

A Study of Yoga in Physical Education and Sports

Deepak Saini^{1*} Dr. Sukhbir Sharma²

¹ Research Scholar of OPJS University, Churu, Rajasthan

² Associate Professor, OPJS University, Churu, Rajasthan

Abstract – Yoga is basically a profound control dependent on an incredibly unobtrusive science, which centres on bringing congruity among psyche and body. It is a craftsmanship and science of sound living. The word 'Yoga' is gotten from the Sanskrit root 'Yuj', signifying 'to join' or 'to burden' or 'to join together'. According to Yogic sacred texts the act of Yoga prompts the association of individual cognizance with that of the Universal Consciousness, showing an ideal agreement between the psyche and body, Man and Nature. As indicated by current researchers, everything known to mankind is only an appearance of a similar quantum atmosphere. One who encounters this unity of presence is said to be in yoga, and is named as a yogi, having achieved a condition of opportunity alluded to as mukti, nirvana or moksha. Along these lines the point of Yoga is Self-acknowledgment, to beat a wide range of sufferings prompting 'the condition of freedom' (Moksha) or 'opportunity' (Kaivalya). Living with opportunity in varying backgrounds, wellbeing and agreement will be the principle destinations of Yoga practice.

Keywords: Yoga, Physical Education, Sports, Man and Nature, Yoga Practice.

INTRODUCTION

"Yoga" additionally alludes to an inward science involving an assortment of strategies through which individuals can understand this association and accomplish authority over their destiny. Yoga, being generally considered as an 'eternal social result' of Indus Saraswati Valley progress – going back to 2700 B.C., has substantiated itself taking into account both material and profound upliftment of humanity. Basic compassionate qualities are the very character of Yoga Sadhana. The act of Yoga is accepted to have begun with the very first light of development. The exploration of yoga has its cause a large number of years prior, sometime before the primary religions or conviction frameworks were conceived. In the yogic legend, Shiva is viewed as the principal yogi or Adiyogi, and the primary Guru or Adi Guru.

A few thousand years back, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi emptied his significant learning into the unbelievable Saptarishis or "seven sages". The sages conveyed this amazing yogic science to various pieces of the world, including Asia, the Middle East, Northern Africa and South America. Strangely, present day researchers have noted and wondered about the nearby parallels found between antiquated societies over the globe. Notwithstanding, it was in India that the yogic framework discovered its fullest articulation. Agastya,

the Saptarishi who traversed the Indian subcontinent, made this culture around a center yogic lifestyle.

Various seals and fossil survives from Indus Saraswati valley progress with Yogic intentions and figures performing yoga show the nearness of Yoga in India. The Number of seals and fossil survives from Indus Saraswati valley development with Yogic thought processes and figures performing Yoga Sadhana recommend the nearness of Yoga in old India. The phallic images, seals of icons of mother Goddess are suggestive of Tantra Yoga.

YOGA AND ITS DEVELOPMENT

Nearness of Yoga is accessible in people customs, Indus valley human advancement, Vedic and Upanishadic legacy, Buddhist and Jain conventions, Darshanas, sagas of Mahabharat and Ramayana, mystical customs of Shaivas, Vaishnavas, and Tantric conventions. Also, there was a primordial or unadulterated Yoga which has been showed in enchanted customs of South Asia.

This was when Yoga was being drilled under the immediate direction of Guru and its spiritual esteem was given uncommon significance. It was a piece of Upasana and yoga sadhana was inbuilt in their customs. Sun was given most astounding significance amid the vedic period.

The act of 'Surya namaskara' may have been concocted later because of this impact. Pranayama was a piece of day by day custom and to offer the oblation. In spite of the fact that Yoga was being rehearsed in the pre-Vedic period, the incomparable Sage Maharshi Patanjali systematized and classified the then existing practices of Yoga, its importance and its related information through his Yoga Sutras. After Patanjali, numerous Sages and Yoga Masters contributed extraordinarily for the conservation and improvement of the field through their very much recorded practices and writing.

Suryanamaskara Historical confirmations of the presence of Yoga were found in the pre-Vedic period (2700 B.C.), and from that point till Patanjali's period. The psychological sources, from which we get the data about Yoga rehearses and the related writing amid this period, are accessible in Vedas (4), Upanishads(108), Smritis, lessons of Buddhism, Jainism, Panini, Epics (2), Puranas (18) and so forth.

