

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

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Abstract – Purpose of this article is the role of some elements of yoga in physical education and sports. Yoga is one of the spiritual systems in India which underlines the importance of working with the body to establish healthy behaviors and thoughts. The physical postures, called asanas in Sanskrit, are among all its techniques that got. It will be recalled that athletics and gymnastics are part of the Physical Education program. Once there was a time when people said "it's not the winning itself but the nobly competing that really matters," when the place where competitions took place was sacred and the respect between competitors was essential. The term Physical Education has been understood in many different ways in our modern society. Others claim it's the "self schooling," which educates the self to gain certain talents and abilities, as is used in athletics, for example. Others think it is the "education to the body" which only works to improve one's appearance. This is unfortunately the main reason why people join gyms, especially even before summer.

In reality, the representation "physical education" originally means "bodily education." It uses the work with the body as a strategy to achieve the noblest educational goals: autonomy and ethics in our relationships with one another and with the environment. This will be recalled that athletics and gymnastics are part of the Physical Education program. Once there was a time when people said "it's not the winning itself but the nobly competing that really matters," when the place where competitions took place was sacred and the respect between competitors was essential. Throughout their roots, both yoga and physical education utilize the body as a resource for improving behaviors and skills that are vital for maintaining physical and mental wellbeing. They can now be considered complementary subjects. Whereas the West established physical exercise and athletic training and concentrated on its positive health partnership, the East followed the same objectives by meditation and relaxation.

Keywords: Yoga, Physical Education, Sports, Exercise, Yoga Practice

INTRODUCTION

The term 'meditation' implies 'coming together or yoga.' This puts together the body and mind to create a harmonious existence. Man is a human, mental and spiritual being; yoga assists in fostering a healthy growth of all three. Yoga is a learning method which aims to balance mind, body and spirit. Yoga is a tradition in ancient Indian religion, of historical roots. Yoga is notably different from other forms of workout, because it induces mobility without inducing pain and body imbalances. Certain types of physical workouts, such as aerobics, often ensure physical health. We have nothing to do with the development of the astral or celestial form. Yogic workouts refresh, and promote, the body with divine force. We have nothing to do with the development of the astral or celestial form. Yogic activities refresh the body and promote divine energies.

YOGA IN PHYSICAL EDUCATION

Physical education philosophy is empirical practice which is established in all fields of human understanding on the basis of the latest discoveries in research. The nature of yoga as a tool of physical education involves clearing up numerous issues about the freedom of this practice from the meaning of the religion of Ancient India, and is expressed of elements of esotericism and mysticism.

The primary goal of yoga, as a practice of physical education, is to lead to the harmonious growth of children and adolescents. Throughout this respect, it is fitting to remember Pierre de Coubertin 's brilliant thinking from his speech at the 1994 Paris Congress: "... there are no two sections to an individual, body and soul; there are three, body, mind and heart. Character is not created by the subconscious but by the body in the first place "

Yoga implementation in physical education is looked at as a process where no instructions are used. There's no pressure on the operations. Participation by students is of their own volition. In a definite time,

no goals will be met. This is why Shri Yogendra describes yoga as an undefined form for physical exercise

Patanjali Classical Yoga comprises the following integrated elements:

- Yama (in-controlled)
- Niyama (refrain)
- Asana (The movements of yoga)
- Pranayama (Breathing control)
- Pratyahara (meaning withdrawal)
- Dharana (center)
- Dhyana (treatment)
- Samadhi (supervicer state)

The use of yoga elements in curricular and extracurricular physical education work should be primarily oriented towards asana practice, with elements of breathing control and concentration in addition. In fact, the director of physical education and even the students should be acquainted with the concepts of YAMA and NIYAMA, without which the personality of the pupil would encounter severe difficulties.

PROFITS OF YOGA

- Adaptability improved.
- Ink in muscles, ligaments and tendons improved.
- Massaging of internal organs in the shape.
- Muscle toner.
- Help listen to form and feed it.
- Cools the cortex too
- Help to weight reduction.
- Focusing on Yoga will boost.
- Aid in the form of poison evacuation & relaxation support.
- Yoga can increase fitness levels in your respiratory system.
- It will increase our level of circulatory health.
- It can increase our level of expiratory fitness.
- It can increase our level of digestive fitness.
- Have an all-encompassing commitment to your well-being.

