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## **A STUDY OF IMPORTANCE OF YOGA IN PHYSICAL EDUCATION AND SPORTS**

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# A Study of Importance of Yoga in Physical Education and Sports

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**Abstract –** *Yoga causes a sports individual to feel and comprehend the body forms all the more precisely, consequently realizing what the body needs. By understanding this a competitor can chip away at ranges that need consideration with certainty. Yoga is valuable for a wide range of sports to help avert wounds. One gets additional spryness which dodges harm, gives more quality and enhances a player's capacity to respond to a circumstance. In rivalries – players/competitors at all capacity levels have a tendency to have a dread of losing of different contenders or of creating mental obstructions to great execution. Yoga trains us to be our best each and every minute to hold ourselves at our most noteworthy standard and to go past our pre imagined confinements. Yoga is a psycho-substantial otherworldly train for accomplishing union and congruity between our brain, body and soul and a definitive union of our individual awareness with the Universal cognizance. This article will feature the significance of yoga in the field of physical training and sports.*

**Keywords:** *Yoga, Sports and Physical Education*

## INTRODUCTION:-

Numerous global football clubs, American footballers and rugby, golf and cricket clubs in Australia, South Africa, New Zealand and the US have utilized this hundreds of years old practice from India as a dynamic preparing procedure for quite a while. Yoga is both preventive and remedial and has appeared to offer both physical and mental advantages to the body and brain. Yoga is unmistakably not quite the same as different sorts of activity as it produces movement without causing strain and irregular characteristics in the body. Thusly the training is a perfect supplement to other types of activity and an outrageous favorable position to any game. The "stances" are the physical positions that facilitate breath with development and we hold these positions to extend and fortify diverse parts of the body. They deliberately work all the real muscle gatherings, counting the back, neck, and shoulders, profound abs, hip and butt cheek muscles and even lower legs, feet, wrists and hands. Albeit most stances are non-oxygen consuming in nature, they do truth be told send oxygen to the cells in the body by method for cognizant profound breathing and maintained extending and constriction of various muscle gatherings. Yoga can check any irregularity in solid advancement and will empower the body to work all the more proficiently. On the off chance that the body is adaptable and supple, it will be less inclined to sports wounds as the joints will be kept greased up. "At the point when the surface of a lake is still, one can see to the base unmistakably" this is unimaginable at

the point when the surface is upset by waves. Similarly, when the psyche is still we can control mental unsettling by concentrating on consummate focus. At the point when a player, in any game, is attempting to satisfy thousands, several thousand or if playing for their nation, a great many individuals' desires their brains are totally pushed and their regular productivity lessens. No measure of instructing or preparing can plan for uncertainty or stress entering the psyche of a player amid an amusement. By holding consistent stances, and focusing on profound stomach relaxing we can expand body mindfulness, diminish endless anxiety designs in the body, unwind the brain, focus ones consideration, hone fixation and "remain in the zone!" Many competitors are having more wounds that require surgery in light of the expanded concentrate on quality preparing with weight protection.

Yoga as social practice has gotten from the remote history of Ancient India. In the most recent decades this all-encompassing technique for self-change of body and soul has comprehensively extended all through the world. The quantity of individuals, who are intrigued of yoga toward the start of 21st Century comes to more than 435 million individuals, of which 62% are Hindus, 14% are Americans, 12% are European, 2% are African and the rest 10% are from other Asian nations and Australia. The resilience in Indian culture permits presence of different rational schools with its claim approach, strategies, practices and profound instructor (called "master"). Numerous

otherworldly educators set up universal associations from their devotees.

One of the pioneers of the thought for applying hypothesis furthermore, routine with regards to the Yoga System in physical instruction is the educator Swami Kuvalayananda (1883-1966). In 1924 he set up the primary logical organization in India for yoga considering, which now conveys his name. At that time yoga rehearses, hidden in secret and my-stics, were passed just from educator to picked and commendable understudies. Under his direction without precedent for history, in research center conditions are held various logical tests, which uncover that the general yoga hones has beneficial outcome on the human wellbeing, as well as have mending impact for different perishes.

But yoga does so much more than get students' bodies moving, and it actually helps to fulfill needs that a traditional P.E. curriculum typically does not. For one, in most team sports, the activities typically aren't focused on developing a child's individual development, sense of balance and space, and general coordination. While kids may learn very specific skill sets such as kicking or throwing, they don't often come away with an improved sense of holistic body-awareness.

For any physical activity for children and teens to be successful in cultivating healthier outcomes, it must actually get students to actually be physically active. Yoga does this, and quite well. As a weight-bearing activity, yoga stimulates bone growth and development, and can lead to greater muscle strength, endurance and flexibility. In fact, researchers at the Los Angeles Charter College of Education found that students who participated in Yoga Ed. classes experienced significant gains in upper body strength over one year when compared to school district means (Slovacek, Tucker, & Pantoja, 2003). And although not all yoga is necessarily aerobic exercise, classes that do get students' hearts pumping can help improve cardiovascular fitness. Research suggests that yoga can reduce blood pressure, lower cholesterol levels, and mediate blood sugar (McCall, 2007), and a regular yoga practice has even demonstrated significant effects on the management of obesity (Rioux & Ritenbaugh, 2013).