Likely, the period between 500 BC - 800 A.D. is considered as the Classical time frame which is additionally considered as the most rich and conspicuous period in the history and improvement of Yoga. Amid this period, analyses of Vyasa on Yoga Sutras and Bhagawadgita and so forth came into existence. This period can be predominantly committed to two incredible religious education of India – Mahavir and Buddha.

The idea of Five incredible pledges – Pancha mahavrata-by Mahavir and Ashta Magga or eightfold way by Buddha - can be very much considered as early nature of Yoga sadhana. We locate its progressively unequivocal clarification in Bhagawadgita which has intricately introduced the idea of Gyan yoga, Bhakti yoga and Karma Yoga. These three kinds of yoga are as yet the most elevated case of human insight and even today individuals discover harmony by following the techniques as appeared in Gita. Patanjali's yoga sutra other than containing different parts of yoga is for the most part related to eight overlay way of Yoga. The significant critique on Yoga sutra by Vyasa was likewise composed. Amid this very period the part of brain was given significance and it was obviously brought out through Yoga sadhana, Mind and body both can be conveyed leveled out to encounter equanimity. The period between 800 A.D. - 1700 A.D. has been perceived as the Post Classical period wherein the lessons of extraordinary Acharyatrayas- Adi Shankracharya, Ramanujacharya, Madhavacharya-were conspicuous amid this period. The lessons of Suradasa, Tulasidasa, Purandardasa, Mirabai were the extraordinary supporters amid this period. The Natha Yogis of Hathayoga Tradition like Matsyendaranatha, Gorkshanatha, Cauranginatha, Swatmaram Suri, Gheranda, Shrinivasa Bhatt are a portion of the incredible identities who promoted the Hatha Yoga works on amid this period

The period between 1700 - 1900 A.D. is considered as Modern period in which the incomparable Yogacharyas-Ramana Maharshi, Ramakrishna Paramhansa, Paramhansa Yogananda, Vivekananda and so forth have contributed for the advancement of Raja Yoga. This was the period when Vedanta, Bhakti yoga, Nathayoga or Hatha-yoga prospered. The Shadanga-yoga of Gorakshashatakam, Chaturanga-yoga of Hathayogapradipika, Saptanga-yoga of Gheranda Samhita, were the principle tenets of Hatha-yoga.

Presently in the contemporary occasions, everyone has feeling about yoga rehearses towards the protection, upkeep and advancement of wellbeing. Yoga has spread everywhere throughout the world by the lessons of incredible identities like Swami Shivananda, Shri T.Krishnamacharya, Swami Kunalayananda, Shri Yogendara, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya Rajanish, Pattabhijois, BKS. Iyengar, Swami Satyananda Sarasvati and so forth.

B.K.S. Iyengar was the organizer of the style of yoga known as "Iyengar Yoga" and was viewed as one of the preeminent yoga education on the planet

The roots of yoga involve debate. There is no agreement on its sequence or explicit birthplace other than that yoga created in antiquated India. Recommended causes are the Indus Valley Civilization (3300– 1900 BCE) and pre-Vedic Eastern conditions of India, the Vedic time frame (1500– 500 BCE), and the śramaṇa movement. According to Gavin Flood, progressions may exist between those different customs:

[T]his dichotomization is unreasonably shortsighted, for coherencies can without a doubt be found among renunciation and vedic Brahmanism, while components from non-Brahmanical, Sramana customs additionally had a significant impact in the arrangement of the renunciate ideal.

Pre-philosophical hypotheses of yoga start to develop in the writings of c. 500 – c. 200 BCE. Between 200 BCE and 500 CE, philosophical schools of Hinduism, Buddhism, and Jainism were taking structure and a cognizant philosophical arrangement of yoga started to emerge. The Middle Ages saw the improvement of many satellite conventions of yoga. Yoga went to the consideration of an informed western open in the mid nineteenth century alongside different themes of Indian logic.

THE FUNDAMENTALS OF YOGA SADHANA

Yoga takes a shot at the dimension of one's body, psyche, feeling and vitality. This has offered ascend to four expansive orders of Yoga: karma yoga, where we use the body; bhakti yoga, where we use the

feelings; gyana yoga, where we use the psyche and intellect; and kriya yoga, where we use the vitality.