- Gives meaning to the reasoning

BENEFITS FOR PHYSICAL EDUCATION

Yoga is then commonly taken as a physical education system with a spiritual component, though the truth is the reverse: Yoga is a spiritual system with a physical component. Asanas practice is only just a tiny part of the full Physical Culture & Education program recognized as Hatha Yoga.

Function of yoga in education from various perspectives, including the form of education provided to children worldwide, as well as the specific types of tension that children experience in the classroom setting. This also called the challenges, issues, disputes, disturbances and dissipation of their resources. We began utilizing these yoga values and methods, first as an exercise to improve the cognitive capacity of the children and, secondly, to encourage teachers to teach their topics in a completely different manner. Our conviction was, and still is, that we are teaching our children without understanding or caring about the development of their own personality. They are cramming their brains and minds with knowledge without having any help network in the school atmosphere so they can begin to imbibe education. They ought to look about what research suggests about the development of an infant, what psychoanalysis suggests about child psychology and how the hormones and glands change and affect the reasoning, mental function and imaginative production of the child.

PHYSICAL ACTIVITY IMPLIMENT IN YOGA

The theory of yoga is a massive synthesis of the ancient scriptures. Yoga relates to the introduction of abstract terms. Philosophically, meditation is a means of uniting with the ultimate spirit, or God. There are also various ways of attaining unity with the ultimate consciousness, including Raja meditation, Bhakti yoga, Jyana yoga, and Karma yoga, respectively. There are several various yoga sub-systems, including Hata Yoga, Laya Yoga, Nada Yoga, Kriya Yoga, etc. Different yoga elements and their activities vary across all the above yoga types. Modern modern yoga systems were established between the years 1906 and 2000 on the basis of these traditional types of yoga, including Ashtanga Vinyasa Yoga, Bihar Yoga College, Bikram Yoga, Integral Yoga (Satchidananda), Isha Yoga, Iyengar Yoga, Satyananda Yoga, Sivananda Yoga, and Vinyāsa Yoga.

Yoga practice can be categorized into three specific categories: postural exercises, exercises to regulate the body, and meditation. Postural practice is called yogasana and training of breath awareness is known as pranayama. Although meditation lowers the basal metabolic rate by relaxing physiological mechanisms, yogasana and pranayama have specific energy costs.

PHYSICAL ACTIVITY IMPLIMENT IN AASANA AND PRANAYAMA

Definitions of physical activity and exercise there are three major components of everyday energy expenditure, i.e. resting energy expenditure (60 per cent – 75 per cent), PA associated energy expenditure (15–30 per cent), and food thermal impact (10 per cent). Caspersen et al. 's concept of PA is the most quoted and common concept, and is defined as "any bodily activity created by skeletal muscles resulting in energy expended. PA may be defined by its implementation (defined as PA dimension) and the specific reason for which it is implemented (known as PA domain). The word "physical activity" should not be confused for "training." Training is a scheduled, organized, regular, and purposeful subcategory of PA in the way that it is meant to enhance or sustain one or more components of physical health. Specific PA dimensions are form, size, length, and strength whereas the realms are industrial, domestic, travel, and leisure-time PA. Thus it is obvious from the above definition that Aasana is a PA aspect.

There are many varieties of pranayama that range from the most delicate method of breath regulation to aggressive ways of inspiratory and expiratory man oevres. Barring a few Pranayama techniques, oxygen transfer rates in most Pranayamas are reported to rise. Therefore, taking into account the above description, Pranayamas may also be called a PA device, where the body movement is concentrated in the thoracic region.

YOGA IN EDUCATION

There needs to be a new way of teaching babies. This needs to be paired with other activities that will overcome their internal barriers, that can make them mindful of the internal shifts happening in their bodies and brain, that can make them conscious of their own stresses, and this can allow them the capacity to concentrate on the subject matter they are learning.

What have we done, then? In the classroom setting we began with very basic yoga activities, taking some tips from RYE's (Research on Yoga in Education) research with children in Europe. In RYE schools the lessons begin and finish with two asanas and one pranayama being performed. So if a child needs to go for six or eight lessons throughout the day, then at the beginning and at the end of each session he or she completes two asanas and one pranayama sixteen times a day.

The schools in Europe have a psychologist who monitors the child's performance, behavior and aptitude, and who tries to create a support group for the child in the home environment. Once the children in the school who studied yoga were tracked, there was a significant increase in their reactions, imagination, receptivity, effects of yoga in physical

education and sport 35 awareness, motivation and actions. The children in other classrooms who did not practice yoga and who were more aggressive, anxious, abusive and disturbed were more confident, centered, one-pointed and calm than their peers.

