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ROLE OF PRANAYAMA AND ASANAS IN KHO- KHO PLAYERS

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Role of Pranayama and Asanas in Kho-Kho Players

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Abstract – The paper is highlighting the Pranayama and Asanas benefits for reaching the demand of optimum level of fitness among Kho-Kho players. The human body needs sound relation to nature and its natural remedies which are available in our surround in this article the author has tried to highlight the need of Pranayama and Asanas and its versatility in the vast field of sport. The author in lightened the asana. This study may provide a general guideline for sports seekers. By adopting yogic way of life performance can be developed.

INTRODUCTION:-

Yoga one of the ancient Indian disciplines provides a stable and sustaining body system when done in a systematic manner. Asanas, a component in the yogic system tunes the range of flexibility of the practitioner. The science of yoga proclaims that yogic techniques and practices aim at selective as well as wholesome shaping of human body and mind. Hence a selective package of yogic practices of Asana (Physical Postures), Pranayama (Breathing Practices) and Meditation (Mental Practices) would prove a positive impact among the state level Kho-Kho players in executing the skills for the better playing performances.

Kho-Kho is a game of speed, strength, strategy and, most importantly, lungpower. First you'll need twenty-four people split into two teams of twelve. Only seven players per team are on the playing field at the same time. The remaining teammates are reserves that can "sub in" later (Moorthy, 2006. Desai, 2009. Ravishankar, 2002. Pradhan, 2008). The two teams go to opposite sides of the field, which is divided in two equal sections. Flip to see who goes first. That team starts out on offense and the two team's alternate offense/defense each turn until the game is over.

The skills in Kho-Kho can be performed efficiently only when the players keep their physical fitness tremendously high. Cardiovascular fitness is quite necessary to play Kho-Kho, moreover Kho-Kho is considered to be one of the best and popular endurance games, which require fabulous endurance to survive till the end of the game, as playing area and playing strategy are wide. Another important aspect is that, legs, the lowest extremity is to be used to execute

most of the skills in Kho-Kho. It is evident from the practical experiences in Kho-Kho coaching that a tremendous range of flexibility is very much required for efficient execution of Kho-Kho skills both on and off the grounds.

REVIEW OF LITERATURE:

Energy is the capacity to do work, it is needed in every aspects of life i.e. for sitting, standing, sleeping, reading, Dancing or any other major or minor, things requires energy. This energy is also needed in sports activity, can be improved by Yogic asana and kriya. The word Yoga comes from the Sanskrit word, Yuj" which means „to unite or to bind" It is about the union of a person's own consciousness and the universal consciousness. The scientific inventions, technological developments and rapid processes of urbanization have improved the standard of bring forth varied range of materialistic sufficiency, comfort and enjoyment in human life (Agness Princy *et. al.*, 2007. Pal, Agrawal, 2003. Verma, Dongre, 2011). Science has also invented pharmaceutical wonderful drugs and surgical equipments to die out human suffering and illness, but in spite of these, new diseases have cropped up and the frequency and number of victimized people by cardiac disorders, respiratory ailments, diabetes and peptic ulcer is increasing day by day. Today medical research declares that 90 to 95% of physical disorders are due to stress and tension. That's why natural life through the yoga is demand of today. Competition demands, huge hard work and sound will to win the match. Every field is connected with competition even in academic field or sports. Everybody is trying to get medals or a place in sports by any mean whether it is fair or unfair. In the field of Sports, Coaches, Sports

Scientist, Physiologist, Psychologist are trying to find out the momentum of success for player (De, *et. al.*, 2010. Sodhi, Sidhu, 2011. Astrand, Rodahl, 2011) All these science helps to develop maximum performance. But our own science i.e., "Yoga" is untouchable.

BRANCHES OF YOGA:

- Heath Yoga or Yoga of Postures
- Bhakti Yoga or Yoga of Devotion
- Raja Yoga or Yoga of Self – control
- Jnana Yoga or Yoga of the mind
- Karma Yoga or Yoga of service
- Tantra Yoga or Yoga of Rituals

BENEFITS OF YOGA:

- Provide a holistic approach towards your welfare.
- Help to improve your strength and flexibility.
- Help in removal of toxins in the body & aid in relaxations.
- Help to reduce the weight.
- Help in hearing and nourishing the body.
- Also calms your mind
- Gives clarity to your thought
- It doesn't need any special place, or equipment or clothes
- Yoga can enhance concentration
- Also release the stress from body.

CONCLUSION:

Yoga is a process to control and develop the mind and body to gain good health, balance of mind and self-realization. Proper understanding and practice one can reach the optimum level to keep physical fitness. Balance between exercise diet and relaxation will provide the sound mental and physical capacities. Though yoga has the potential power to make up healthy, add to our vigor, still most people lack the knowledge of systematic practice of yoga.

- Yoga training helps to improve the raider cant.

- Yoga training helps to improve physical and mental skills.
- Yoga training helps players to look in to him; it leads to development of sportsman sprit.

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