

Appropriateness of Yoga: A Path for Development, Physical Well-being and to achieve Growth

Dhanraj Singh Slathia*

* Department of Youth Services and Sports Jammu & Kashmir, (Jammu)

Article info:

Received 03 July, 2018
Revised 05 August, 2018
Accepted 11 August, 2018
Available online 06
September, 2018

Keywords:

Physical Education
Physical Wellbeing
Yoga

Abstract

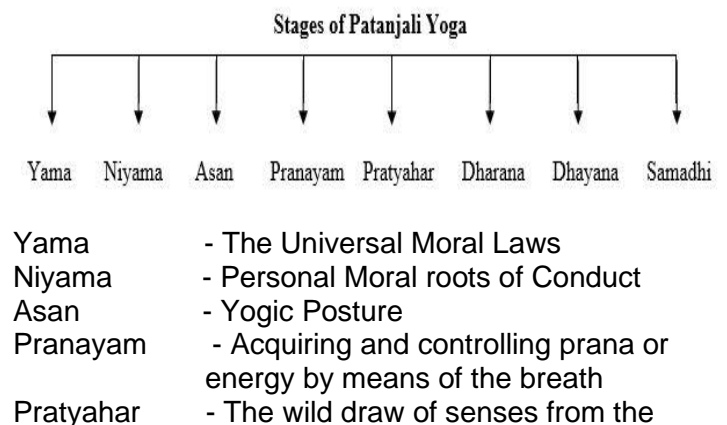
The study is in consideration as Yoga in the curriculum of Physical Education with a view to encourage value education, personality development and mental growth. In reality, impact of yoga on growth, health related fitness and performance related fitness is unexplored. Thus, the present study as role of yoga in relation to growth fitness, and performance has social significance. Physical activity is very essential to gain adequate strength, flexibility and to prevent obesity. Physical fitness, participation in physical activity, fundamental motor skills and body composition are important contributors to the health and the development of a healthy lifestyle. Every individual need good health and fitness to lead a happy and enjoyable life. Yoga, method of self-realization trains the body, mind & spirit to become strong and flexible, release stress and create inner peace and calmness, while developing a deep connection with one's spirit, intuition and power.

Introduction

Yoga is a psycho-somatic-spiritual discipline for achieving union & harmony between our mind, body and soul and the ultimate union of our individual consciousness with the Universal consciousness (Madanmohan, 2008). Yoga is mind-body technique which involves relaxation, meditation and a set of physical exercises performed in sync with breathing. Being holistic, it is the best means for achieving physical, mental, social and spiritual wellbeing of the practitioners. Majority of the physical educationist, sports experts and coaches believe that incorporating nonconventional forms of physical exercise such as yoga definitely would enhance efficacy and add value to human growth, development health fitness and performance. Yoga is an ancient form of mind-body therapy that combines specific physical postures, or asanas, with breathing techniques called pranayama and meditation, dhyana, to create a sense of well-being. Asanas range from simple to complex, combined with controlled breathing. Pranayama involves a variety of breathing exercises. Yoga harmonizes our growth and through balance of mind helps in total development. Such growth brings the divine qualities like love, affection, sacrifice service etc.

Concentration of mind, alone can bring out the amazing qualities and capacities that life hidden in the human mind. Yoga breathing practices may provide insight into valuable respiratory techniques and control of important variables. These practices are intended to maintain optimum health with particular emphasis on stress reduction. This art of right living was perfected and practiced in India thousands of years ago but since yoga deals with the universal truth; its teachings are as valid today as they were in ancient times.

Stages of Patanjali Yoga



	outer environment
Dharana	- Concentration
Dhayana	- Meditation
Samadhi	- Enlightenment

Yoga for Human Overall Well Being

Yoga blends the two states of tension and relaxation life always seeks to resolve balance and the ideal state is that in which static, force and dynamic power are in harmony. In this state the deepest relaxation is found within the highest tension and this forms the basis for the new life of service and cooperation. The basic cartelistic of yoga are its use of meditation, for by utilizing this discipline, the mind and body are purified and adjusted and personality is heightened. The main purpose of Yoga to see inside with deep concentration is to purity the mental state. When, the mind is cleaned, peace of mind automatically surface. Balance of mind, equanimity and the state of well-being are also expressed simultaneously.

Objective of the Study

Present study has following objectives.

- ❖ To evaluate that yoga play a very essential role in our life for development.
- ❖ To evaluate that yoga play a very essential role in our life physical well being.
- ❖ To evaluate that yoga play a very essential role in our life to achieve growth.
- ❖ To know that it is most require for better health.

