

## **Importance of Yoga in Physical Education : A Study**

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### **Abstract**

Keeping in mind the health benefits of Yoga, it has been made part of the school curriculum under physical education. Physical education degree is given to physical education teacher to impart the EXERCISES of yoga in schools to children. Such schools receive grants from government to encourage children and physical education teachers.

Yoga EXERCISES help in reducing childhood obesity, ADD/ADHD, autism and dyslexia. There is need for physical education in continuing education to the higher grades for these children. There are fewer disciplinary problems in school as children learn with the help of yoga to regulate their senses and control their emotions. They learn the importance of reverence and grow understanding for each other. There are many children who normally do not participate in any type of sports activity. Yoga brings these children out of their shells and gives them the platform to build balanced lives for themselves. Children, who regularly practice yoga, perform better at academics, get better grades and are well behaved.

Many parents and Catholics believe that yoga leads people to search for mysticism and the nuances of Hindu religion. Children are easily influenced and this goes against the dictum of Christianity. This is the reason why yoga was not incorporated into the physical education of many schools. But this trend is changing now as yoga teachings can easily be redesigned according to a particular culture. Yoga can be customized to remove the religious overtones and its practice can be converted into a pure form of physical EXERCISE. The basic exercises remain the same only chanting, meditation and prayers can be practiced differently. This should remove the fear of parents and this is the reason that many more schools are adopting yoga teachings in schools. There is no doubt about the benefits of yoga exercises and it should be accepted as a form of sports in schools.

### **Introduction**

Many international football clubs, American footballers and rugby, golf & cricket clubs in Australia, South Africa, New Zealand & the US have used this centuries-old practice from India as a progressive training technique for some time. Yoga is both preventive and therapeutic and has shown to offer both physical and mental benefits to the body and mind. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Therefore the practice is an ideal complement to other forms of exercise and an extreme advantage to any sport. The "postures" are the physical positions that coordinate breath with movement and we hold these positions to stretch and strengthen different parts of the body. They systematically

work all the major muscle groups, including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Although most poses are non aerobic in nature, they do in fact send oxygen to the cells in the body by way of conscious deep breathing and sustained stretching & contraction of different muscle groups. Yoga can help to check any imbalance in muscular development and will enable the body to function more efficiently. If the body is flexible and supple, it will be less prone to sports injuries as the joints will be kept lubricated.

### **Fitness and Yoga in Sports**

#### **Improved Strength**

Routine and consistent practice of the various yoga asanas has helped me build strength and improve lean muscle mass. Most notably with respect to several muscle groups under-utilized in my chosen athletic disciplines of swimming, cycling and running. These gains have enhanced core body stability and significantly impeded overuse injury by strengthening the supportive but otherwise under-developed muscles surrounding the more utilized muscles, creating a more balanced and optimally functional overall strength.

#### **Balance**

Usually swimmers have always been rather flexible. But their balance is historically horrible. But through a consistent yoga practice, their coordination and balance have improved immensely. Why is this important? Better balance and coordination means enhanced control over how they move their body, which in turn leads to better technique and form — the brass ring every athlete spends a career refining, whether your focus is a swim stroke, golf swing, running stride, and jump shot or wrestling move.

#### **Flexibility**

"YogaTinvariably improves joint and muscular flexibility, which is crucial to the body's overall structural soundness. Enhanced joint and muscle pliancy translates to a greater range of motion, or an increase in the performance latitude for a particular movement or series of movements. For example, a swimmer with supple shoulder and hip joints is able to capture and pull more water than a swimmer with a more limited range of motion. The result is more forward movement per stroke as well as enhanced muscular economy. In turn, this increased range of motion provides a greater ability to strength condition a particular muscle group due to the amelioration in overall force that can be exerted with each movement. And although there is some dispute about the advisability of "over" stretching (for runners in particular), I remain a huge advocate, finding that the more I work to maintain my flexibility (something that wanes with age), the less likely I am to suffer an overuse injury.

