

An Analysis the Skill of Yoga Fitness Components

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Abstract – Yoga has been practised in ancient times in India. The Vedas, Upanishads, and other religious texts in ancient India provide evidence of its wide practice. Modern age has imposed new prohibitions on mankind viz. anxiety, stress, pollution, and neurotic disorders. In fact, the yoga practices can provide solutions to the current sociological, psychological and physical fitness problems. Yoga aims at awakening kundilini or chi energy or life force through various therapeutic rituals that flow through the body in pathways called meridians. Besides a high level of physical fitness, basketball players should also have developed the technical skills that have shown a significant correlation with the players' physical fitness.

Keywords – Yoga Training, Basketball, Yoga Fitness, Yoga as a Lifestyle for Stress Management

INTRODUCTION

Yoga is not just about fitness, it also improves basic physical conditions. The basic physical form refers to the components of physical fitness, such as body fat, flexibility, muscle strength and cardiovascular endurance. If, in fact, these fitness components are achievable, then enough energy and strength are acquired to perform various activities. Strength is obtained through types of isometric exercises in which body weight is supported by a few muscles. Flexibility comes from intense twisting and stretching of muscles and joints. The improvement of fitness components can be due to the passive movement involved during the execution of the asanas. Also, in the asanas, stretching is applied to muscles that increase strength. This is the difference in asanas and physical exercise. During the execution of the asanas you get postural stability, motor coordination and balance that can be combined with physical exercise[1].

These are the methods used to improve the physiological performance of the body and the respiratory system. These yoga exercises also have a postural training value. Exercise yoga if practiced every day to maintain good health and adequate energy for post-life work.

Several research studies related to yoga have shown that yoga practices can maintain psychophysiological health in athletes. Although it has been observed that yoga practices are useful for improving physical condition, these are not studied in athletes. Therefore, the researcher has planned this study to evaluate the effectiveness of yoga[2].

Why Yoga Training for Basketball Players?

Yoga has been practiced in India from ancient times. The Vedas, Upanishads and other religious texts provide evidences of its wide practice in ancient India.

Modern age has imposed new prohibitions on mankind viz. anxiety, stress, pollution, and neurotic disorders. In reality, the yoga activities can provide answers to the existing sociological, psychological and physical health problems. Yoga aims at awakening kundilini or chi energy or life force in various healing traditions that circulate in channels called meridians through the body. Energy becomes concentrated at certain points which are called chakras. That energy psychologically and physiologically affects the human being. A illness is considered to be a disorder arising from the blockage of that energy, which affects a given organ's molecules and cells. It is a curious occurrence that nerve plexuses were located at the points of these eight imaginary chakras. Although this understanding of energy may or may not be comparable to physical energy, yet the efforts have been rendered to identify and quantify this energy by the scientific community.

Yoga is helpful not only for the cure of diseases but is also helpful in making and keeping already fit and healthy individuals more fit and healthy. Successful performance in sporting events such as basketball, hockey, soccer and others depends on the perfection with which various phases of the event are performed, since performance in one phase depends on other phases. Breathing practice (pranayama) and

contemplation lead to improved relaxation and greater performance[3].

On the other hand, football, hockey, and basketball require different combinations of fitness (physical and motor) and skill execution for successful participation in the games. Thirty minute yoga training improves fitness and execution of skills. The training causes enhancement of the endorphin level of the brain, which is required for neurological functions, leading to an individual's increased endurance and overall vigor, resulting in enhancement of skill execution. Asanas exercise increases health in both physical and movement forms. Asanas includes strengthening different muscle groups at specific joints in multiple variations, and also delivering stimulation to the body's vital organs, which positively impact their work. The gradual stretching and keeping methods of yogic postures are necessary to increase stability to retain efficiency and avoid injury.

Yoga does not promise results the easy, short cut way. It does not either promise quick fixes for all problems but it leads to positive results if followed in a systematic manner. Yoga like other sports requires tremendous dignity, self-discipline and knowledge to carry us beyond the current level of physical, motor, ability and other sport-related attributes.

