

Benefits of Yoga in Physical Education and Sports

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ABSTRACT

The purpose of this paper is to examine the potential benefits of incorporating yoga practises into sport and fitness programmes. One Indian philosophical tradition, yoga, focuses on physical practise as a means of nurturing positive mental and behavioural habits. Physical postures, known as asanas in Sanskrit, are among its most well-known methods. Keep in mind that sports and gymnastics fall under the purview of PE. When the arena was revered and contestants treated each other with utmost respect, the adage "it is not the winning itself but the competing nobly that really matters" was commonly heard. The phrase "Physical Education" has been used in various contexts in today's society. The term "education of the body" is sometimes used to refer to the process of training one's body to acquire specific competencies, such as those used in competitive sports. Some people associate it with the idea that "education to the body" is exercising for aesthetic reasons alone. Sadly, this is the primary motivation for most people to attend fitness centres in the spring and summer. "Physical Education" actually refers to "education through the body" in its original context. It's an approach to education that prioritises the development of individual agency and social responsibility through direct physical experience. Keep in mind that sports and gymnastics fall under the purview of PE. When the arena was revered and contestants treated each other with utmost respect, the adage "it is not the winning itself but the competing nobly that really matters" was commonly heard. Physical education and yoga both have their roots in the idea that the body may be used to cultivate mindsets and skills that are crucial to one's overall well-being. These fields are now understood to be complementary. Concentration and relaxation are the Eastern counterparts to the West's emphasis on cardiovascular conditioning and sports training as a means to better health.

KEYWORDS:

Yoga, exercise, science, physical education in schools, muscle

I. INTRODUCTION

Yoking two or more things together is what the word yoga denotes. It's a pleasant experience that unites body and mind. Yoga aids in the harmonious growth of the three aspects of man's nature: the physical, the mental, and the spiritual. "Mind, Body, and Spirit" are the three aspects of one's self that Yoga seeks to unite and harmonise. The philosophical foundations of yoga can be traced back to ancient India. Yoga is unlike other forms of exercise because it stimulates movement without putting stress on the body or generating any kind of imbalance. Aerobics and other forms of exercise guarantee only physical health. They are unrelated to the growth of the astral or spiritual body. Practising yoga infuses the body with cosmic energy and opens up a lot of doors. They are unrelated to the growth of the astral or spiritual body. Cosmic energy is replenished by yogic activity, which also

BENEFITS FOR PHYSICAL EDUCATION

We need to consider what research on child development, psychoanalysis, and the effects of hormones and glands have on a developing mind, as well as how these factors affect the child's eventual level of logic, emotional stability, and the creative ability.

The ability to better cope with stress, which may have harmful repercussions on both the body and the psyche, is one of yoga's greatest advantages. Back or neck pain, insomnia, headaches, substance addiction, and lack of focus are all symptoms of stress, according to Dr. Nevins. According to several studies, "Yoga can be very effective in developing coping skills and reaching a more positive outlook on life."

The breathing and meditation techniques used in yoga have been shown to have positive effects on one's state of mind. Dr. Nevins claims that "regular practise of yoga creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration." She goes on to say that knowing one's own body and mind is useful "because they can help with early detection of physical problems and allow for early preventive action."

Adjusting Both Hemispheres of the Brain

Science tells us that our brains are split down the middle, with a right and a left hemisphere. The two halves of the brain have distinct purposes. The left hemisphere's roles are more analytical, rational, and cerebral. Right-hemisphere thinkers are more likely to have these traits. Taking all of this into account, it becomes clear that traditional schooling prevents a child from reaching his or her cognitive potential. To this day, textbooks remain the standard method of instruction. Reading, memorization, and testing culminate in a grade. You either succeed or you don't. Once more, you'll be asked to study, cram for an exam, and receive feedback on your performance.

Math, history, geography, physics, chemistry, and medicine are all taught in a sequential, methodical fashion, as are the other sciences and the humanities at all levels of schooling. The technique engages solely the logical, linear part of the brain.

