



Yoga in the Context of Physical Education and Sports: An Overview

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Abstract: *Yoga is one of the precious treasures inherited from ancient India. It has a wealth of benefits. Yoga has been considered a way of life; one can not only achieve the targets of staying healthy and fit through practicing yoga but also it can totally change the behavior and psychological outlook of a person. Although yoga itself is a sport yet its different kind of Aasans especially help players in improving motion, mobility, coordination, strength, flexibility, balance etc. which can further boost the performance and prevent injury. The presents study aims to discuss the role of yoga in the physical education. It also highlights the importance of yoga in the games and sports. The research also covers the significance of yoga in daily life. Since this is a descriptive study, the researcher has followed several books, journals, and other sources to get the necessary data. Another significant source of information was the internet. According to the study's findings, yoga therapy aids in the recovery of both physical and emotional pain. One can never undervalue the importance of yoga in athletics. However, as every game is played differently and with various tools, it's important to know what sorts of yoga asana are best for your game.*

Keywords: *Yoga, Energy, Growth, Spiritual System, Immunity.*

Introduction:

A method of harmonizing the mind, body, and spirit is yoga. Yoga is a traditional Indian religious practice with a long history. Unlike other types of exercise, yoga increases mobility without resulting in discomfort or physical imbalance. Yogic practice invigorates, refreshes, and fills the body with celestial energy. Yoga poses promote relaxation and infuse the body with cosmic energy. As a physical education method, the main goal of yoga is to support children's and teenagers' harmonious growth. The philosophy of physical education is an empirical practice based on current research in all fields of human knowledge. Since man is a human, mental, and spiritual being, yoga may benefit him in all three domains.(Kundu. E, 2015)

India is where yoga first emerged as a method for assisting individuals in reaching enlightenment on a spiritual level thousands of years ago. The definition of yoga is "to yoke together" or "join." It unites the body and mind to create a harmonious whole. Since humans are physical, mental, and spiritual beings, yoga aids in the harmonious growth of each. Yoga is an educational approach that seeks to achieve "Mind, Body, and Spirit" balance. Yoga differs greatly from other forms of exercise in that it creates motion without putting pressure on the body or creating imbalances. Other types of exercise, such as aerobics, only guarantee physical health. Their relationship to the growth of the astral or spiritual body is minimal. Yoga practices stimulate spiritual energy and revitalize the body. Yoga poses help to improve physical education by recharging the body with cosmic energy. It is also a frequent misconception that yoga is a physical education system with a spiritual component, while in reality; yoga is a spiritual system with a physical

component. The physical alignments that synchronise breathing with movement are called “postures,” and we hold them to strengthen and extend various body parts. All the main muscle groups are methodically worked, including the deep abdominals, hip and buttock muscles, the back, neck, and shoulders, as well as the ankles, feet, wrists, and hands. Yoga will improve the body’s efficiency and aid to correct any imbalance in muscular development.

Context of the Research: Among the six systems of Vedic philosophy is yoga. The “Father of Yoga,” Maharishi Patanjali, correctly summarized and improved several facets of yoga in his “Yoga Sutras.” He promoted the eight-fold yoga method known as “Ashtanga Yoga” for the holistic development of the human being. They are Asana, Pranayama, Pratyahara, Dharana, Dhyana, Yama, Niyama, and Samadhi. These components encourage physical discipline, breathing exercises, suppression of senses, reflection, meditation, and samadhi, among other constraints and observances. It’s thought that by retraining the senses and boosting oxygenated blood circulation, these actions may lead to mental stability and serenity as well as physical health improvements. Yoga strengthens immunity, reduces the risk of psychiatric illnesses, and increases one’s capacity to handle stress.(Hanamanhappa & Prasannakumar,2023)

Significance of the Study:

Even though yoga and sports are two very different disciplines—sports develop an extrovert, self-confident, and aggressive person, whereas yoga develops a man who is humble, docile, and balanced—yoga techniques and asanas aid athletes in strengthening their bodies, decreasing injuries, and diverting their attention from problems and training. For athletes, it’s a fantastic complementary workout. In addition, athletes need more energy, self-discipline, attention, and confidence regardless of the game. These may all be accomplished with different yoga poses. Put another way, practicing yoga may improve one’s athletic performance. Even while yoga improves physical fitness, all sports need strenuous action, but yoga poses an alternative that incorporates safe and fluid muscle movements. Pulls and strains are frequent sports injuries to muscles, but asanas may help prevent a variety of ailments. Thus, yoga as therapy aids in the recovery of both mental and physical pain. One can never undervalue the importance of yoga in athletics. However, as every game is played differently and with various tools, it’s important to know what sorts of yoga asanas are best for your game. Specific talents are needed for each game according to its requirements. However, players must exercise their bodies so that their skills—regardless of their form—are honed and polished to perform better. Gaining proficiency in the skills requires dedication, time, and effort. Furthermore, it is crucial that a player maintains confidence, attention, and concentration in the face of different distractions, such as crowd applause or slogan shouting. Sporting skills require the attainment of deep focus, living in every moment and the toughest part of any achievement is the handling of distractions and adverse conditions. In this regard the present study will be very helpful for the players as well as for the coaches.

