



SIGNIFICANCE OF YOGA IN PHYSICAL EDUCATION

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Introduction -

Yoga is then commonly taken as a system of physical Education with a spiritual components, yoga is a spiritual system with a physical components, The practice of asana is yet only a small part of the complete system of physical Education and physical culture known as Hatha Yoga.

Yoga is a term derived from a Sanskrit word " yuj " which means join or union, joining the Individual, self with the divine, universal spirit is called yoga,- Maharshi ved vyas. Yoga is attaining trance in Bhagvat Gita, Lord Krishna says " skill in action or efficiency alone is yoga , checking the impulse of mind is yoga, Maharshi patanjali, Yoga as an Indian Heritage and old Indian culture, go through the related period of History, prevedic, vedic, upanish Epic, sutra, smviti, medieval and modern period. Eight Limbs steps known as Ashtang yoga says patanjali , that is Yam, Niyam, Asana, Pranayama, Dharna, Dhyan, Samadhi.

a) Role / Importance of Yoga - in Physical Education :-

- 1 Keep the healthy body
- 2 Prevention & Cure from diseases
- 3 Increase Flexibility
- 4 Increase the Efficiency of heart and lungs
- 5 Increase power of memory
- 6 Increase spiritual development
- 7 Reduce fatigue and stress
- 8 Reduce Obesity
- 9 Controlled over sense

Asanas is to be seated in a position that is firm & relaxed for extended period.

Pranayama means extension of the Breath of Extension of the life force' prana' means life force and 'Ayama' means control there are three part of pranayama, 1 purak inhalation 2 Rechaka- exhalation 3 Kumbhak means retaining the Breath.

Meditation means concentration of mind and body.

Kriya are cleansing techniques that cleans various internal as well as external organs of the body that is six kriyas also known as "khsatkarm kriyas"

b) Body related benefits / Important - Improve concentration , Power, correct body posture, Rehabilitations of Injuries, Increase flexibility, breathing system, Function of Heart, Digestive system, Co - ordination and overall Health.

c) Prevention and Management of common Lifestyle diseases obesity and Injuries.

d) Increase Immune system, Enhance the posture tone the muscle, Bring Healthy & Glowing skin, Help to bring positive thoughts, provide peace of mind .

Yoga poses for Fitness in Physical Education:-

- 1) Vajrasana 2) Hastasana 3) Trikonasana 4) Ardh Matsyendrasana 5) Bhujangasana
- 6) Paschimottanasana 7) Pawanmuktasana 8) Ardh Matsyendrasana 9) Sukhasana
- 10) Chakrasana 11) Gomukhasana (cow face pose) 12) Parvatasana (maintain pose)
- 13) Matsyanasana 14) Tadasana 15) Ardh Chakrasana

1) Physical Education: -

Physical Education develop the skill, Knowledge, values and Attitude needed for establishing and enjoying an active and healthy lifestyle as well as building students confidence and competent in facing challenges as individuals and in groups or teams through a wide range of Learning activities.

“Physical Education means Instruction in the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics and the performance and management of athletic games. Encourages psychomotor learning in a play or movement exploration setting to promote health.”

“Physical Education is defined as the process of education that develops the human body, specifically fitness and movement skills. Physical Education helps you stay fit, healthy and flexible, it can also prevent many diseases and lower your risk for getting a certain disease.”

2) Importance of Physical Education in our daily Life -

Physical education is essential to the development of motor skills and the enhancement of reflexes, Hand - Eye co ordination is improved as well as good body movements which helps in the development of a healthy body posture in daily Life to human being.

Fight against obesity, concentration, and maintain focus, better quality of sleep , relieve stress & anxiety, Improve the Team work and Leadership , skills , physical activity to promote positive body Image, Improve self discipline, develop their confidence and motor skills Improve overall behavior , Relieves stress.

Relation between Yoga and Physical Education -

As a weight bearing activity, yoga stimulate bone growth and development and can lead to greater muscle strength, endurance and flexibility and although not all Yoga is necessarily aerobic exercise, classes that do get students hearts pumping can help improve cardio vascular fitness. For example - Publish Research 2014 - yoga in phy. Education- Elena Nikolova - Bulgaria

Conclusion is emphasized that yoga can successfully find its place as a method in physical education. In this article is the application of some yoga elements in physical education and opinion about the essence of yoga is stated and its position in physical education with its purpose for harmonic development of people and children.

Aim & Objective of Yoga in Physical Education & Sports -

Yoga education helps in self discipline and self control leading to immense amount of awareness concentration and higher level of consciousness, briefly the aims and objective of yoga Education are to enable the students to have good health and practice mental hygiene.