Building up the Whole Mind

Second, the brain is just the vehicle through which we acquire knowledge and experience that shapes our intellect. To "manas" anything is to give it some thought or sensible consideration. Buddha-like wisdom. The chittais are the memory banks of the mind. Ego is what Ahamka is talking about.

We are simply nourishing one part of the mind (buddhi) with the current educational system. The manas component, which concerns the ability to discern right from wrong, is outside the scope of our discussion. This is not chitta, the storehouse of memories and experiences from which we get our wisdom. The ego, or ahankara, is not an issue here either. Instead, we tend to overload our buddhi with knowledge without also strengthening our other mental faculties. As a result, we have failed to benefit from our education in any meaningful way.

Despite our knowledge of good and bad, we flounder when faced with the necessity of making a choice. However, the psychological samskaras and the child's psychological nature are often overlooked by both teachers and parents.

Let me tell you the great achievements I've accomplished in my life," reads an Urdu couplet. I put in my time in the military, got my pension when I retired, and then died after enjoying my retirement benefits. This is how it is. Is this all there is to it though? No. Without parents imposing their own personal views on their children, it is necessary for each of us to create opportunities for our children to recognise themselves, to utilise their potential, to grow and awaken their identity.

Each person had some kind of mental roadblock that made it difficult for them to absorb information and retain it. Children are inherently distinct from their adult counterparts. Children don't need to be seated at a desk with books in order to study, whereas adults typically do so.

Yoga in the Classroom:-

The current system of teaching children must change. Studying alone isn't enough; students also need strategies for overcoming cognitive barriers, increasing awareness of the physiological and neurological changes that occur during study, mastering self-distraction, and honing in on the subject's essential ideas.

In the United States, we adopted many of RYE's tenets and practises, including yoga, but we also added in some unique twists. So that students wouldn't feel like they had to study all the time, we put on some soothing music in the background. Having music playing in the background serves as a subtle form of background relaxation and distraction. We used Bach's classical music in our experiment.

Developing awareness and rapport

This is useful for introducing the idea of consciousness as well. In many classrooms I visit, teachers are simply not aware that they are passing on incorrect information to their children. There is a lack of attention in class even if training is taking place. Whether or not they get the material, students are taking notes automatically. The faculty has no concerns in that regard. The kids know that their teacher isn't worried about them, so they don't even try. So, there is a divide between professor and student. That chasm is missing a crucial piece that could help shape the student's character. But if you add in some concentration techniques, you'll boost not only rapport but also awareness.

Keep in mind that the benefits of yoga in the classroom go far beyond the merely physical. Instead, the teacher needs to know when to speak up and when to keep quiet. Although listening to someone else's voice is essential to learning, silence can be just as instructive because it gives you time to process the information you've just heard. Don't just talk though. Give the kids a three-minute break after ten minutes, or a one-minute break after five. Maintain silence and politely request that others do the same.

Encourage the kids to focus on their breathing as they play a game during the pause. Have them count their inhalations and exhalations backwards from fifteen to one. Every time you breathe in and out, that's one

breath. About one minute is equal to fifteen breaths. Now, start giving your directions once more. This is a further significant consideration. There needs to be a balance between talking and listening.

A combination of active awareness and dynamic instructions and passive visualisation is required. You're giving them knowledge and stimulating their minds, but you also need to give them time to passively picture what they've heard.

You need to get to know each and every one of your pupils as an individual, not a class, so that when they are experiencing academic difficulties they can come to you and say, "Look, I am having such and such a difficulty with my studies, what can I do?" They should be able to follow your lead.

The life of Mulla Nasruddin, a Sufi saint, has inspired at least one famous tale. He was once attempting to fill an earthen pot with water while sitting by a well. The earthenware vessel, however, was broken. This would cause anything he poured into it to spill out the hole. The onlookers laughed at him, saying, "You must be crazy. If the pot is broken and water is pouring out, how are you going to fill it? Who cares?" he asked. All I care about is having enough water in the kettle. I couldn't care less if the pot is broken or not.