Significance of the Study:

Our society is shaping the victim of tremendous stress and strain, leading towards intensive health complications and moral diminutions. This has become true not only for man, but also for growing children, affecting and hampering their growth, development, health fitness and performance as general as well as competitive. Yoga may play a vital role as for improving physical fitness variables and performance. It works on three-facet viz. mental, physical & social state resulting in improved health, nourishment & efficient management of human life.

Appropriateness of yoga:

Yoga may be an appropriate complementary therapy for individual because of its emphasis on

movement-coordinated breathing and low impact fitness. Yoga involves relaxation and meditation, which may improve the psychological symptoms experienced in this population, and incorporates breath training techniques which may be of particular benefit in coping with breathlessness.

In competitive sports there has always been a demand for screening and selection of physically fit and talented children. Identification of talented children from the younger age group assumes more significance to prepare standard and record-breaking sports persons. Scientific scouting of talent at optimum age level and thereafter nurturing them systematically is most essential for reaping benefit of the genetically and physiologically gifted children thereby ensuring a brighter hope for the country in the area of sports. Following common yogic exercises have proved remarkable result related to sports performance.

Yoga Path for Development:

Development is the act of gaining/achieving in sports, competition, play, concert or some other form of entertainment general or as well competitive nature. Since the topic is sports and physical education concerned, specifically contribution of Yoga is as the exercises that tunes and tones every muscle. It aims at helping players relieve stress and become calmer; it brings about harmony of the entire body. In reality, impact of yoga on children's growth, health and performance related fitness is unexplored.

The physical aspect of what is called yoga in recent years, the asanas, has been much popularized in the West due to the vast number of benefits. Physically, the practice of asanas is considered to: improve flexibility, improve strength, improve balance, reduce stress and anxiety, reduce symptoms of lower back pain, improve physical health and quality of life measures in the elderly, improve blood circulation, reduce weight.

Yoga for Physical Well Being:

Physical fitness, participation in physical activity, fundamental motor skills and body composition are important contributors to the health and the development of a healthy lifestyle among children and youth. According to AAHPERD (American Alliance of Health, Physical Education, Recreation

& Dance) a person is healthy if he has a good level of flexibility, abdominal muscle strength and endurance, cardiovascular endurance and normal body fat%. According to W.H.O. (1948) "Health is a state of total mental, physical and social well-being, and not merely the absence of disease and infirmity". Maintenance of such type of physical fitness depends upon the efficiency and proper functioning of the systems of the body. In this context, Indian educational institutions consider Yoga in the curriculum of Physical Education with a view to encourage value education, personality development and mental growth.

Yoga for Growth:

It is the nature's contribution. It meets the life's demand and leads towards development. Any growth signifies the increment in size, shape, height, weight etc. Almost all morphological variables signify the human growth. There are many factors that contribute for growth and development. Physiologically, growth and development of human starts in the mother's womb, known as prenatal period. After a child's birth, the mother takes care so that child grows. Normal growth of a child's height, structure, outlooks, organic functions etc. depends upon heredity and its nutrition, nature of learning, attitude, behavior, emotion, personality etc have common base mostly on the environment.

Grow Taller with Yoga

The entire human organism is controlled by the harmones. Every system, every organ, every tissue, every cell is guided in its functioning by harmones. Any imbalance results in disease. In children, various harmones, many minerals & nutrients play the role in good height growth. Asanas recommended for increasing height are Tadasana, Trikonasana, Suryanamaskar, Shavasana, Sethubandhasana, Vajrasana, Shashankasana & Usthrasana. They maximize the harmonious interaction of the endocrine harmones secreted by the pituitary, thyroid, parathyroid and adrenal glands during the adolescent growth spurt.

Yoga for Growth and Health Related Physical Fitness:

To face the challenges regarding children's growth, health related physical fitness and sports talent abilities, constant practices of Yoga may be of immense use. Through yoga, one can overcome all

difficulties and eradicate all weaknesses. Yoga teaches us to live reasonably and avoid uselessly squandering our energy and also show us how to exercise self-control and preserve a positive attitude towards life. Yoga asanas give muscles and ligaments, a slow non-violent stretch. Stretching a muscle helps it to contract more strongly while the slow movements and deep breathing increase the oxygen supply to the muscles, preventing the accumulation of lactic acid in the fibers. The stretching and combating the muscles stimulate circulation to the tissues and organs and cause a venue return. They help to tone the nervous system, improve circulation, release tension, increase flexibility, broaden the mental faculties and enhance the spiritual capabilities. Further, pranayana helps to cleanse and nourish the physical body in utilizing an abundance of oxygen and in draining out the waste products from the blood and body too.