Yoga Ed. actually goes beyond the traditional model of P.E. to enhance self-awareness, self-management and self-efficacy, helping students to build essential life skills and draw connections to their everyday life in a way that team sports may not. In other words, yoga helps students develop concrete tools that empower them to take charge of their own health, not just to excel on the field. They learn to observe their needs and their environment, and get intentional about how they feed, move, and respect their bodies for the long-term.

As a part of the effort to get our schools and students moving, yoga provides one way of enriching the standard Physical Education curriculum to be at once more inclusive and more relevant to students of any age. Not only does yoga build upon basic tenants of physical fitness, such as muscle strength, bone strength and flexibility, but it does so in a way that is developmentally appropriate, accessible, and non-competitive for students of diverse capacities.

## FITNESS AND YOGA IN SPORTS

### Improved Strength

Routine and consistent practice of the various yoga asanas has helped me build strength and improve lean muscle mass. Most notably with respect to several muscle groups under-utilized in my chosen athletic disciplines of swimming, cycling and running. These gains have enhanced core body stability and significantly impeded overuse injury by strengthening the supportive but otherwise under-developed muscles surrounding the more utilized muscles, creating a more balanced and optimally functional overall strength.

### Balance

As a swimmer, I have always been rather flexible. But my balance is historically horrible. But through a consistent yoga practice, my coordination and balance have improved immensely. Why is this important? Better balance and coordination means enhanced control over how I move my body, which in turn leads to better technique and form – the brass ring every athlete spends a career refining, whether your focus is a swim stroke, golf swing, running stride, and jump shot or wrestling move.

### Flexibility

Yoga invariably improves joint and muscular flexibility, which is crucial to the body's overall structural soundness. Enhanced joint and muscle pliancy translates to a greater range of motion, or an increase in the performance latitude for a particular movement or series of movements. For example, a swimmer with supple shoulder and hip joints is able to capture and pull more water than a swimmer with a more limited range of motion. The result is more forward movement per stroke as well as enhanced muscular economy. In turn, this increased range of motion provides a greater ability to strength condition a particular muscle group due to the amelioration in overall force that can be exerted with each movement. And although there is some dispute about the advisability of "over" stretching (for runners in particular), I remain a huge advocate, finding that the more I work to maintain my flexibility (something that wanes with age), the less likely I am to suffer an overuse injury.

## **Free Your Mind**

The ability to create a stress free mind is a significant benefit of yoga practice. The physical practice is used as a tool to enhance breath control, which helps improve focus and concentration, allowing clarity of thought and clear decision making. A valuable tool in any sporting arena. Mental practice in any sport will teach you how to gain control of your emotional states, so arousal levels and anxiety don't impede your performance.

### **Meditation is a mental practice proven to**

- Reduce anxiety and stress
- Reduce cortisol levels and increase calming hormones
- Improve cognitive function
- Reduce blood pressure and heart rate
- Increase immune function
- These benefits combine to allow for better rest, sleep and recovery, as well as provide the ability to think more clearly under pressure.

## **Yoga in physical education**

Theory of physical education is scientific discipline, formed on the basis of the last achievements of science in all fields of human knowledge. The existence of yoga as method in physical education requires clearing various questions related to releasing this method from symbolism of Ancient India's philosophy, which is seen in elements from esotericism and mysticism.

The main goal of yoga, as method in physical education, is to contribute for the harmonic development of children and young people. With regard to this it is appropriate to mention the genius thought of Pierre de Coubertin from his speech during the Parisian congress in 1994: "...there are not two parts to a man, body and soul; there are three, body, mind and character. Character is not formed by the mind, but primarily by the body" (Coubertin, 1985)

Application of yoga in physical education is examined as method where no commands are used. The activities are not forced upon. Students' participation is of their own volition. No aims should be reached for a definite period. That's the reason why Shri Yogendra defines yoga as unspecific method for physical education.

Classical yoga of Patanjali contains the following interconnected elements:

- \*Yama (self-control)
- \*Niyama (abstention)
- \*Asana (yoga poses)
- \*Pranayama (control of breathing)
- \*Pratyahara (withdrawal of the senses)
- \*Dharana (concentration)
- \*Dhyana (meditation)
- \*Samadhi (super-conscious state) (9, II.29), (Foiershtain, 2001).

Usage of yoga elements in curricular and extracurricular work of physical education should be mainly oriented towards asana practicing, accompanied by elements of breathing control and concentration. Besides that, the physical education teacher and also the students should be acquainted with the elements of YAMA and NIYAMA, without which self-improvement of student's individuality will face serious difficulties. We will briefly examine the content of these two elements.

