

Yogic Practices applied to Physical Education & Sports

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Abstract

Yoga could be used to keep health and general fitness. Physical education deals with very limited group of population. Out of different body types like a) Ectomorph (lean body) b) Mesomorph (muscular body, and c) Endomorph (fatty body), it is seen that only Mesomorph are attracted to this field much. Old Age Problem cannot be eliminated whether he is an athlete or non-athlete. Breathing practices, cleansing processes etc. are the beautiful techniques, which could be utilised effectively in Physical Education programmes. Healthy spine is of vital importance in our lives. Like medicine ball, adapted physical education programmes are prescribed for different types of handicapped persons. Yoga practices could be included in them as well. The selected yoga practices can have contributions in the following three areas: a) Yoga for the prevention of sports injuries; b) Yoga for the cure of sports injuries and c) Yoga for the promotion of sports. Change of vigorous routine becomes often essential and yoga practices could be utilised usefully here. An integrated programme of yoga and physical education could be found useful if we wish to give progressive training, by the proper blending yoga practices with Physical Education training practices for best achievements in different seasons. The yoga training could help to correct this before any sports meet. Mental training needs to accompany the physical training. Since Physical Education and Sports are eclectic subjects, borrowing principles and methods of yoga practices could benefit them. Body trains the mind and mind trains the body. Mind training Improves precision of movement with economical energy expenditure. Here comes the application and utility of Yoga.

Key words: Autogenic training, Bio-feed back training, Breathing practices, cleansing processes, Endomorph, Ectomorph, handicapped, Injuries, Mesomorph, Physical education, Sophrology, Yoga.

Introduction:

Optimum level of health and fitness is the requirement of the day and the general slogan, which is talked most, is “Physical Education for en-masses”. Yoga could be used to keep health and general fitness. Not every one is a top class athlete. Then what is about the rest? One has to think of this issue too, if the above slogan is to be kept intact. Physical education deals with very limited group of population. It caters to the needs of younger generation mostly. If we look at the body-types (somato-types), we get three types of body, like 1.

Ectomorph - lean body, 2. Mesomorph - muscular body, and 3. Endomorph – fattybody,

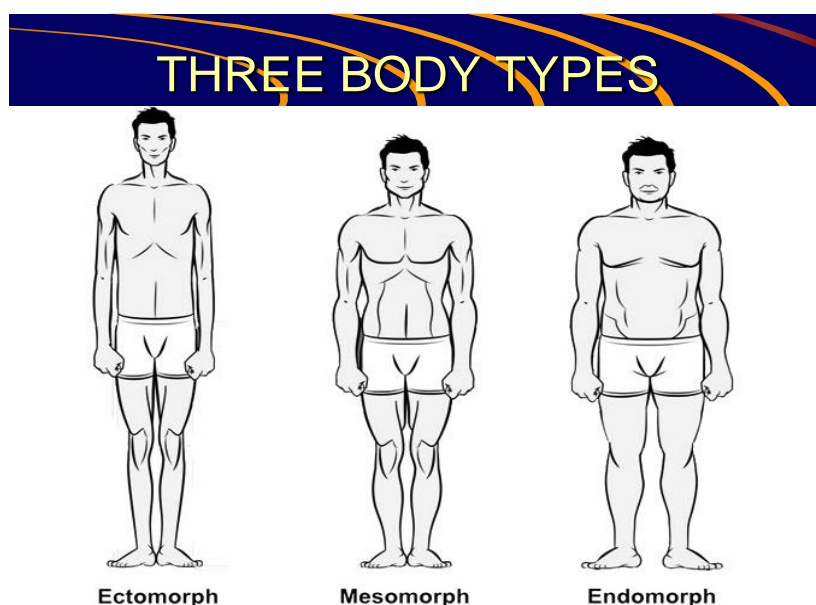
Out of these, Mesomorph is attracted much towards hyperactivity. To that extent the other two types of body are not interested much in vigorous activities. We need alternative means to activate them. Yoga, especially asanas, Pranayamas and Kriyas suits well according to their nature. It is an accepted fact that exercise is to be done regularly throughout the life. It is based on the formula of “use and disuse”. If not used fully one is bound to get problems of

different nature. All parts are to be used regularly and meaningfully. Otherwise, a porter or a coolie could be healthy while he gets tension on the contrary. The age-factor cannot be lopsided. Old Age Problem cannot be eliminated. So can we do vigorous exercises till the end? Here comes the utility of Yoga.

As long as we are young, our interests may be of different nature but when we grow a little old, our interest changes, physical activities change, and even our mental attitude changes. One wants to have a bit of solitude, a little rest than before. The

whole purpose of life changes. An office-goer gets lot of tension due to day-to-day activities. A few selected asanas; pranayamas, etc. could relax him better than other physical/muscular exercises that may cause addition of more tensions. Yogic practices are non-vigorous in nature and suit an individual very much temperamentally, physically.

If we look at various yogic practices, we will find that breathing practices, cleansing processes etc. are the beautiful techniques, which could be utilised effectively in Physical Education programmes.



Rational of Yoga practices:

Healthy spine is of vital importance in our lives. There is a proverb, which says, “Man is as old as his spine is”. Asanas in particular give all-round training to the spinal column to retain its youthful fitness. The fact is that the stretching principle of asanas helps to reduce the tension in tissues of the muscles. After all, who wins the race? An athlete is basically a human being.