At various levels, methods such as incremental relaxing (muscle relaxation), breath control, stimulation reflex, autogenic conditioning, systematic desensitization, biofeedback are used to improve physically in athletics. All of these techniques have the same yogic elements, more or less. Yoga will also develop the performance of competitiveness. Meditation can help in improving concentration, which leads to better performance.

Finally, yoga tunes body and helps to better coordinate actions. This puts the air, mind and physical body into balance, allowing the body to function at its maximum capacity for health. It enhances physical well-being and fluidity not only to promote physical well-being as well as to encapsulate any aspect of our being[4].

YOGA PRACTICES

Yoga is an Indian ideology, which in taking psycho-physical homeostasis has been established as a scientific discipline for enriching condition of self-realization. Yoga practice, therefore, is a method of organized application of various kinds of pose (Asanas), breathing (Pranayams), and meditation (Dhyana), mainly aimed at providing psycho-physiological wellbeing and physical fitness.

Yogic writings propound a few practices, for example, yama, niyama, asana, pranayama, pratyahara, shatkarma (purging practices), mudra, bandha, dharana, dhyana (Meditation). Here, we will talk about those rehearses which are ordinarily utilized[5].

Yama and Niyama

These are beginning arrangements of rules that are worried about our lead in individual and social life. These are identified with morals and qualities.

Asana

The word asana means sitting in a particular position that is pleasant and can be consistently maintained for a long time. Asana offers energy and solace, including physically and mentally. There might be varieties in the strategies of a portion of the asanas relying on the accompanying yoga foundations.

Asana may extensively be arranged into three classes:

- 1) Social or Remedial asana
- 2) Meditative asana
- 3) Relaxative asana

Social asanas can additionally be ordered into two gatherings, contingent upon the impacts created:

- 1) asana that work through and on the spine and instinctive organs.
- 2) asanas that work through the skeletal muscles, tendons and joints.

Reflective asanas are those asanas which are gone for calm sitting and are utilized for higher practices in yoga. Padmasana, Swastikasana, Sukhasana and Siddhasana can be placed in this class.

Relaxative asanas are those which evacuate stress and realize physical and additionally mental unwinding. The imperative asanas in this class are Shavasana and Makarasana.

Rules for the Act of Asanas

- By and large, the asanas are rehearsed in the arrangement of standing, sitting, inclined lying and prostrate lying position. Despite the fact that there is other rendition which takes after various grouping.
- Asanas must not be drilled in flurry or by applying any kind of undue power and under a criticalness. Bastards ought to be kept away from.
- Asanas ought to be performed with body and breath mindfulness. There ought to be coordination amongst breath and development of body-parts.
- when in doubt, breathe in while raising any piece of the body and breathe out when twisting down.

- The professional needs to take after guidelines truly with ideal consideration.
- Last position ought to be achieved gradually well ordered and ought to be kept up with shut eyes for building up an internal mindfulness inside the body.
- Last position of asanas must be kept up for whatever length of time that one is agreeable. One ought to keep up the last stance as per one's own constraints and ought not go past one's ability.
- Amid support of conclusive position of asana, there ought to in a perfect world be no tremors or any kind of distress.
- A most extreme care must be set aside in expanding the ideal opportunity for keeping up the asanas.
- Consistent practice is basic. Body begins tuning in to your charge simply after a standard and industrious preparing for an adequate timeframe. In the event that normality is bothered because of a few reasons, at that point one should continue the training inside least time.
- In the underlying stage, asanas include de-molding and reconditioning forms. In this manner, at first, one may feel minimal exhausted after the training yet following couple of days' training, body and psyche get balanced and one begins encountering a sentiment of prosperity and joy once more[6].

Pranayama

Pranayama comprises of the breathing systems which are identified with the control of breath or respiratory process. Pranayama famously known as 'yogic breathing', includes a cognizant control of our breathing example.

