

ROLE OF YOGA IN THE FIELD OF SPORTS

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ABSTRACT

In modern era human life is full of competition. In every field life human feel lot of stress. In the general field or field of sports and games every human /sportsmen are usually seen under the stress for their better performance in their life or win in the competition. According to the various physical educationalists, Physical education as well as activities of sports plays a significant role in the harmonious development of an individual. It is very difficult task to meet out the lot of stress without the appropriate program of physical education and sports. As a matter of fact, unachievable things can be achieved by involving in high quality programs of physical education and sports. In the field of physical education and sports Yoga is one of them. Yoga has a positive and strengthening impact on the physique and mind of the performer in the every field of sports.

Keywords: Physical education, Yoga, Sports, Development, Paranayam, Asana Exercises

INTRODUCTION

In the minds of people the concept of yoga is mainly related with spiritual development of an individual. Up to some extent, it is exactly right to think like that as yoga is not directly related to the field of sports and games. But in the field of sports, systematic and regular use of physical exercises does not entirely ensure further improvement. There are some other factors also which are necessary for good performance in the field of sports such as special rehabilitation treatments, use of supplementary extra training, extra competitions, special nutrition and psychological factors etc. So in order to achieve the best results in the field of sports all the above mentioned factors are to be used along with yogic exercises that can certainly affect the performance of every sportsman in every field of sports.

Role of Yoga in the Field of Sports: But the research studies which have been conducted on the role of yoga in the field of sports clearly shows that along with sports training programme yogic practices are beneficial in the enhancement of health and fitness of sportsmen. It is essential to know the physiological as well as psychological effects of yoga on sportsmen. The following points clearly show the importance of yoga.

Improvement in the Concentration Power: The concentration of power is play very significant role for success in every field of human life. For better performance in every field concentration is required. Vajrasana, Vrikasana, Padamasana and sidha asana etc. and Paranayama such as Ujjayi, Kapalbhathi and Bhastrika etc are beneficial for the improvement of concentration power.

Improvement in the Function of Respiratory System: For the best result or performance in area of any type of work or in the field of sports it is necessary to use full capacity of the lungs brought into proper use. For endurance related work or activities i.e. paranayama is very beneficial. The various forms of paranayama i.e. Ujjayi, Sheetskari and bhastrika enhance the function of respiratory system. It also increases will power and vital capacity of the sportsmen.

Improvement in the Skeleton System: Various yogic exercises enhance of the strength of cartilages and ligament to bear maximum stress of work. Practice of yogic exercises increase the flexibility of joints. Increases in flexibility of joints are beneficial in every field of life and in every sports activity.

Improvement in the Motor skill Learning: Motor skill learning plays a vital role in the performance daily routine work and in sports and games. While learning a motor skill, tension and stress are common for learner. Yogic practices relax so he can learn the motor skill easily and accurately. Along relaxation, yoga helps in concentration of the learner which further improves the motor skill learning in every field of life.

Improvement in the cardiovascular efficiency: It is a well known fact that cardiovascular efficiency is essential in every activity in human life or as well as in field of games and sports. For improving cardiovascular efficiency of every human yogic practice mainly paranayam is very beneficial. Various types of paranayam such as Ujjayi, and Bhastrika are essential and beneficial for improving such efficiency.

Prevention from Injuries: Every human as well as sportsman have tendency to get injuries in their daily routine such sprain, strain, muscle cramp or rapture and fractures etc. Such injuries definitely affect the performance of human work capacity. Such injuries can be prevented by practicing of different types suitable yogasanas. Therefore yogasana should be done before and after the workout or competition. Such practice can prevent sports injuries.

DISCUSSION

So many research works are done some following research paper published in different journal in the Role of Yoga in the field of Sports:

1. Luxmi Sharma (Research Scholar) Department Of Physical Education, C.D.L.U., Sirsa, Haryana. P-Issn: 2394-1685 E-Issn: 2394-1693 Ijpes 2015; 1(3): 30-32 © 2015 Ijpes
2. Influence of Suryanamaskar on Human Body Original Article Siddappa Nandar and Sundar Raj Urs ISSN: 2277-3665 Vol. 3 | Issue. 7 | July 2014
3. Physiology Effects Of Suryanamaskar On Cardio Vascular And Respiratory Parameters In School Students Sasi Kumar A* , Sivapriya D V, Shyamala Thirumeni Recent Research in Science and Technology 2011, 3(10): 19-24 ISSN: 2076-5061

On the basis of above research, it can be concluded that yoga is beneficial for improving and maintaining general health and fitness of general person as well as sportsmen. It is helpful in achieving the aim of World Health Organization, i.e. "Health for All" because it prevents and cures various diseases. Also its role in the field of sports especially in every level competitive sport is not neglected. Nowadays, different yogic practices are being applied for improving the performance of sportsmen.

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