- YAMA (self-control). Yama is a group of five cultural norms, which the yogi should take into consideration. Everyone who has taken the path through self-improvement by yoga (Foiershtain, 2001) is referred to as yogi). The cultural norm prescribes what should be the yogi behavior at every social situation in interaction with other people. Patanjali shows that those cultural norms are obligatory for everyone, regardless the differences of the social situation, in which a social interaction takes place, and also from the social status of people involved in it (9, II.31), (Foiershtain, 2001). Those norms are as follows (9, II.30), (Foiershtain, 2001):
- AHIMSA (non-violence). That norm requires restriction of behavior, directed towards abstention of violence to other person by thought, speech or action.
- SATYA (truth, authenticity, honesty). Yogi's speech should be distinguished by honesty, sincerity and accuracy when stating facts from reality. The information which the yogi presents should be accurate, precise and useful. It is necessary to be avoided windiness and talking for the sake of talking.
- ASTEYA (abstention from theft). The actions of the yogi should be conformed to the accepted laws of society. That norm doesn't

allow him to obtain something which belongs to someone else by illegal actions. Besides that, this norm requires not to be taken without a reason and purpose time of the other, as well as not to misuse the attention and generosity of our friends.

- **BRAHMACHARYA** (continence). That norm requires abstention from random sexual activity with different partners as well as turning the primitive, self-centered sexual pleasure in priority of human existence.
- **APARIGRAHA** (absence of greed). Greed is defined as ravenous crave for possession of things (material values, power, credit or recognition), which are not needed for normal existence of man. Absence of greed is defined as desire to possess only things, which are necessary for execution of social responsibilities of yogi. That norm includes denial of perfidy and envious thoughts.
- **NIYAMA** (abstention) While the first group of cultural norms is directed towards regulating yogi's relations with the outer social environment, then the second group is directed to formation of basic features of his character. Those are the following five norms (9.II.32), (Foiershtain, 2001):
- **SAUCHA** (purity of body and mind). That norm can be seen in two directions: \ purification of body through usage of water, other necessary substances and cleansing practices, consumption of pure food and usage of clean clothes; \ purification of mind from negative thoughts and emotions, which are blocking the heart's work. Kindness, generosity, tolerance fill the heart of yogi, joy and enthusiasm is emanated from his body.
- **SANTOSHA** (contentment, satisfaction). That rule means to accept without indignation and dissatisfaction what's happening with the yogi or around him. Satisfaction appears to be in the mind of the yogi in a case of success or failure, when acquisition or loss. Yogi is satisfied with what he possesses, which leads to spiritual balance and inner harmony.
- **TAPAS** (heat or flame, askeza). Askeza is a way of living, which corresponds to the asceticism requirements). Simplicity and austerity in way of life is the essence of that norm. Reaching definite personal goal, regardless the area requires the yogi to renounce his actions and activities which turn him away from his purpose. Avoiding small pleasures of life and pleasant experiences requires "burning out" those desires which lead him astray. Rejecting the "inappropriate",

i.e. not leading to the aim self-centered thoughts and laziness requires character and strong will.

- **SVADHYAYA** (study, self-education, independent learning). The wish for self-knowledge, for learning, getting information for physical and social processes in which our life spins is the essence of that rule. In Ancient India that rule is related to studying holy books – Veda and Upanishadi. In the current global age when knowledge is of fundamental value this rule requires independent studying of the last science achievements. As a wellknown fact, science is continuously accumulating new knowledge.
- **ISHVARA-PRANIDHANA** (worshipping and service to Ishvara). That norm requires actualization of its interpretation. **PRANIDHANA** means "absolute devotion", "full dedication" when **ISHVARA** in Hinduism means Superior or High Superior (i.e. God) and master in the social sense of the word, as in Bulgarian the words God and master has the same root. Which is the superior principle which drives the behavior of modern man, who lives in the conditions of democracy and market economy? Without a doubt that's the self-improvement of its personality and achieving social realization. In that sense that culture norm should be viewed as requirement for achieving the life goals of yogi.

## CONCLUSION

As featured above, scientist discover that yoga in sports as essential as other think it causes us in various ways and distinctive levels in a sports men life. We have enhanced our execution by day by day yoga rehearsing keeping in mind the end goal to play out a donning activity productively and adequately, a man needs to have a high level of fixation and center with a mind that is quiet and controlled, Yoga can cause a sportsperson to have uniformity of brain and control of their musings notwithstanding amid stretch or potentially difficulty. Yoga can assume a key part in developing mind control and fixation which causes a sportsperson to perform at their pinnacle leaves and yoga encourages us a ton. Yoga could effectively discover its place as a strategy for physical training, gave that it is executed under the direction of very much prepared educators, who apply it not as religion or medicinal cure however, as in its type of particular engine action with social instructive impact.

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