Every arrangement of Yoga we practice would fall inside the extent of at least one of these classifications. Each individual is a one of a kind blend of these four elements. "All the old editorials on Yoga have focused on that it is basic to work under the bearing of a Guru." The reason being that lone a Guru can blend the fitting mix of the four major ways, as is important for each seeker. Yoga Education: Traditionally, Yoga Education was affected by proficient, experienced, and astute people in the families (tantamount with the instruction conferred in religious circles in the west) and afterward by the Seers (Rishis/Munis/Acharyas) in Ashramas (contrasted and monasteries). Yoga Education, then again, goes for dealing with the individual, the 'Being'. It is assumed that a decent, adjusted, incorporated, honest, spotless, straightforward individual will be progressively helpful to oneself, family, society, country, nature and mankind on the loose. Yoga education is 'Being focused'. Subtleties of working with 'being focused' angle have been sketched out in different living conventions and writings and the technique adding to this significant field is known as 'Yoga'.

Present days, Yoga Education is being conferred by numerous prominent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy schools and Private trusts and social orders. Numerous Yoga Clinics, Yoga Therapy and Education Centers, Preventive Health Care Units of Yoga, Yoga Research Centers and so forth have been set up in Hospitals, Dispensories, Medical Institutions and Therapeutic setups.

Diverse social traditions and customs in India, the place that is known for Yoga, mirror adoration for environpsychological equalization, resistance towards different frameworks of thought and a merciful viewpoint towards all creations. Yoga Sadhana everything being equal and hues is viewed as panacea for a significant life and living. Its introduction to an extensive wellbeing, both individual and social, makes it a commendable practice for the general population all things considered, races and nationalities.

ROLE OF YOGA IN PHYSICAL EDUCATION

In the previous 30 years, youth stoutness has dramatically increased in kids and quadrupled in teenagers, which implies that more than 33% of our country's childhood are overweight or hefty (CDC, 2015). This pandemic of youth heftiness accompanies a variety of sad and well-known, results, both in the short and long haul.

Yoga is a sound lifestyle, began in India. Presently it is accepted to be a type of science acknowledged everywhere throughout the world. The western culture

additionally is tolerating it as a sound type of logical exercise. In spite of the fact that the source of yoga is dark, it has a long custom. In course of time, different schools of yoga created. The significant schools of yoga are Jnana yoga, Bhakti yoga, Karma yoga and Raja yoga. These schools of yoga advocate specific sort of strategy which incorporates an assortment of systematized practices of yoga relying upon their specific methodology. Be that as it may, all these are prompting the shared objective of self-acknowledgment and incorporation of body and psyche.

Yoga for a typical individual contains the acts of yama, niyama, asana, pranayama, pratyahara, kriya, mudra, bandha and contemplation which are useful to keep one physically fit, rationally alert and genuinely adjusted. This at last gets ready ground for the profound improvement of a person.

The psychological accentuation of the present yoga educational modules for school-going kids is to build up their physical wellness, psychological advancement and passionate dependability as opposed to on the otherworldly part of yoga.

Stances or asanas structure a significant premise of these educational modules. These have, accordingly, been given more weight age. However, other yogic exercises have additionally been incorporated into the educational programs.

The word 'Yoga' is gotten from Sanskrit root yuj which signifies 'join' or 'join together'. This might be taken as the association of body, psyche and soul, and is utilized in the writing both as an end just as methods. As an end, yoga implies 'reconciliation of identity' at the most abnormal amount. As methods, yoga incorporates different practices and systems which are utilized to accomplish the advancement of such coordination. These practices and strategies are implied in the yogic writing and are also alluded by and large as 'Yoga'.

Importance of Yoga in physical education

Great Health is the privilege of each individual. Be that as it may, this privilege relies upon individual, social and natural variables. Alongside social or ecological variables to a substantial degree, we can build up a superior unsusceptible framework and a superior view of oneself with the goal that different conditions don't influence us antagonistically and we can accomplish great wellbeing.

Wellbeing is a positive idea. Positive wellbeing does not mean only opportunity from infection, however, it additionally incorporate a joyous and lively sentiment of prosperity with a measure of general opposition and ability to effectively develop unsusceptibility against explicit culpable specialists.