We took tips and suggestions from RYE in America, but along with yoga we added extra material. We have incorporated soft background music into the classroom so that children do not have to study under constant psychological pressure. There is a subconscious distraction and subconscious relaxation to having music around. We opted for Bach's classical music for our project.

The teachers have started teaching the students pranayama. With the aid of a large grandfather clock the students were told to breathe in and out in unison. When the pendulum moved on one side, everybody should breathe in and when the pendulum shifted on the other side, everyone would breathe out. The breathing rhythm had been normal after a few minutes, and was synchronized with pendulum movement. The teachers then provided directions while the students were breathing out and when the students breathed in they were still.

Now you may ask what the curriculum has to do with that. Yet it's really necessary and significant, as psychologists say we build neurological, cognitive, and moral barriers in our brains as we breathe in. Brain, brain and emotional strength were drained. Relaxation takes place as we relax out of the body, the immune system, the subconscious and the brain. When you have details while the body structures are confident, the brain can remember it and not quickly lose it.

HOW DOES YOGA HELP TO CHILDREN?

This increases muscular flexibility: Yoga encourages muscular intensity as adolescents practice different opportunities to employ all their muscles. Whether a pose is done standing, sitting, or lying down, each can challenge different muscle groups, while helping a child become aware of their body and how it works effectively.

It Refines Harmony and Coordination: a core aspect in yoga is harmony. To encourage mental and physical poise, balancing poses were developed, as mental consistency and equilibrium arise from the attempt to try poses.

Vision and Concentration Develops: The exercise act poses helps children to clear their heads and concentrate on the initiative. Yoga allows children to relax and concentrate in school and get better results because of this singular emphasis to reach a certain posture or remain calm.

It improves self-esteem and trust: Yoga aims to instill faith and introduce experiential learning to youngsters. Yoga helps us to persevere, to be

cautious and to strive against their goals. Yoga also offers kindness, empathy, generosity, concentration, energy, and endurance resources for action.

This enhances the mind-body connection:

Through strengthening the physical body and relaxing the inner soul, yoga helps children maintain a healthy mind in a sound body. Our kids exist in a hurry-up environment with anxious parents, school stresses, incessant classes, computer games, malls, and professional sports. They generally don't think about such factors as overwhelming to our kids, however sometimes they are. The chaotic intensity of the lives about our kids will have a significant impact on their inherent joy — and typically not for the best.

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YOGA IS A LIFE TIME SPORTS

Most athletes / sportsmen often have mental issues. This becomes more popular in the final circumstances of the game. Another forgets the knowledge of the body and commits so many errors and is predisposed to injuries while still risking harm to many people.

The participant goes on to make errors in Badminton, table tennis, basketball, shuttle-ball games. The shuttle / ball comes out of court / field. You have to do a little bit of Ujjayi Pranayama correctly. To this field of research Dr. Halls is worth investing.

Over-confidence is one of the otherwise recurring problems for any group. Self-confidence is essential as compared to this, although over-confidence can be harmful to teams. Until some sports occur, yoga training may help to fix that. The physical exercise will be followed by intellectual conditioning.

Teams also bring damage to others and sometimes deliberately commit fouls. Yogic behavior restraints such as yamas-niyamas etc. could be adapted to correct the sportsmen's intentional foul play. Coaches will focus on yamas-niyamas, bringing the coaching philosophy into account.

Since physical education and athletics are diverse topics they may gain from adopting concepts and yoga exercise practices. There are also Non-conventional approaches. The basic principle is clear mind in a body of speech. Body teaches the body's muscles, and soul. These approaches are now common, too.

- a. **Physically (practice):** Mental conditioning Improves the quality of economic energy use in action.
- b. **Psychologically (Imagination):** professional preparation increases attention, good vision, emotional awareness of team mates / coaches / pain, learning to eliminate old mistakes and fear of failure.