The health of the respiratory framework relies on the quality and in addition the amount of air breathed in by the individual. It likewise rely upon the beat and culmination of the relaxing. Through pranayama, an expert favorably works with her/his respiratory, cardiovascular and the sensory system which realize enthusiastic security and genuine feelings of serenity.

It has three phases known as puraka, rejecka, and kumbhaka. PUraka is regulated by inward respiration; rejecka is controlled by exhalation, and kumbhaka is guided by breath management. At first, the exhalation (Rechaka) might be somewhat more delayed in contrast with inward breath (Puraka). Emphasis on 1:2 proportion before all else may demonstrate counterproductive. As we hone, 1:2 proportion is come to in characteristic way.

RULES FOR THE ACT OF PRANAYAMA

- Ftanayama ought to be done ideally after the act of asanas.
- Breathing in pranayama ought to be done through the nose just aside from sheetali and sheetkari.
- Amid pranayama, there ought not be strain in facial muscles, eyes, ears, neck, shoulders or some other piece of the body.
- During pranayama, eyes ought to stay shut.
- In the starting, one ought to know about the normal stream of the relaxing. Make inward breath and exhalation delayed in a slow way.
- While watching breathing, take care of your stomach development which swells a bit amid inward breath and goes in a bit amid exhalation.
- in the first place organize one should figure out how to keep up in continuous way the 1:2 proportion of breathing which implies exhalation time ought to be twofold the inward breath. In any case, while honing pranayama, don't make flurry in turning to any of the previously mentioned perfect proportion.
- Kumbhaka (maintenance of breath) ought not be performed in the underlying stage. After a drawn out routine with regards to the 1:2 proportion, one ought to take in the maintenance of breath under the direction of an equipped instructor.
- The perfect proportion as indicated by convention is 1 (puraka): 4 (kumbhaka): 2 (rechaka). Kumbhaka must not be depended on except if one has experienced adequate routine with regards to 1: 2 proportion.

Pratyahara

With regard to pratyahara, yogic routine implies the withdrawal of faculties from sense organs to control mind. The awareness about the outside touch is pulled back in pratyahara and put inside. Introspection, reviewing great books are a few activities that can be of assistance in pratyahara.

Bandha and Mudra

Bandha and Mudra are the works on including control of certain semi-deliberate and automatic muscles in the body. These works on achieve deliberate control and tone up the inward organs.

Shatkarma/Kriya (Purifying Procedure)

Shatkarma implies six karmas or kriyas. Karma / kriya means 'doing.' Shatkarma contains purificatory types that by detoxifying them wash down the body's individual organs. The sanitization retains sound body and mind.

There are six purifying techniques in Hatha's yogic texts. These are Neti, Dhauti, Basti, Trataka, Nauli, Kapalabhati and others. These are used by the use of water, air or control of specific organs of the body to clean the internal organs or frameworks.

Rules for the Act of Kriyas

- Kriyas ought to be finished with an unfilled stomach. Thusly, they ought to be done ideally toward the beginning of the day.
- Kriyas ought to be performed under supervision of a specialist.
- Each kriya has particular process which ought to be entirely clung to.
- Different things like water, salt, air, control are utilized for each kriya.

Meditation

Meditation is a training which helps in grouping of the body and brain. In Meditation, fixation is focussed for quite a while on a solitary question like tip of the nose, space between eyebrows, and so forth. It builds up a feeling of prosperity and enhances memory and basic leadership control in the individual[7].

Rules for the Act of Meditation

- Routine with regards to asana and pranayama if performed before contemplation will help in creating capacity to sit in one position for an impressive timeframe in Meditation.
- Select a tranquil quiet and calm place for the act of Contemplation.
- Allow your eyes to get shut delicately to go into an internal mindfulness.
- A reflective practice welcomes numerous considerations, recollections and feelings may surface on mind. Remain non-receptive to them.
- As you proceed with this procedure for at some point, you may feel a conceptual and a non-particular attention to the entire body. Presently proceed with the entire body mindfulness. If there should be an occurrence of any trouble return to the breathing mindfulness.