There are numerous advanced and indigenous techniques and orders that can push us to effectively battle with ailments. For instance, the arrangement of yoga, naturopathy, ayurveda, unani, homeopathy and siddha can be cited among indigenous frameworks, though allopathic framework is cited as the cutting edge and well known restorative framework. Yoga is a standout amongst the most dominant drugless arrangement of treatment. It is having its own idea of wellbeing which has been deductively comprehended and displayed by many. Yoga can be received as way of life for advancing our physical and psychological well-being. Yoga, whenever presented at the school level would instill solid propensities and sound way of life to accomplish great wellbeing.

The point of yoga in this way, at the school level, is to empower a positive and solid way of life for physical, psychological and passionate wellbeing of youngsters. Yoga helps in the advancement of solidarity, stamina, continuance and high vitality at physical dimension. It likewise enables oneself with expanded fixation, quiet, harmony and happiness at psychological dimension prompting inward and external amicability.

Yogic Practices in physical instruction

Yoga might be presented from the essential dimension onwards in casual ways, yet formal presentation of yogic activities should start just from Class. The yoga educational modules must deliver itself to the youngsters and there ought to be a few insights to them to take up an investigation of this subject alone notwithstanding what is being instructed in the class. Yogic exercises should be possible by all youngsters incorporating kids with uncommon necessities. In any case, kids with uncommon requirements ought to play out these exercises in interview with yoga specialists/yoga educator according to their ability.

- The yogic practices should begin with a calm state of mind which could be achieved by presenting a short petition.
- It is psychological that body ought to be set up by exercises, for example, lower leg twisting, knee bowing, finger developments, hand grasping, wrist bowing, wrist revolution, elbow bowing, bear pivot and eye development. After this, Surya Namaskara can be practised.-
- Regularity of education is basic both in the physical and psychological parts of yoga.
- Patience is a significant prerequisite 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 rule of direct. Perseverance in your endeavors is required. Achievement will accompany time.
- Do not contend but rather coordinate. A soul of rivalry is a distinct obstruction on the way of

yoga. Rivalries feed our personality while yoga causes us to transcend our conscience.

- Yogic practices ought to be learnt under the direction of experienced instructor.
- Some yogic practices ought to be rehearsed on a void or on a light stomach.
- Early morning is the perfect time for yoga practice however it can likewise be drilled at night.
- Yoga ought not to be drilled in rush or when you are depleted.
- Select a well-ventilated, clean and non-irritating spot for your education.
- Yogic practices ought not to be performed on hard surface. A durry, a tangle or a cover can be utilized for this reason.
- Bathing before the education is great. Utilize cold or warm water according to the prerequisite of the individual and season.
- Clothes ought to be free and agreeable while playing out the yogic practices.
- Breathing ought to be as typical/common as could reasonably be expected. It isn't to be controlled except if trained explicitly to do as such.
- There are restrictions of yogic practices. In the event that you are experiencing any issue or perpetual illness, illuminate your educator before beginning yogic practices.
- Yogic practices ought to be received based on the rule of advancement. At introductory stage, simple practices ought to be received. Later on increasingly troublesome ones can be polished. In this way, begin with straightforward yogic practices and bit by bit continue to do propel rehearses.
- Yogic practices ought not to be joined with other physical exercises in same session. These are two distinct sorts of exercises and could be independently rehearsed.
- Yogic practices can be carried on at home once they are legitimately learnt in the school.
- Yoga has a more extensive significance. Accordingly, aside from asana and pranayama, one should rehearse moral and moral qualities throughout everyday life.

YOGA TO CONTROL DANGEROUS DISEASES

Elevated cholesterol, hypertension, coronary illness, Diabetes, malignant growth, stroke

The issue is critical, for our childhood, yet for us as guardians, as educators, as overseers and as confided in grown-ups, to give them direction, backing and condition for a more advantageous future. Obviously the kids in our nation merit a superior arrangement than what we've been giving them, and now is the ideal opportunity.

Obviously, it is notable that great nourishment and physical movement are basic for the sound improvement and weight support of youngsters and adolescents. What's more, being that our kids and youngsters go through, all things considered, 7 hours of their day at school, we trust that schools have the ability to positively affect understudy wellbeing results, especially through the incorporation of activity amid P.E. furthermore, break.