HEALTH AND YOGA IN SPORTS

Yoga provides both healing and cardiovascular advantages. This has been demonstrated that the body and the mind have both physical and emotional advantages to deliver. The other physical benefits of hatha yoga are: it enhances stability and body joint mobility; it strengthens, cleans, and develops muscles; it corrects posture; it strengthens the spine; it relieves back pain; it enhances body-skeletal problems such as weak knees, rigid shoulders and arms, swayback and scoliosis; it promotes stamina; it generates equilibrium and grace; it activates endocrine glands; The mental effects include: growing body awareness; relieving repetitive body pain patterns; cleansing the body by relieving muscle strain; calming the mind and body; concentrating attention; sharpening concentration; and freeing the spirit. Modern physicians and scientists are considering additional advantages in hatha yoga for the body. Studies have shown that it may relieve the effects of numerous serious and life-threatening disorders such as arthritis, arteriosclerosis, persistent weakness, diabetes, AIDS, asthma, and obesity. Some believe it still burns away the ravages of old age.

FITNESS AND YOGA IN SPORTS

i. Improved Strength

Routine and regular practice of the different yoga asanas has helped me develop power and raise lean muscle mass. Most specifically about many underutilized muscle classes in my preferred sporting activities of swimming, riding and running. Such improvements have improved core body flexibility and dramatically impeded overuse injury by improving the muscles that are protective yet otherwise underdeveloped across the most utilized muscles, providing a more integrated and usable total strength.

ii. Balance

I have also been very agile as a swimmer. Yet, traditionally, my performance is bad. Yet my agility and posture have vastly strengthened due to a daily yoga practice. What does it matter? Good posture and agility ensures greater influence of how I shift my body, which in effect contributes to improved technique and form — the brass ring any competitor spends a lifetime mastering, whether it's a swimming

motion, a golf drive, a running pass and a jump shot or a wrestling shift.

iii. Flexibility

Yoga also increases strength of the joints and muscles, and is important for the general physiological soundness of the body. In a single gesture or sequence of motions, increased joint and muscle pliancy transforms into a wider range of motion, or an improvement in output latitude. For instance, a swimmer with supple shoulder and hip joints is capable of catching and pulling more water than a more narrow range of motion swimmer. The effect is greater forward motion per stroke, as well as improved muscle activity. In addition, because of the change in total force that can be applied for each step, this improved range of motion allows a greater capacity to adapt a single muscle group to power. And although there is some debate over the advisability of "over" stretching (especially for runners), I remain a massive supporter, realizing that the harder I try to preserve my stability (something that declines with age), the less probable I would experience an overuse injury.

iv. Free Your Mind

An significant advantage of yoga practice is the opportunity to build a tension free mind. Regular exercise is used as a method for improving breath management, helping to enhance attention and concentrating, allowing for quick thought and effective decision taking. A useful weapon in every sports environment. In any sport, mental practice will teach you how to gain control of your emotional states, so that excitement and anxiety do not impede your performance.

YOGIC ASSUMPTIONS

1. Yogic meditation is not as well-understood activity. The word exercise I'd by and generally associated with vibrant physical development. Because yogic traditions do not involve excessive inventions, any kind of intense action during Yoga practice should be abstained from.
2. The methods in nature yogic are fluctuating and involve different mechanisms from which the results in particular yogic activities are received.
3. Asana, one of the most significant and greatest awareness of the Yogic traditions is the techniques of static extension. They can be done gradually and conveniently so as to affect more than the actual tonic system.
4. The location in a particular Asana should be held serenely with least exertion for quite a while. The key strengths of Asanas' strategies are fast implementation and

unwinding as far as might logically be anticipated during the last position.

5. Pranayanmic activities vary totally from the "Breathing exercise" in purpose and process. We will maximize intake of oxygen. In either scenario, in writing physical education they are deemed by little an opportunity.
6. Yogic activities shouldn't cause needless fatigue. In the event of vulnerability, the process of unwinding in Shavasana will overpower it.
7. Each yogic activity should be carried out with one's very own skill and without competition with another.
8. Each yogic practice should prompt considerable serenity.
9. Every yogic practice will concentrate on one's concern as one does in petition or sincere recitation of a supplication of psycho-physical relation.
10. Gaining experience in the Yogic techniques is better, though one has traditional well-being. In some stage, an imprudent approach for rehearsing the yogic practices is observed to cause a person's soundness impairment as opposed to testing more beneficially. In this respect, citizens who are exceedingly weak or persons who have healed from ailment should be careful. The statistics demonstrate that multiple afflictions can be healed by respectfully supervising the yoga exercises, but for this, a meditation practitioner must be aided.
11. The Yogic traditions are associated with no limit to age and sex. Obviously this does not imply that every Yoga procedure can suit every person. Children can start practicing the yoga techniques at age around eight. As for the yogic traditions, there is no maximum age cap.
12. The location to rehear the yogic practices should be protected from the danger of insect, mice, and creepy crawls. If it be performed inside, it should be very ventilated and have enough ventilation. The atmosphere will not be uproarful. The ground should be level and plain, not inclined in one direction.
13. In the perspective of normality, morning time is perceived as great, though it's other people's reality. The learners in particular, that the yogic activities should be conveniently achievable and even sleep at night.