#### **Free Your Mind**

Theability to create a stress free mind is a significant benefit of yoga practice. The physical practice is used as a tool to enhance breath control, which helps improve focus

and concentration, allowing clarity of thought and clear decision making. A valuable tool in any sporting arena. Mental practice in any sport will teach you how to gain control of your emotional states, so arousal levels and anxiety don't impede your performance.

### **Meditation is a mental practice proven to**

- Reduce anxiety and stress
- Reduce cortisol levels and increase calming hormones
- Improve cognitive function
- Reduce blood pressure and heart rate
- Increase immune function
- These benefits combine to allow for better rest, sleep and recovery, as well as provide the ability to think more clearly under pressure.

### **Health and Yoga in Sports**

Yoga has both preventive and therapeutic benefits. It has been shown to offer both physical and mental benefits to the body and the mind. The many physical benefits of hatha yoga are: it improves flexibility and muscle joint mobility; strengthens, tones, and builds muscles; corrects posture; strengthens the spine; eases back pain; improves muscular-skeletal conditions such as bad knees, tight shoulders and neck, swayback and scoliosis; increases stamina; creates balance and grace; stimulates the glands of the endocrine system; improves digestion and elimination; increases circulation; improves heart conditions; improves breathing disorders; boosts immune response; decreases cholesterol and blood sugar levels; and encourages weight loss. The mental benefits include: it increases body awareness; relieves chronic stress patterns in the body; refreshes the body by relieving muscle strain; relaxes the mind and body; centers attention; sharpens concentration; and frees the spirit. Western doctors and scientists are discovering additional health benefits of hatha yoga. Studies have shown that it can relieve the symptoms of several common and potentially life-threatening illnesses; such as arthritis, arteriosclerosis, chronic fatigue, diabetes, AIDS, asthma and obesity. Many believe it even fends off the ravages of old age.

### **Health Benefits of Yoga**

'TTstable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance rather than the usual stress Vinduced sympathetic nervous system dominance.

2. Pulse rate decreases.
3. Respiratory rate decreases
4. Blood pressure decreases (of special significance for hypo reactors)
5. Galvanic Skin Response (GSR) increases
6. EEG-alpha waves increase (theta, delta and beta)  
w.ivcs also increase during various stages of meditation)

7. Cardiovascular efficiency increases
8. Respiratory efficiency increases (respiratory amplitude and smoothness increase, tidal volume increases, vital capacity increases, breath -holding time increases).
9. Gastrointestinal function normalizes
10. Endocrine function normalizes
11. Excretory functions improve
12. Muscular-skeletal flexibility and joint range of motion increases
13. Posture improves
14. Strength and resiliency increase
15. Endurance increases
16. Energy level increases
17. Weight normalizes
18. Sleep improves
19. Immunity increases
20. Pain decreases

### **Yoga**

- Strengthens deep connective tissue preventing or minimizing injury.
- Creates an overall body flexibility. Increases range of motion and mobility.
- Dramatically enhances physical balance by developing the athlete's awareness of his body's center place, thus keeping their body balanced in action, moment by moment, giving the ability to recover from or prevent falls, while enhancing agility and maneuverability.
- Improves circulation, massages internal organs and glands for optimum health.
- The yoga breath circulates and detoxifies the LYMPH FLUID to speed up recovery time from training 15% faster, eliminating fatigue.
- The yoga breath builds up increases one's life force energy.
- Enhances sensory acuity, mental focus, concentration, mental clarity, will power, and determination.
- Dissolves pre competition anxiety and stress. Helps to balance & manage emotions that could cloud focus, concentration & judgment.

- Trains the athlete gets and stays in the mental zone.

### Conclusion of the study

As highlighted above, researcher find out that yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. We have improved our performance by daily yoga practicing in order to perform a sporting action efficiently and effectively, a person needs to have a high degree of concentration and focus with a mind that is calm and controlled, Yoga can help a sportsperson to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their peak leaves and yoga helps us a lot.

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