Yoga as P.E

As a piece of the push to get our schools and understudies going, yoga gives one method for improving the standard Physical Education educational programs to be without a moment's delay progressively comprehensive and increasingly significant to understudies of all ages. In addition to the fact that yoga builds upon essential occupants of physical wellness, for example, muscle quality, bone quality and adaptability, however it does as such in a manner that is formatively fitting, open, and non-aggressive for understudies of assorted limits.

Yoga Ed. in reality goes past the conventional model of P.E. to upgrade mindfulness, self-administration and self-adequacy, helping understudies to fabricate psychological abilities and attract associations with their regular daily existence such that group activities may not. As it were, yoga enables understudies to create solid instruments that engage them to assume responsibility for their very own wellbeing, not simply to exceed expectations on the field. They figure out how to watch their requirements and their condition, and get purposeful about how they feed, move, and regard their bodies as long as possible.

For any physical movement for kids and teenagers to be effective in developing more beneficial results, it should really get understudies to really be physically dynamic. Yoga does this, and great. As a weight-bearing action, yoga animates bone development and advancement, and can prompt more prominent muscle quality, perseverance and adaptability. Truth be told, specialists at the Los Angeles Charter College of Education found that understudies who partook in Yoga Ed. classes experienced huge gains in chest area quality more than one year when contrasted with school locale implies. What's more, despite the fact

that not all yoga is essentially vigorous exercise, classes that do get understudies' hearts siphoning can help improve cardiovascular wellness. Research recommends that yoga can decrease pulse, lower cholesterol levels, and intervene glucose, and a normal yoga practice has even shown noteworthy impacts on the administration of weight.

Obviously, the equivalent could be contended for most exercises in any given P.E. class, so how does yoga look at?

One examination directed at Sunset Beach Elementary School in Hawaii uncovered that understudies who took an interest in the Yoga Ed. educational programs as an option to P.E. in reality recorded an expansion in the quantity of steps every moment contrasted with their companions in the conventional P.E. class. They were increasingly dynamic at school, and considerably more, yoga understudies exhibited an expansion in moderate to vivacious physical action and a reduction in inactive conduct and worry outside of class also. Greater development, in school and out. We'd call that a decent begin.

In any case, yoga does as such substantially more than get understudies' bodies going, and it really satisfies needs that a conventional P.E. educational module regularly does not. For one, in most group activities, the exercises ordinarily aren't centered on building up a youngster's individual improvement, feeling of equalization and space, and general coordination. While children may adapt unmistakable ranges of abilities, for example, kicking or tossing, they don't frequently left away with an improved feeling of comprehensive body-mindfulness.

Dwindle Balding, a Physical Education instructor in Honolulu, Hawaii, understood that after coordinating Yoga Ed. into his classes, his understudies created body quality and adaptability that served them in their improvement and in their regular daily existences, outside of games and outside of class. With so much time spent in class or before a PC, TV or telephone, numerous children and teenagers pass up building up that crucial real mindfulness, and may not realize their bodies all around ok to truly assume responsibility for their wellbeing.

Yoga gives them that control, and does significantly more to advance their wellbeing through the improvement of key social, enthusiastic, psychological and scholarly psychological abilities, for example, consideration and center, basic leadership, participation, stress the board and compassion.

Yoga, for Everyone

Indeed, even in light of these focal points, one of the more unpretentious advantages of coordinating yoga into P.E. is that yoga is profoundly non-aggressive and forcefully centered around gathering the

necessities of people where they are, without judgment and without desire. This is immensely amazing, the same number of times it is the kids and youngsters who need physical action the most who observe taking an interest in physical action to be the most troublesome, the most overpowering, and even the most disgracing.

Figuring out how to urge understudies to move and exercise their bodies, to sweat and battle and develop without humiliation, or dread of "losing", is psychological to manufacturing a way to a more advantageous future. Simultaneously, understudies likewise get the opportunity to encounter the unimaginable quality and capability of their bodies, regardless of the amount they gauge or what they look like. (What's more, past weight or wellbeing status, what number of other kids and youngsters experience the ill effects of weaknesses they could utilize a break from?) Yoga cuts out the space for these youngsters to become more acquainted with themselves, and far superior, to adore themselves, just as to acknowledge and regard the various structures and states of their companions.