Breathing Exercise: The breath is the most vital process of the body. It influences the activities of each and every cell and most importantly is intimately taken with the performance of the brain. Breathing therapies are frequent component in a variety of therapeutic programmes, especially among professionals providing behavioural therapies for stress relaxation, recovery and develop physiological self-regulation with or without instrumentation assistance.

Yog Nidra: The Yog Nidra is more efficient and effective form of psychic and physiological rest and rejuvenation than conventional sleep during competition. Releasing of tension, relaxation and recovery are the secret of transformation. The simple practice of Yog Nidra has the capacity of penetration into the depths of minds. Yog Nidra is advised to be practiced daily during competition to drive deep into the mind and aid in the evolution of consciousness.

Conclusion: Physical fitness, participation in physical activity, fundamental motor skills and body composition are important contributors for growth, development and performance of a healthy lifestyle. Regular practice helps to keep our body fit, controls cholesterol level, reduces weight, normalizes blood pressure and improves heart performance. Physical fitness thus achieved leads to reduction of physical stress and greater vitality. Yoga has the surest remedies for our physical as

well as psychological problems. Asanas harmonize our ability and mental energy flow by clearing any blockages in the subtle body leading to mental equilibrium and calmness. The need of the hour is to encourage physical activity, exercise and sports participation with synchronization with yogic exercises. Yoga, method of self-realization trains the body, mind & spirit to become strong and flexible, release stress and create inner peace and calmness, while developing a deep connection with one's spirit, intuition and power.

Through constant practices of Yoga, one can overcome difficulties and eradicate all weaknesses. Pain can be transmitted into bliss, sorrow into joy and failure into success and sickness into perfect health. Determination, patience, persistence led us to the goal. In fact, Yoga is a bridge between body, mind and spirit. Since its practices smoothly coordinate the functions of the bones, muscles, blood, brain etc., which help to improve health, and as they train human mind, which is immaterial and intangible, for modifying proper attitude, behaviour and values may establish mental peace.

REFERENCES

- "Ashtanga Yoga." Ashtanga Yoga Research Institute: Method. 2001. 11 June 2003 <<http://www.ayri.org/method.html>>.
- Aires, L., Silva, P., Santos, R., Santos, P., Ribeiro, J. C., and Mota, J. (2008). Association of physical fitness and body mass index in youth. *Minerva Pediatr.*, 60, 4, pp.397-405.
<https://www.ncbi.nlm.nih.gov/pubmed/18511891>
- Al-Nakeeb, Y., Duncan, M. J., Lyons, M., and Woodfield, L. (2007). Body fatness and physical activity levels of young children. *Ann Hum Biol.*, 34, 1, pp.1-12.
<https://www.ncbi.nlm.nih.gov/pubmed/17536750>
- Bera, T. K., Jolly, S. R., Ganguly, S. K., and Gharote, M. L. (1999). Effect of three years yogic exercises programme on motor function in school boys. *Yoga-Mimamsa*, 33, 1, pp. 1-12.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4959326/>
- Chen, W., Lin, C. C., Peng, C. T., Li, C. I., Wu, H. C., Chiang, J., Wu, J. Y., and Huang, P. C. (2002). Approaching healthy body mass index norms for children and adolescents from health-related physical fitness. *Obes Rev.*, 3, 3, pp.225-232.
<https://www.ncbi.nlm.nih.gov/pubmed/12164476>
- Ganguly, S.K. and Bhole M.V. (1985). Influence of breathing on flexibility: *Yoga Mimamsa*, 24, 1, 1-7.
- K. J. Calfas, and W. C. Taylor, "Effects of physical activity on psychological variables in adolescents". *Pediatric Exercise Science*, 6, 1994, pp.406-423.
https://www.researchgate.net/publication/306054857_Effects_of_Physical_Activity_on_Psychological_Variables_in_Adolescents
- Taimini, T.K. (1965), *The Science of Yoga* Madras, Theosophical Publishing house.
https://www.yogastudies.org/wp-content/uploads/Science_of_Yoga-Taimni.pdf

Corresponding Author: dsslathia78@gmail.com

Slathia, D.S. (2018) Appropriateness of Yoga: A Path for Development, Physical Well-being and to achieve Growth. *Microcosmos International Journal of research*. 4: 6-9.