- At the outset it is, for the most part hard to watch the breath. In the event that mind meanders, don't feel regretful. Gradually yet immovably convey your Introspection regarding your breath[8].

Physical Fitness

1. It is the ability to work that relies on each other's physical, intellectual, cognitive, social and spiritual elements of health.
2. Physical fitness is characterized as the ability to carry out muscle work satisfactorily under certain conditions and can be evaluated [9].

GENERAL RULES FOR YOGIC PRACTICES

Yoga might be presented from the essential level onwards in casual ways, however formal presentation of yogic activities should start. The yoga education programs must be delivered to the children and there should be some insights for them to study this subject without anyone else, regardless of what is being taught in the classroom. . Yogic exercises should be possible by all children incorporating youngsters with extraordinary necessities. Be that as it may, youngsters with uncommon requirements ought to play out these exercises in counsel with yoga specialists/yoga educator according to their ability[10].

- The yogic practices should begin with a calm disposition which could be achieved by recounting a short petition.
- Exercises such as lower leg bending, knee bowing, finger development, hand squeezing, wrist bowing, wrist transformation, elbow bowing, bear turn and eye formation are important. Following this you can drill Surya Namaskara.
- Regularity of training is basic both in the physical and mental parts of yoga.
- Patience is a critical necessity for yoga. Try not to lose hope in the event that you don't succeed today in completing a specific asana or in following a correct standard of lead. Perseverance in your endeavors is required. Achievement will accompany time.
- Do not contend but rather participate. A soul of rivalry is a clear obstruction on the way of yoga. Rivalries feed our inner self while yoga encourages us to transcend our sense of self.
- Yogic practices ought to be learnt under the direction of experienced educator.
- Some yogic practices ought to be polished on a void or on a light stomach.

- Early morning is the perfect time for yoga hone however it can likewise be honed at night.
- Yoga ought not be drilled in rush or when you are depleted.
- Select an all-around ventilated, clean and non-exasperating spot for your training.
- Yogic practices ought not be performed on hard surface. A durry, a tangle or a cover can be utilized for this reason.
- Washing before the training is great. Utilize chilly or warm water according to the necessity of the individual and season.
- Garments ought to be free and agreeable while playing out the yogic practices.
- Breathing ought to be as ordinary/regular as could be expected under the circumstances. It isn't to be controlled except if trained particularly to do as such.
- There are restrictions of yogic practices. In the event that you are experiencing any issue or incessant sickness, educate your educator before beginning yogic practices .
- Yogic practices ought to be received based on the rule of advance. At introductory stage, simple practices ought to be embraced. May be rehearsed later on more troubling ones. Start with simple yogic practices along these lines, and start propelling hones step by step.
- Yogic activities in the same session should not be linked to other physical exercises. These are two different kinds of activities and could be practiced individually. Yogic practices can be carried on at home once they are legitimately learnt in the school.
- Yoga has a more extensive importance. In this way, aside from asana and pranayama, one should hone moral and moral qualities throughout everyday life.

YOGA AS A LIFESTYLE FOR STRESS MANAGEMENT

You have learnt about asana, pranayama, kriya, mudra, bandha and contemplation in prior class. Notwithstanding, yoga isn't constrained to the physical stances, breathing strategies or contemplation for a couple of minutes just rather yoga is a lifestyle moreover. It propounds a few standards including asana, pranayama, kriya, mudra, bandha and contemplation which are pertinent to solid living. Yogic standards of sound living can be embraced by all, regardless of age, sexual orientation, calling or place. As a lifestyle, yoga provides guidance about

sustenance, dietary patterns, considering, recreational means and lead. Yogic lifestyle, if received in obvious sense, enables us to manage stress and in advancing physical and psychological wellness[11].

