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## Study of Importance of Yoga in Physical Education and Sports

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**ABSTRACT:** The purpose of this article is to discuss the role of aspects of yoga in physical education and sports. Yoga is an Indian philosophical philosophy that emphasizes the need to work with the body to develop good attitudes and habits. The physical postures, or asanas in Sanskrit, are those that have received the most attention of all its exercises. It is important to note that sports and gymnastics are part of the physical education curriculum. There was a time when people used to say it's not about winning, it's about competing well when the venue of events was sacred, and respect between competitors was important. The term "physical education" has been interpreted in many ways in today's society. Some refer to physical education as the process of teaching the body to develop certain skills and talents, such as in sports. Others believe whether it is physical education or just working out to improve one's appearance. Unfortunately, this is the primary motivation for individuals to join gyms, especially before the summer season.

**KEYWORDS :** yoga, exercise, science, physical education

### INTRODUCTION

Yoga is a technique of balancing mind, body and spirit. Yoga is an old Indian religious discipline with historical roots. Yoga differs from other forms of exercise in that it promotes mobility without causing pain or physical imbalance. Yogic exercise fills the body with heavenly energy, refreshes and invigorates it. Yogic movements fill the body with cosmic energy and make it easy to relax. The basic objective of yoga as a physical education practice is to promote harmonious development of children and adolescents. Physical education philosophy is an empirical practice established on the basis of recent research findings in all disciplines of human knowledge . Man is a human, mental and spiritual entity, and yoga can help him improve in all three areas.

### Yoga is a part of physical education

The fact is that yoga is commonly misunderstood as a system of physical education with a spiritual component.goes. Yoga is both a spiritual and a physical system. Asanas are a small part of health yoga, which is a comprehensive system of physical culture and education. Yoga exercises activate your gray matter by stimulating an acupuncture point on the ear lobe. This exercise helps in synchronization of the left and right sides of the brain. It enhances mental energy by distributing energy levels and enhancing cognitive power.

Yoga, which combines physical and mental disciplines to achieve a calm body and mind, aids in stress management and relaxation. It also aids in the development of flexibility, muscle strength and overall body tone. It increases your energy, vitality and respiration. Although yoga is not a religion in itself, it is associated with and has its roots in Hinduism, as well as Jainism and Buddhism. During meditation, however, Buddhists and Hindus sing the secret mantra ' Om ' . The customs of the people, the Indus Valley human development, the Vedic and Upanishadic heritage, the mystical customs of the Shivering, Vaishnava and Tantric norms all have a yogic presence. to focus on another aspect of yogaInstead, the current yoga education module for school-aged children emphasizes physical health, physical development and emotional dependence.

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## Benefits of Physical Education

Hence yoga is widely misunderstood as a spiritual system with a physical component, but the fact is that yoga is a spiritual system with a physical component. Asana practice is only a small part of hatha yoga, which is a complete system of physical culture and education.

The role of yoga in education is examined from a variety of perspectives, including the education offered to children around the world and the varying degrees of stress children endure in the classroom. It also took into account the challenges, issues, controversies, diversions and wastage of their energy. We started using some of the yoga ideas and exercises as an experiment to improve children's learning ability and secondly, to inspire them to teach their subjects in a slightly different way. We believed, and will continue to believe, that we are schooling our children without understanding or caring about their overall development. We are cramming material into their heads without providing them with a support system outside of the classroom where they can continue to learn. We must consider what science has to say about child development, what science has to say about child psychology, and how hormones and glands modify and influence a child's reasoning, emotional structure, and creative output. .

### The importance of yoga is physical education.

Yoga is necessary for everyone, but especially for those who are mentally and physically unwell. Great health is a luxury given to every individual, yet this privilege is dependent on social and natural factors. Yoga is one of the most widely used drug-free therapies, which has its own concept of wellness. Which has been deactivated and shown by many people. Yoga can be seen as a way of life to improve our physical and mental health.

The role of yoga in this context at the school level is to promote a happy and stable lifestyle for the physical, psychological and emotional well-being of young people. Yoga helps in the development of long-term togetherness, stamina and higher vitality at the physical level. Due to the repetitive nature of sports and the resulting musculoskeletal imbalances, they can lead to injury. On a physical level, yoga restores balance and symmetry to the body, making it an ideal complement to athletics. Vvidesh is often drawn to yoga to overcome specific difficulties., such as increasing happiness or aiding in injury recovery.

Yoga strives to establish trust and provide experiential learning to relieve youth stress by improving self-esteem and confidence. Yoga encourages people to persevere and work towards their goals. Yoga is also a gaffer act of compassion, empathy, generosity, meditation and energy stamina.

### Physical Impact

Yoga has a wide range of beneficial benefits. Yoga is much more than just physical postures. Yet most people were drawn to their first yoga lesson because of the physical benefits. The following is a list of the physical benefits that yoga can provide to athletes. Greater flexibility is the primary motivation for many athletes to start practicing yoga. Increased flexibility reduces stiffness, improves mobility, and reduces various types of persistent aches and pains.

The ability to develop a stress-free mind is a major benefit of practicing yoga. Regular exercise is used to improve breath regulation as well as improve focus and concentration, which allows for rapid and effective decision making.

### Resilience

According to many athletes, the number one motivation for starting a yoga practice is to improve flexibility. This is because yoga stretches tight muscles, which increases the range of motion in the involved joints. increase flexibility reduce stiffnessimproves mobility, and reduces many persistent and aching pains.