As educators, we keep saying the same things again and over. Our focus is on educating young people. Whether or not they remember it is of little interest to us. What does this lead to then? When you wake up in the morning, you've forgotten all you learned the night before about history and geography.

Benefit for Sports

Because of the repeated nature of sports and the accompanying musculoskeletal imbalances, they might cause injury. Yoga is a great way to complement your athletic training because it helps you feel more physically stable and balanced.

Physical Effects

There is more to yoga than only physical poses, as evidenced by the aforementioned definitions. However, the emphasis on physical exertion in yoga classes is a major selling point. The following is a brief overview of the physical advantages that yoga can offer to athletes.

Flexibility:-

One of the main draws of yoga for athletes is the benefits it provides to flexibility. That's because stiff muscles can be stretched out during yoga, which in turn enhances joint mobility. When your flexibility is higher, you feel less stiff, can move more freely, and experience less pain overall.

Strength:-

Like in terms of running, runners tend to be physically robust. However, a runner's stride only involves the lower half of their body and occurs in the sagittal (or frontal and transverse) plane. As a result, some muscle groups strengthen while others are neglected and never develop their full potential. Runners have powerful legs for running, but they are often astonished to find that they feel like jelly when doing a standing yoga pose. Muscle tone improves as a byproduct of strength gains. The long, slim muscles you develop via yoga practise won't cramp your style or limit your flexibility.

Biomechanical Balance:-

Muscle imbalances, caused by overusing some muscles while under using others, alter the overall balance of the musculoskeletal system and reduce biomechanical effectiveness. Most people who experience discomfort and damage from biomechanical abnormalities are athletes. There are two basic states for muscles: contraction (agonist) and relaxation (antagonist). To illustrate, when you clench your fist and elevate your forearm, the biceps contract and the triceps extend. If you desire big, flashy biceps, but you keep doing biceps curls, your triceps will shorten and you risk losing your range of motion. By working together, you may strengthen your quadriceps, especially your inner quadriceps, an area that is often weak in runners, and achieve a deeper and safer hamstring stretch. This is essential for runners as the inner quads are typically weak and the hamstrings often need to be lengthened. Each yoga posture strikes a delicate equilibrium between static (the muscles tighten and strengthen) and dynamic (the muscles stretch and lengthen) effects. One muscle group is never used exclusively. Every component of your body needs to be awakened for even the most basic yoga practise.

Stability (Strength)

□ Lower trapezius, serratus anterior, quadriceps, the tibialis anterior (front of shins), hands, wrists, lower arms, triceps, deltoids

Mobility (Flexibility)

Fingers, biceps: the arms

Legs: hamstrings, calves, Achilles tendon; Back: latissimus dorsi, paraspinals (superficial and deep layers of back muscles)

An Energized Body:-

The body's energy stores can be quickly depleted by several types of activity. However, doing yoga increases oxygen in the blood and generates more energy, so you'll feel refreshed and energised afterward. The physical difficulties of running can be actively recovered from with the help of yoga.

Improved Breathing:-

A player's lung capacity determines his or her ability to breathe normally throughout the entire running cycle. Long, powerful runs benefit most from increased oxygenation brought about by higher lung capacity. However, when performing aerobic exercises like running, it's important to inhale and exhale quickly and shallowly. The bottom and middle sections of the lungs are not utilised in any way during this. In yogic breathing, the top, middle, and lower parts of the lungs are all used for slow, deep inhalations and protracted exhalations.

II. CONCLUSION

Yoga is a useful complement to any educational programme because it provides students from more backgrounds with access to fresh learning opportunities than is possible with typical sports or fitness curricula. Yoga, when incorporated into a school's curriculum, can serve as an alternative or complement to more traditional forms of physical education. Yoga's benefits for athletes are multifaceted and, contrary to popular belief, extend beyond the mat. Athletes can benefit greatly from yoga because of its potential to improve mental toughness and focus. It gives people of all ages a chance to gain confidence via accomplishing goals in physical activity. The genuine difficulties of yoga education in classroom settings and in the real world should be known and thoroughly analysed by curriculum professionals, instructors, trainers, and students.

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