To become an athlete he may have developed a little more strength, endurance etc. by special training. But ultimately he

or she remains a human being. His personality problems too are common like other people. And yoga suggests different means to overcome such day-to-day problems of every one. For this purpose, *Asanas, Pranayamas, Cleansing* processes etc. could be utilised very meaningfully which are not presently available in the Physical Education and sports training programme.

Care of vital organs of the body is all the more important in the maintenance of health and well being. Some parts are used maximally while some are not in

many of the physical education activities and sports areas. If we look at the requirements for equipment, etc. there is hardly any requirement. We will find that they help to enhance the health of individuals.

Handicapped people receive little attention in physical education activities. However, yoga on the other hand could be utilised effectively for them by suitable modifications to enable them perform even in the sitting or lying conditions. b) Like medicine ball, adapted physical education programmes are prescribed for different types of handicapped persons. Yoga practices could be included among them as well.

Contributions of selected yoga practices:

Now let us see what contributions selected yoga practices can have in the following three areas:

1) Yoga for the prevention of sports injuries: It is always said “Prevention is better than cure”. Injuries and accidents are always there in games and sports and physical education activities. Through yoga, these can be minimised to a great extent. All physical education activities are body contact games and based on dynamic movement. As a result of that all the muscles remain in a contractile condition, and for that the athletes remain in a tensed condition. And the muscles is shortened. As a result of that the athletes remain in tensed condition and suffer from various diseases in the long run. To eliminate such condition, they should practice the stretching of muscles. As against, callisthenics, here some of the yogic practices are mentioned below to stretch the muscles effectively and prepares for the days to come. As such it reduces the possibility of muscle and ligament injuries.

2) Yoga for the cure of sports injuries: the tightness of muscles could be relieved through *Asanas*; there is a great need of treating the injured sportsman so that they can resume once again in the sports at the earliest. Therefore, there is a need to think and pay attention to this issue so that they recover quickly from injuries and participate in the games and sports once again. With the practice of *asanas*, the contracted muscles can get stretched and one can get little better feeling. Today, everybody has accepted that the stretching principle works better for relaxation. In this context, the study of Herbert A. de Vries, (1961) is worth remembering.

3) Yoga for the promotion of sports: For the promotion of sports ability, yoga has a tremendous role to play. The important principles like a) Endurance, b) neuromuscular co-ordination, c) mental preparation are essentially required in any sports and physical education activities. There were number of studies done in the past on these area showing the utilities of yogic practices in the various aspect of health and fitness^{1,7,8}.

Round the year programme:

Since there are seasonal variations like rain, heat etc. And even otherwise, many a time physical education programmes cannot be carried out effectively due to less space. During these situations, yoga practices like *asanas*, *Pranayamas* etc. could be utilised in indoors as an alternative measure as facilities required for them are minimal. Every one can participate in yoga practices unlike the few indoor games wherein participation is not available to everyone. Change of vigorous routine becomes often essential and yoga practices could be usefully utilised here.

The following Table would be found useful if we wish to give progressive training, by the proper blending yoga

practices with Physical Education for best achievements.

80% Rest-Season	60% Pre-Season	40% Mid-Season	20% Meet-Season
Yoga as life-time sports	Padahastasana Paschimottana Ugrasana Halasanasanas, Bhujangasana Shalabhasana Dhanurasana Vakrasana	Yoga practices Kriyas, Yamas- Niyamas as preparation	Ujjayi Pranayama to counter balance accumulated stress/tensions
General Skill 20%	Physical tactics, 40%	Education strategies training 60%	Training Programmes 80%

Yoga is a life time sports:

Emotional problems are regular problem of many among the participants/sportsmen. It becomes more prominent in final game situations. One forgets about the body awareness and makes too many mistakes and becomes injury-prone, at the same time causing injury to other participants as well.

In Badminton, Table Tennis, Football, Shuttle-ball play, the player goes on doing mistakes. The ball/shuttle gets out of the court/field. A little bit of Ujjayi Pranayama is to be done correctly. Dr. Halls work in this line is worth contributing.

Over-confidence is one of the persistent problems with every participant otherwise. As against this, self- confidence is welcome, while over-confidence can prove

detrimental to the players. The yoga training could help correct this before any sports meet. Mental training needs to accompany the physical training.

Players often cause injuries to others and play fouls often intentionally. Yogic restraints of behaviour like yamas-niyamas etc. could be suitably adapted to correct such intentional foul play by the sportsmen. Coaches should insist yamas-niyamas by taking into consideration the psychology of coaching.

Since Physical Education and Sports are eclectic subjects, borrowing principles and methods of yoga practices could benefit them. There are Non-conventional methods also. Sound mind in a sound body is the general proverb. Body trains the mind and mind trains the body. These methods are also popular now a day.

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| <ul style="list-style-type: none"> 1) Autogenic training 2) Sophrology 3) Bio-feedback training | <p>Once this becomes a permanent habit, Relaxation of stress becomes Automatic</p> |
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a) Physically (practice): Mind training Improves precision of movement economical energy expenditure. B) Psychologically (Imagination): Mind training improves concentration, proper

perception, a rapport with team mates/coaches/pain control mentally, learning to eradicate old mistakes and fear of failure.

Author's note:

The author is extremely grateful to Swami Maheshanandaji, Chairman, K.S.M.Y.M.Samiti, Lonavla for giving valuable suggestions to improve upon the article. Thanks are due to Sri O.P.Tiwari, Secretary, Kaivalyadhama for the support and encouragement to write this article. The corresponding author: Dr. S.K.Ganguly.

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