### Strength

Just like runners are powerful in ways that have nothing to do with running. On the other hand, a running stride involves only the lower body and moves in a sagittal plane. As a result, some muscles strengthen while others remain. Runners have strong legs for running . But many people are surprised to know that when they are asked to do yoga in a standing position, their legs feel like jelly. This is due to the fact that a correctly positioned yoga posture engages all the muscles in several planes. Jelly leg syndrome occurs when weak muscles tire rapidly and tense muscles

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beg for release. Muscle tone is also better than being strong. Yoga aids in the development of long, lean muscles that do not inhibit joint range of motion.

## Biomechanical Balance

Muscular imbalance is caused by overuse of some muscles while underuse of others, affecting overall musculoskeletal balance and reducing biomechanical effectiveness. Biomechanical abnormalities eventually lead to discomfort and injury in most athletes. A muscle either contracts or stretches depending on the action. The biceps contract while the triceps expand as you make a fist and raise your forearm. The triceps will become smaller and you may lose the ability to straighten your arm if you want to have attractive biceps and to pump up the muscles, practice biceps exercises over and over again. To maintain muscle balance and function, it is a good idea to perform exercises on both contraction and stretch. When extending the hamstrings, for example, the quadriceps must contract. This synchronized motion not only promotes a deep and safe hamstring stretch, but it also allows you to strengthen your quadriceps, especially your inner quadriceps, which are typically weak in runners. It's Important for Runners Because his hamstrings will be needed, while his inner quads, which are often weak, will need to be strengthened. Each yoga pose is a delicate balancing act between stability and movement. There is never a time when only one muscle group is engaged. Even the most basic yoga poses require the activation of every muscle in the body. The downward dog position is a good example of this. The major muscle movements in this basic position are summarized below.

## An Energetic Body

Many types of exercise deplete the body's energy stores. Yoga, on the other hand, increases blood oxygenation and energy production, leaving the body and mind feeling refreshed and revitalized. Yoga is a great way for the body to actively recuperate from the physical demands of running.

### • Better Breathing

Lung capacity is important for athletes because it allows them to maintain a consistent breathing pattern throughout all phases of running. When lung capacity improves, more oxygen is pumped through the system, which is beneficial for running long and powerful. On the other hand, running and other types of cardiovascular activity require rapid and shallow inhalation and exhalation. Only the upper half of the lung is used, leaving the middle and lower parts unobstructed. Slow, Deep Breathing and Extended Breathing in Yogic Breathing is used, which uses the upper, middle and lower lungs. Yogic breathing has been demonstrated to boost lung capacity, thereby increasing endurance and overall athletic performance.

## Coordination of the hemispheres of the brain

According to science, the right and left hemispheres of our brain are divided into two parts. The roles of these two hemispheres are very different. The functions of the left hemisphere are linear, logical and intellectual. Right hemisphere people are artistic, creative and perceptive. When we study these facts, we can see how the education system does not help the children with the brain. Prevents both the right and left hemispheres from reaching their full potential. Education has always been through literature. You study, memorize, take a test. and get a road. Either you pass or you don't. You must study again, memorize, take a test and get your grade.

Whether it's math, history, geography, physics, chemistry, or medicine, the subjects taught follow a linear, logical structure, whether it's advanced education or secondary school. Only one half of the brain is active in the process. : Linear, logical side.

We educate the youth in the arts to balance the other components. We encourage children to learn music, stomp and participate in plays. We urge children to be imaginative. However, when the influence of different lobes of the brain is compared, the linear and logical lobes are more prominent than the artistic and creative lobes. This is one of the points.

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## Whole mind Development

The second argument is that the brain is just a tool for educating our mind. The mind is made up of four different functions which are known in yogic language as manas, buddhi, chit and ahamkara. The word manas means "to think" or "to rationalize." Buddhists are known for their wisdom. Chit is the part of the brain where memories are stored. The notion of ego is egotistical.

In the present education system, we are feeding only one component of the mind, the intellect. We are not talking about the mental element, which is related to the ability to distinguish right from wrong. We are not talking about the mind, where information is stored in the form of memory and experience. We are not even dealing with the ego, the ego. Rather, we cram the intellect with knowledge, neglecting to strengthen the other components of our brain. As a result, despite our knowledge, we are unable to apply the information in our daily lives in a productive and innovative way.

Despite our understanding of right and wrong, we feel confused when faced with a decision. Together However, as teachers and parents, we often overlook the psychological conditioning and psychological character of the child.

In Urdu, there is a couplet that says, " Let me tell you about the great achievements I have achieved in my life. I studied, and after getting my education, I served in the army, and after serving, I got my pension and after taking my pension, I died. Things are like this." However, is that all there is in life ? No. It is important for all of us. That we create an opportunity for our children to identify themselves, to use their potential, to develop their individuality and to awaken their individuality without imposing their personal ideas on their parents.

## CONCLUSION

Yoga opens up new learning opportunities for a wider range of students than a standard sports or fitness curriculum, making it an important component of any educational program. Yoga, as an adaptation to standard physical education, can also be included in the school curriculum to help build a quality physical education program. Yoga is equally important in sports. As much as others believe it benefits us in a sportsman's life in many ways and at different levels. Yoga can help a sportsperson develop mental control and concentration, which will help them perform better on the field. It provides children and adults with the opportunity to be successful in physical exercise, which can aid in the development of a strong foundation for life. On the other hand, curriculum experts, trainers, instructors and students should be aware of and assess the real constraints of yoga education in the classroom and in real life.

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