Objectives: The presents study aims to discuss the role of yoga in the physical education. It also highlights the importance of yoga in the games and sports. Moreover the study discusses the importance of yoga in the day to day life.

Role of Yoga in Physical Education:

Over the last thirty years, there has been a significant rise in juvenile stoutness among children and a quadrupling of stoutness among teens. This suggests that over thirty percent of children in our nation are overweight or obese (CDC, 2015). This epidemic of young obesity is associated with a number of depressing and well-known outcomes, both immediate and long-term. Yoga, a healthy way of living, originated in India. It is now recognized as a kind of science that is recognized everywhere in the globe. Furthermore, it is accepted in western society as a reasonable kind of reasoning exercise. Despite having a dark origin, yoga has a lengthy history of practice. Different schools of yoga emerged throughout time.

The Jnana, Bhakti, Karma, and Raja schools of yoga are the most prominent ones. These yoga schools promote a particular approach that combines several systematized yoga practices according to their own philosophy. Whatever the case, all of these are provoking the same goal of self-awareness and body-psyche integration.

A typical person doing yoga will engage in the following practices: yama, niyama, asana, pranayama, pratyahara, kriya, mudra, bandha, and contemplation. These practices are helpful in maintaining physical fitness, mental clarity, and real adjustment. This finally creates the conditions for a person to significantly improve. Instead of focusing on the otherworldly aspects of yoga, the current yoga instructional modules for school-age children psychologically emphasize physical health, psychological improvement, and passionate dependability. (Cvitković, 2021)

Asanas, or stances, provide the basis of an important concept in these training sessions. As a result, they have been assigned more weight age. On the other hand, the educational programmes now include extra yogic exercises.

The Sanskrit term “yoga” comes from the root “yuj,” which means “join” or “join together.” This might be seen as the connection between the body, mind, and soul; it is used in the text as a means as well as an aim in and of itself. Finally, yoga suggests ‘reconciliation of identity’ to the greatest extent possible. Yoga uses a variety of systems and practices as techniques to achieve the growth of this synchronization. The yogic literature alludes to these techniques and tactics, which are often referred to as “Yoga”. (Ghosh, 2022)

Role of Yoga in the Field of Sports:

However, studies on the use of yoga in sports have shown that, when combined with a sports training regimen, yogic practices help athletes improve their overall health and level of fitness. Understanding the physiological and psychological impacts of yoga on athletes is crucial. The significance of yoga is evident from the following points:

Improvement in the Concentration Power:

A key factor in success in all spheres of human Endeavour is the concentration of power.

In order to achieve well in any profession, focus is necessary. The asanas Vajrasana, Vrikasana, Padamasana, and Sidha Asana, among others, and the parayanas Ujjayi, Kapalbhathi, and Bhastrika, among others, are good for enhancing concentration capacity.

Improvement in the Function of Respiratory System:

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Improvement in the Skeleton System:

Different yoga poses strengthen ligaments and cartilages to withstand the highest levels of work-related stress. Joint flexibility is increased by the practice of yoga poses. Joint elasticity gains are advantageous in many facets of life and athletic endeavours.

Improvement in the Motor skill Learning:

Learning motor skills is essential for doing everyday tasks as well as for participating in sports and activities. Learners often experience tension and stress while acquiring a motor skill. Yogic techniques help him relax

so he can pick up the motor skill quickly and precisely. In addition to promoting relaxation, yoga aids in attention, which enhances the acquisition of motor skills in all spheres of life.

Improvement in the cardiovascular efficiency:

It is common knowledge that cardiovascular fitness is necessary for all human activities, including those related to games and sports. The primary benefit of yoga for humans is increased cardiovascular efficiency, and pranayam is one such exercise. Different forms of pranayam, such as Bhastrika and Ujjayi, are necessary and advantageous for enhancing this kind of effectiveness.

Prevention from Injuries:

Every person, even athletes, has the potential to sustain injuries from time to time, including sprains, strains, muscular cramps or raptures, fractures, and more. Such injuries undoubtedly have an impact on a person's ability to function at work. By doing several appropriate yoga asanas, one might avoid such ailments. Yoga poses should thus be performed both before and after a workout or competition. Sports injuries may be avoided with such exercise.

Importance of yoga in daily life:

Eight stages of growth in the areas of physical, mental, social, and spiritual wellness make up the yoga in daily life system.

A physically fit physique promotes mental clarity, attention, and stress management. This creates room for maintaining socially healthy connections and interacting with loved ones. Your spiritual health is enhanced when you are in good health because you are more in tune with your inner Self, other people, and your environment.

Yoga improves the physical state of the body, lengthens the spine, and heightens awareness of the significance of relaxation. It has been stressed that each exercise should be performed slowly, synchronizing breath with movement, pausing still in each pose, and maintaining complete focus at all times.

Yoga has been shown to have therapeutic and preventative effects on the body and mind, as well as mental health advantages.

