spine. The spine is responsible for posture, free flow of energy, nervous activities and body reflexes. Balance of the whole body depends on the power and flexibility of the spine and adjacent muscles. By practising these groups
- Psychologically, backward bending Asana prepare the players to face any situation with courage and optimism; forward bends help to let go and go with the flow; and twists gently squeeze out hesitation and uncertainty.

Inverted Asana encourage a rich supply of blood flow to the brain and reverse the effect of gravity on the body. During the practice of an inverted Asana, the breath becomes slow and deep, maximising the exchange of carbon dioxide and oxygen, which encourages correct respiration.

Pranayama

Pranayama or Breathing practices are one of the most effective means of increasing lung capacity, energy and stamina. It also helps control over involuntary muscles, enhances concentration and balances emotions. When practised systematically and regularly, the awareness develops that energy is not purely physical in nature and that efficient management of the Pranic energy can be developed through control of the breath.

How Yoga Helps Sports Person

- Yoga helps a sports person to feel and understand the body processes more accurately, thereby learning what the body needs. By understanding this, an athlete can work on areas that need attention with confidence.
- Yoga is useful for all types of sports to help prevent injuries. One gets extra agility which helps to avoid damage, provides more strength and improves a player's ability to react to a situation.
- In competitions, athletes at all ability levels tend to have a fear of losing, of other competitors, or of developing mental deterrents to excellent performance. Yoga trains us to be our best every single moment, to hold ourselves at our highest standard and to go beyond our preconceived limitations.
- Yoga postures work all around a limb and help to knit the muscle fibres thus building resilience to injury. By anticipating areas of the body that are subject to stress, one can use Yoga effectively to pre-strengthen areas of concern.

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- Due to long term sports training, muscular imbalance can develop in the body which can lead to damage and injury. Yoga's practices are ideal in this respect because integration, balance and harmony are keywords of Yoga. These practices correct the one-sided effect of training by promoting general harmonious development of the body and by improving the whole physical system.
- Yoga practices offer the natural remedy because Asanas are based on the gentle stretching of muscles, which induces relaxation and increases the blood supply.
- Sports' training tends to be very intensive over an extended period of time. This again can lead to a form of imbalance where muscles or the body as a whole becomes weak through over exertion. Regeneration is a remedial process for regaining strength and for the prevention of injuries. Yoga regeneration exercises are based on the principle that after contracting for a specific time period in an isometric movement against specific resistance, muscles will release and relax. But all this would be effective only if done consciously

Conclusion

Sports are highly demanding and competitive and Yoga moves in the opposite direction with its apparent emphasis on a relaxed approach and detached state of mind. However, the state of mind and physical preparedness that Yoga brings is exactly the same state that the most successful players speak of when at the peak of their performance. Who cannot perform at his best while being relaxed, ready and confident? And who cannot gracefully accept victory or defeat if his body, mind and spirit has the equanimity of a Yogi?

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