14. Yogic activities shouldn't finish with a packed stomach. About five hours will be permitted to pass after a complete supper and around two hours after bite so that the practice will not conflict with the process of assimilation and dietary intake.

EFFECTS OF YOGA ON DIFFERENT FACTORS

Physical Effects

1. Improve suppleness by muscle stretching
2. Improves joint strength through ligaments stretching to their safe limits
3. Reduces accident incidence and assists in injury recovery
4. Active as a method of regeneration of soft tissue and collagen fibres
5. Helps putting the body back into balance and strengthens attitude
6. Increases the duration of sprint
7. Improves balance and agility;
8. Helps boost physical strength and endurance
9. Teaches competitors how the body works and becomes a synergistic device
10. Reduces heart rate and increases VO2 max

Psychological effects

1. Relieves anxiety and focus on success, and release athletes from mental disturbances
2. Improves emphasis of Global Multidisciplinary Review of Research and Development
3. Develops self-discipline and determination;
4. Teach competitors to push and step beyond their comfort zone
5. Reduces depression and gives calming tool
6. Breath training offers competitors strategies that they can use when practicing to regulate energy rates
7. Helps athletes to enter flow to move into 'space'
8. Teaches sportspeople how to use imaging and relaxation
9. Makes athletes appreciate the value of sleep, recovery and recuperation

Team effects

1. Enhances unity across teams
2. Builds confidence for teams
3. Offers an opportunity for team unity beyond the demands of intensive training
4. Allows trust higher
5. Enhances help for athletes

CONCEPT OF MODERN EDUCATION

Modern day schooling is focused primarily on empirical methods driven by formal, reasonable, and critical thought. We are now residing in an age of science and technology – i.e. in the age of Atomics and Computers. There is not a single individual who is not involved in the effect that Science and Technology has on human principles and does not hold a concern. Choices are influenced and driven by the beliefs, whether by people or by culture.

If we take a look at contemporary schooling, which is being highly Science and Technological focused, the best genetic attributes of us are slipping away. Modern schooling has improved efficiency, innovation, and resources: while on the other side many human lives have been lost as well. The latest advancements in biotechnology, genetic manipulation, computer science are positive although the damage generated by atomic weapons, the usage of poisonous gasses and microorganisms in warfare are the afflictions of the human race. In the modern school framework, the "becoming dimension" of human beings takes on prime significance in our life, while on the other side the "thinking part" of human beings is slipping away from us. So, this is the moment to better use modern schooling and bring the most out of it.

WHAT ASPECTS OF YOGA ARE TO BE INTEGRATED IN MODERN EDUCATION?

Traditional schooling is disintegrated due to the lack of unity with the body, mind, intelligence and spirit that are the components of a entire individual. Taking the natural sciences such as genetics, chemistry, psychology and sociology to a wholeness of individual tends to introduce equilibrium with the four components mentioned above. In this case yoga helps man and the eight limbs or facets of yoga mentioned by Maharshi patanjali help to combine body, mind, intellect and spirit.

CONCLUSION

Overall , studies evaluating the performance of yoga and exercise tend to indicate that, for both healthy and sick populations, yoga may be as effective or better than exercise in enhancing a variety of health-related outcome measures, including HRV, improving

subjective fatigue pain measures, and sleeping in healthy and sick populations. Future clinical studies, however, are required to further examine the differences between exercise and yoga, particularly how the two modalities that differ. Through their impact on success in athletics. Researcher figure out that yoga is as important in sports as others believe it benefits us in a life of sports people in various ways and at different stages.

Yoga provides a larger range of students unique learning opportunities than conventional athletics or exercise lessons, which allows it a desirable complement to every training programme. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as important as modifying traditional physical education yoga in sports as others think it helps us in a life of sports men in different ways and at different levels. Yoga can play a vital role in the development of mind regulation and focus that benefits a game player. It provides incentives for children and adults to achieve progress through physical exercise, which will help create a solid base in existence. Nonetheless, training experts, instructors, coaches and students will clearly learn and examine the actual difficulties of yoga education in the classroom and in real life.

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