Yoga differs greatly from other forms of exercise in that it creates motion without putting pressure on the body or creating imbalances. As a result, the practice is a huge benefit to any activity and a perfect addition to other types of training. The physical alignments that synchronise breathing with movement are called "postures," and we hold them to strengthen and extend various body parts. All the main muscle groups are methodically worked, including the deep abdominals, hip and buttock muscles, the back, neck, and shoulders, as well as the ankles, feet, wrists, and hands. Despite the fact that most poses are not aerobic in nature, they do provide oxygen to the body's cells via deliberate, deep breathing and prolonged contraction and extension of various muscle groups. Yoga will improve the body's efficiency and aid to correct any imbalance in muscular development. Because the joints will remain lubricated, a flexible and supple body will be less likely to sustain sports-related injuries. "One can clearly see to the bottom of a lake when its surface is still," but this is not feasible when waves are agitating the surface. Similarly, by training ourselves to concentrate on perfect concentration, we may manage mental agitation during periods of mental stillness. In any sport, a player's inherent efficiency decreases when they are striving to live up to the thousands, hundreds of thousands, or millions of people's expectations—whether they are playing for their nation or not. There is no amount of coaching or preparation that can prepare a player for uncertainty or concern to creep into their head during a game. We may improve body awareness, reduce chronic stress patterns in the body, calm the mind, focus attention, hone concentration, and "stay in the zone!" by maintaining stable postures and focusing on deep abdominal breathing. A greater emphasis on strength training with weight

resistance is causing an upsurge in injuries among athletes that need surgery. Although this approach of building muscle and strength is very successful and efficient, it severely reduces flexibility. In contrast to the safety of controlled mechanical motion found in weight room workouts, injury can be minimized during participation in other competitive sports that require the athlete to be more spontaneous with their bodies, requiring overextended reaches, lunges, falls, etc. These types of prolonged stretching, such as yoga, can occur when combined with strength training and practical application exercises (using the body in a way that mimics the movements of their particular sport, while performing a balancing or core movement). Through the practice of yoga's holding and balancing poses, an athlete will improve their poise and balance in addition to their flexibility. After mastering balancing postures, the athlete is trained to automatically correct any imbalances in their body while playing, maintaining composure moment by minute. At this point, the athlete starts pulling off amazing feats. He is able to stay balanced and injury-free despite using his body in ways he never would have imagined. In addition to helping to generate joint mobility and an anti-aging posture, yoga also helps to strengthen connective tissue and break down adhesions, which are small scars from past injuries and overtraining that have hardened with age. One's life force energies, or prana, are also created and strengthened by the deep rhythmic breathing used in yoga.

The role of yoga in sport and exercise:

Yoga is a discipline that has been performed by sages and saints since ancient times. It helps to strengthen the internal organs, maintain youthful, flexible muscles, and improve blood circulation in the arteries. However, yoga encompasses much more. Yoga is said to increase focus, ease constipation, treat digestive issues, enhance muscular coordination, and assist in the reduction of extra body fat. Additionally, it is said that yoga improves the mind-body connection, calms and relaxes the mind, boosts self-esteem, develops self-control and self-discipline, lessens tension and anxiety, and promotes energy and vitality throughout the body. It is evident that yoga offers a variety of advantages and may make you a more contented, calm, focused, productive, and efficient person. As a result, yoga has advantages for many other fields, including professional sports.

Yoga encompasses physical postures, breathing exercises, body and mind cleansing, relaxation, and spiritual practices that work to improve the body and mind's harmony and balance. A yoga instructor on bringing the body and mind into balance and living in the now. Practicing yoga's pranayama and breathing exercises allows one to focus on their breath, which also helps to relax the mind and improve concentration. As Swami Vishnudevananda states, "Through pranayama one can increase willpower, self-control and concentration power," pranayama is important for enhancing concentration and mental calmness via steady breathing. Professional sportsmen might benefit from the internal cleaning movements taught in Hatha Yoga not only for bettering general physical health and bodily purity but also for boosting concentration. "The concentration power of the mind increases to a great extent when the body is freed from physical impurities," says Swami Vishnudevananda, underscoring this point. The body may be revitalized and energised with the aid of pranayam.

Tips for yoga poses may also aid in improving focus and self-control. To keep his mind concentrated for an extended amount of time, a person must be able to maintain a posture that is stable, comfortable, and relaxed. It is advantageous for engaging in highly competitive sports and aids in the development of mental and physical strength and focus. Asanas aid in establishing mental and physical equilibrium, a healthy physique, and stable mental states. They also aid in mind control via physical discipline. All other regions of the body benefit from asana because it enhances the efficiency and operation of the internal organs. The body's internal organ functions are improved and the cells get nutrition and renewal.

Conclusion: We may deduce that yoga originated in ancient India. The value of yoga poses has been acknowledged by society. Yoga has shown to be quite beneficial for many significant health-related concerns. Sports are no exception. When playing, players must pay more attention to detail and concentrate. They experience a great deal of tension while competing. In these types of scenarios, yoga helps athletes stay

cool and collected. Hence, even though yoga is a sport in and of itself, it also benefits participants of other sports. Saying that yoga is the foundation for all other games would not be hyperbole.

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