Getting yoga consolidated into the P.E. educational modules doesn't need to overwhelm, particularly on the grounds that Yoga Ed. fortifies the National Standards for Physical Education and Health that are as of now set up, in the United States and abroad. Yoga doesn't topple the present framework, it just offers a new point of view on how understudies can improve their very own wellness and experience practice in another manner.

PERSONALITY DEVELOPMENT THROUGH YOGA

Improvement of identity is a significant issue. Identity begins creating since birth, however it accept incredible significance amid youthfulness, when redesign of identity happens.

Identity is an extremely basic term which is utilized in our everyday life. It discloses to us what sort of individual one is. We realize that every individual by and large carries on reliably in the vast majority of the circumstances. The instances of this consistency can be found in an individual who stays inviting or an individual who is commonly kind or supportive much of the time. Such a steady example of conduct is named as identity. It very well may be called as the aggregate of conduct that incorporates frames of mind, feelings, considerations, propensities and attributes. This example of conduct is trademark to a person.

There are different elements of identity. These measurements are identified with physical, passionate, scholarly, social and otherworldly parts of our conduct. For comprehensive identity advancement, yoga assumes a significant job.

Yoga and Personality Development

Yogic practices are discovered viable for advancement of all components of identity.

The yogic practices that impacts improvement of various elements of identity.

Yoga and Physical Dimension of Personality: Physical measurement is identified with our body. It implies that all organs and frameworks of our body ought to be legitimately created and work. It infers a sound body with no ailment. Yogic practices like asana, pranayama, and bandha assume a gainful job in physical improvement of youngsters. There is a progression of asanas and pranayamas which help to improve the working of the body.

Yoga and Emotional Dimension of Personality: Yogic practices are viable for advancement of enthusiastic measurement identified with our sentiments, dispositions and feelings. There are two sorts of emotions— positive and negative. For instance love, considerations are certain feelings, while outrage and dread (test fear) are negative feelings. Likewise, our emotions and dispositions might be sure and negative. For passionate improvement, constructive sentiments, frames of mind and feelings ought to be created and contrary ones ought to be controlled, as the adverse demeanors and feelings fill in as a psychological barrier for the advancement of identity. Yoga assumes a vital job being developed of positive feelings. It brings enthusiastic soundness. It controls negative feelings. Yogic practices, for example, yama, niyama, asana, pranayama, pratyahara and reflection help in enthusiastic administration. For instance, the standard of peacefulness will shield us from negative feelings and create positive sentiments of affection and generosity. Thus, different standards of yama and niyama will create constructive feelings and frames of mind in our own and public activity and in this manner help in the administration of feelings.

Yoga and Intellectual Dimension of Personality: Intellectual improvement is identified with the advancement of our psychological capacities and procedures, for example, basic reasoning, memory, discernment, basic leadership, creative energy, inventiveness, and so on. Advancement of this measurement is significant as it empowers us to adapt new things and secure learning and abilities. Yogic practices, for example, asana, pranayama, dharana, dhyana (reflection) help to create fixation, memory and in this manner help in scholarly advancement.

CONCLUSION

Yoga and Pranayama has an ancient past for the mankind. It is an Indian logic which has been developed from the dirt of this nation. Numerous logical examinations on Yoga and Pranayama have just been done in past, which built up that Yoga and

Pranayama is a compelling way to look after wellbeing, wellness and identity of average citizens as a rule. In any case, these days numerous individuals guarantee value of Yoga and Pranayama in games, a little is thought about its effect on their wellbeing related wellness and Performances of Athletics players. In this manner, the present examination is by all accounts consistent.

If there should be an occurrence of wellbeing related physical wellness, truth be told, there are several of feelings about the quantity of its segments. Notwithstanding, in the present examination, the specialist thought about the parts (to gauge wellbeing related physical wellness) as recommended by AAHPERD (American Alliance of Health, Physical Education, Recreation and Dance, 1984).

In a sound and fit body, for the most part, fat segment is proportionately disseminated. The equivalent might be valid on account of abnormal state competitors of different diversions and sports. The after-effect of this investigation demonstrates that Yoga and Pranayama preparing couldn't ascribe to this viewpoint among the Athletics players. Since the players as chose for this examination have a place with a populace of tip top players, they may have had a typical dimension of muscle to fat ratio. Here Yoga and Pranayama may have kept up the equivalent.

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Corresponding Author

Deepak Saini*

Research Scholar of OPJS University, Churu, Rajasthan