The parts of yogic lifestyle are:

- Ahara (Foodj)
- Vihara (Unwinding)
- Achara (Lead)
- Vichara (Considering)
- Vyavahara (Conduct or activities)

Ahara (Nourishment)

The standards of ahara are identified with nourishment utilization. Yoga underscores on mitahara, which are identified with quality and amount of sustenance and furthermore the perspective amid the admission of nourishment. With respect to the quality, the idea of mitahara infers that sustenance ought to be crisply cooked, nutritious, supporting and in the common shape. Concerning of sustenance, mitahara notices that two fourth of the stomach ought to be loaded with nourishment, one fourth of stomach ought to be loaded with fluid and the rest of the quarter (one-fourth) of the stomach ought to be left unfilled with the expectation of complimentary stream of air. This suggests amount of sustenance may shift from individual to individual contingent on the individual prerequisites. It is extremely common that a sportsperson will require more sustenance when contrasted with a man who is doing work area work. Mitahara additionally advocates that the sustenance ought to be eaten with positive perspective with most extreme focus. You may have watched on the off chance that somebody eats while viewing the TV or in an irate state of mind or when her/his consideration is elsewhere, at that point she/he keep an eye on simply swallow down the nourishment without appreciating it. Thus, the perspective is likewise vital while eating. In this manner, mitahara underscores that correct quality and amount of nourishment ought to be eaten in positive perspective.

Vihara (Unwinding)

Vihara implies unwinding, which can be achieved by exercises, for example, exercise, amusement and imaginative exercises like illustration, painting, singing, and so on. These exercises help to control and channelise our feelings and bring us bliss and joy. Yogic practices of asana, pranayama and contemplation unwind body and brain. Furthermore, unwinding can be accomplished following after some admirable people too. Sound rest is additionally imperative for unwinding. It is, subsequently, vital that we ought to consistently take after a timetable that

gives satisfactory time to yogic and imaginative exercises.

Achara (Lead)

Achara implies lead that incorporates feelings, states of mind, wants, impulses and propensities. Right direct is basic for a calm life. Positive feelings, inspirational mentalities, great propensities and control on wants assistance in making us solid, both, independently and socially. The correct lead shields us from superfluous stress. Along these lines, we ought to have control on our wants, impulses, feelings, propensities and states of mind. Here, yoga is vital as it supports great lead in our own and social life. Yoga advocates for constructive feelings and uplifting mentality towards self and different people. Yogic standards of Yama (limitation) and Niyama (recognition) help to create control on our wants and feelings and realize peace and congruity.

Vichara (Considering)

We realize that musings are essential as our conduct is guided by the sort of considerations we have. Our reasoning ought to be sure. Positive musings get delight our life; while negative considerations can make us troubled. Right reasoning aides us towards suitable conduct. It helps in counteractive action and management of stress-related medical issues. Yoga recommends that one ought to have positive contemplations. Positive musings give us quality to hold up under the distresses of life. Yogic practices like pratyahara, and dhyana (contemplation) help us in controlling our considerations and in this manner advancing hopefulness throughout everyday life.

Vyavahara (Conduct or Activity)

Vyavahara (conduct) implies activities. Vyavahara is the consequence of ahara, vihara, achara and vichara. Yogic logic propounds that our activities ought to be correct. We ought not be enjoyed wrong exercises. Our conduct towards others ought to be fitting. Karma-Yoga suggests that we ought to perform right act with full commitment without stressing over the outcomes. We can remain peaceful and wind up glad in the event that we take after this rationality and act in like manner.

CONCLUSION

Yoga intervention helps to improve physical fitness as required for novice female Basketball players. Based on various literature, this study has been delimited to five variables of physical fitness viz., agility, flexibility, strength and power, speed and body fat, whereas three variables in skill viz., shooting ability, passing accuracy and dribbling, which are found essential for success in Basketball. Yoga is helpful not only for the cure of diseases but is also helpful in making and keeping already fit and healthy individuals more fit and healthy. The successful performance in sporting

events such as basketball, hockey, soccer and others depends on the perfection with which different phases of the event are performed, as performance in one phase depends on other phases. Breathing exercise (pranayama) and meditation results in improved concentration and performance.

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