The ultimate aim of yoga is to experience the Truth by realizing the true nature of our self and the universe. Then one can become free from the chain of cause and effect which brings us to earthly life again and again. The original context of yoga was spiritual development practices to train the body and mind to self observe and become aware of their own nature . the purpose of yoga were to cultivate discernment awareness and self regulations.

The five principles of yoga are the basis of attaining a healthy body and mind through the practice of yoga . That is proper Relaxation proper Exercises, proper Breathing, proper Diet ,and positive thinking and meditation.

Yoga & Health in Physical Education -

Health is concerned with promoting health as well as reducing behavior induced diseases in other words health education is concerned with establishing or inducing changes in personal and group attitudes and behavior that promote healthier living.

"Health Education like general Education is concerned with changes in knowledge, feeling & behavior of people. In its most usual forms, it concentrates on developing such health practices as are believed to bring about the best possible state of well being "as per W.H.O. Report.

Main Objective of Health in Physical Education -

Are to develop a scientific point of view reference to traditional and modern concept of health , to identify health problems and understand their self role on health to medical agencies meeting those problems, to take interest in current events related to health , to arrive at suitable conclusion based on scientific knowledge , to set health behavior, to understand the cause of pollution , to understand the important of physical training of sports, games, yogic practices , as well as their relationship with health education program, to inform the present day rapid development of science and technology as increased the hazards of life and health problems and also how to face and prevent them.

Importance of Health & Yoga Education -

Health and yoga education provides about the function of the body , the rules of health & hygiene, it helps in discovering physical defects of children and various types of abnormalities, develop health habit like fresh air, and hygienic feeding, to providing knowledge regarding good health habits ,to develop better human relationship between home, friends and community, to provide knowledge regarding prevention and control of anxiety, stress, and diseases to provide training essential for everyone to yoga, health & physical Education.

Yoga Improves Physical Factors and Physical Health -

the worlds physical Education of two words i.e. physical, and education, the dictionary meaning of physical word as "relating to body" which mean any one or all body characteristics of a person, such as physical strength, Endurance, co- ordination, speed, flexibility, power fitness, appearance . The Education means " the systematic Instructions of training for some particular task."

“Physical Education is an education of through human movement, of many objectives are achieved by big muscle activities involving sports, yoga, games, Gymnastics, dance and many more exercises.

Scope of Yoga in Physical Education -

Yoga, various postures like sitting standing, supine and prone posture Asana, Pranayama and Kriyas, various Game and Sports, Rhythmic activities, self defence activities, Recreational activities, are included in the physical education.

Yoga improves physical factors, in Physical Education and Sports -

Yoga is then commonly taken as a system of Physical education with a spiritual components, although the truth is the reverse yoga is a spiritual system, with a physical components, the practice of Asanas is yet only a small part of the complete system of physical culture and Education that is the Hat yoga. Role of yoga in physical Education from various angles, Including the type of in Physical Educations that was provided throughout the world as well as different Level of Stress, problems, conflicts, distractions, and dissipation of their energies. Yoga increase the children's learning ability, hormones and glands and emotions. Develop a Brain, Building of the whole mind, develop awareness and rapport, all physical fitness factors i.e. strength, endurance, flexibility, co-ordination, Agility, Speed, Power, Biomechanical Balance, Stability, Mobility, An Energized Body, and Improve Breathing.

Yoga promotes Physical Health and Stability of a Sports person and people -

Yoga is a powerful instrumental force that help to prepare the body mind and reflection through the Pranayama and kriya, keeping the mind and body healthy Pranayama contributes to greater energy transmission and improving concentration, yoga is not only Exercises but it relax the body and mind cleaning the whole body and relax tension and stress it also help strengthen joint, spine, nervous, digestive, and cardio vascular system, actually yoga help all-round development of the mind, body, better reflexes and performance.

Conclusion -

Yoga provide a quality physical Education programme as modification of traditional physical education ,Yoga in sports as important it help us different ways and level in a sportsman life, yoga can play a key role in cultivating mind control and concentration which helps a sportsman to perform at their games .yoga can helps build a foundation of a strong life.

Yoga is a process of mind and body synchrony in order to improve better health, Balance of mind and body, self confidence, it heals our mind and liberates our soul, with proper understanding and regular practice, Improve and sound the physical and mental fitness and

capacities. Yoga maintain balance among exercises diet and relaxation. Yoga has the potential power to make us lead a healthy Life style add to our vigor still most people lack the knowledge of systematic practice of yoga.

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