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## A STUDY OF THE ROLE OF SOME YOGA ELEMENTS IN PHYSICAL EDUCATION AND SPORTS PERFORMANCE

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### Abstract:

Yoga is one of the Indian philosophical systems that emphasize the importance of the work with the body to develop healthy behaviors and thoughts. Yogic exercises recharge the body with cosmic energy and facilitates. Among all its techniques the physical postures, called asanas in Sanskrit, are the ones that got. It is necessary to body fitness and developing sports personalities. Its belong to the scope of Physical Education. Yoga is the application of physical postures, control of breath, purification and relaxation of mind, body and spiritual principles aimed at bringing greater unity and balance to the mind and body. Some yoga elements play important role in physical education and sports performance.

**Keywords:** yoga elements, physical education, sports performance.

### Introduction

Yoga is one of the Indian philosophical systems that emphasize the importance of the work with the body to develop healthy behaviors and thoughts. Yogic exercises recharge the body with cosmic energy and facilitates. Among all its techniques the physical postures, called asanas in Sanskrit, are the ones that got. It is necessary to body fitness and developing sports personalities. Its belong to the scope of Physical Education. Once there was a time when people said "it is not the winning itself but the competing nobly that really matters", when the place where competitions took place was sacred and the respect between competitors was essential. In our modern society the term Physical Education has been understood in different ways. Some say it is the "education of the body", which is educating the body to achieve some skills and abilities as it is done, for example, in sports. Role of yoga in physical education from various angles, including the type of education that was being provided to students throughout the world as well as the different levels of stress that students face in the classroom environment. The difficulties, problems, conflicts, distractions and dissipation of their energies were also considered. We started using certain principles and practices of yoga, firstly, as an experiment to increase the students learning ability, body fitness and also positive view. The benefits of yoga can thus be applied to a variety of disciplines including sport persons. This paper will highlight the benefits for sport persons through the practice of Yoga and explore how Yoga can significantly enhance their performance.

### Objectives of research

- 1) To highlights on the benefits for sport persons through the practice of Yoga.
- 2) To study of Role of Yoga in varies problems of sportspersons.
- 3) To study of the role of some yoga elements in physical education and sports performance

### Research Methodology:

For the purpose of this study used physical science research methodology to study the research topic Used scientifically analysis. In this method used secondary data tools. In this



secondary data tool used reference books. Research articles, newspapers, journals, published and unpublished materials and also taken help of internet facilities.

### **Benefits of Yoga in Physical education and sports**

Yogic breathing involves slow, deep inhalations and long exhalations, making use of the upper, middle, and lower portions of the lungs. Yogic breathing has been shown to increase lung capacity, and greater lung capacity increases endurance and improves overall athletic performance. In Sanskrit, prana means "energy," and yogic breathing is called pranayama. Through the breath, you bring in oxygen, feeding your cells and creating vital life force, and remove carbon dioxide, eliminating toxins. The use of the breath in yoga is vital. Whereas holding the breath creates internal tightness, tension, and anxiety, deep breathing releases tension, reduces stress and anxiety, and physically helps the body ease into poses, particularly those that are challenging. Through this conscious breathing, the body is energized as a result of increased oxygen circulation throughout all of its systems.

### **Benefit for Sports**

Sports can lead to injury because of its repetitive nature and the resulting musculoskeletal imbalances. On a physical level, yoga restores balance and symmetry to the body, making it the perfect complement to sports. Runners are often drawn to yoga to deal with specific issues, such as improving flexibility or helping with an injury. Yet many are shocked at the world it opens for them, specifically, the strengthening capacity and the use of muscles they never knew they had. Let's take a closer look at the effects of yoga, both physical and mental, on runners.

### **Physical Effects**

As seen in the preceding definitions, yoga encompasses more than the mere physical Benefits of Yoga in Physical education and sports postures. Nonetheless, the physicality of yoga is what draws most people to their first yoga class. The following summarizes the physical benefits that sports persons can expect from yoga.

### **Flexibility:-**

Many sports person cite greater flexibility as the number one reason for beginning a yoga practice. This is a good reason, because yoga stretches the muscles that are tight, which in turn increases the range of motion in related joints. Increased flexibility decreases stiffness, results in greater ease of movement, and reduces many nagging aches and pains.

### **Strength:-**

Running stride involves only the lower body and movement in one plane sagittal. Thus, certain muscles become strong while others are underused and remain weak. Runners have strong legs for running, but when faced with holding a standing yoga pose, they are quite surprised to find that their legs feel like jelly. This is simply because a properly aligned yoga pose involves using all the muscles in a variety of planes. The muscles that are weak fatigue quickly, and those that are tight scream for release—thus, the jelly-leg syndrome. Additionally, a by-product of becoming stronger is greater muscle tone. Yoga helps shape long, lean muscles that do not hinder free range of movement in joints

### **Conclusion**

Yoga exercises are based on the formula of stretching, relaxation, deep breathing, increasing circulation and concentration. As such, yoga is beneficial to a professional athlete as it enables them to strengthen their concentration ability, foster a calm and relaxed mind, enhance the mind / body connection allowing an athlete to have greater muscle coordination and fluidity of movement. Yoga is the application of physical postures, control of breath, purification and relaxation of mind / body and spiritual principles aimed at bringing greater unity and balance to



the mind and body. The use of pranayama and breathing techniques prescribed in Yoga enables a person to focus on breath and helps to calm and still the mind and cultivate concentration ability. Swami Vishnudevananda mentions the importance of pranayama for strengthening concentration and calmness of mind through stillness of breath. The prescription of Yoga asanas also help to develop the control and concentration of the mind. Being able to hold a posture with steadiness, relaxation and comfort requires that a person is able to focus their mind for an extended period of time. This helps for developing strength and concentration in mind / body and is beneficial to playing sports at highly competitive levels.

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