

Yoga in Physical education: A Fruitful Benefits

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Abstract

In our modern society the term physical education has been understood in different ways. Some say it is "body education", which is educating the body to acquire certain skills and abilities, for example, in sports. Others think it's "body education", working out just to improve one's looks. There was a time when people used to say that "it's not about winning, it's about competing", when the venue of competitions was sacred and respect among competitors was essential. Yoga is one of the Indian philosophical systems that emphasizes the importance of working with the body to develop healthy behaviors and thoughts. All its techniques derive from physical postures, called asanas in Sanskrit. It is important to remember that sports and gymnastics fall within the scope of physical education. In fact, the original meaning of the term physical education is "education through the body". It is using work with the body as a strategy to reach the best goals of education: autonomy and morality in our relationships with each other and the environment. Nowadays these can be considered supplementary subjects. While

the West developed aerobic conditioning and sports training and focused on its relationship with good health, the East pursued the same goals through concentration and relaxation. It is important to remember that sports and gymnastics fall within the scope of physical education. There was a time when people used to say that "it's not about winning, it's about competing", when the venue of competitions was sacred and respect among competitors was essential. Both yoga and physical education at their core use the body as a tool to develop attitudes and abilities that are important for achieving physical and mental health. The objective of the presented article is the role of some elements of yoga in physical education and sports. Unfortunately, this is the main reason people join gyms, especially before summer.

Keywords: science, physical education in schools, Yoga, exercise,

Introduction

Yoga is a method of learning that aims to balance "mind, body and spirit". Yoga is a practice with historical origins in ancient Indian philosophy. The word 'Yoga' means "to join or join together". It brings body and mind together to become a harmonious experience. Yoga is clearly different from other types of exercise because it creates movement without creating tension and imbalance in the body. Other forms of physical exercise, such as aerobics, ensure only physical well-being. Yoga practice recharges the body with cosmic energy and brings relaxation. They have nothing to do with the development of the spiritual or astral body. Yoga practice recharges the body with cosmic energy and provides relaxation. Man is a physical, mental and spiritual being; Yoga helps promote balanced development of all three.

Benefits for physical education

The role of yoga in education from different angles, including the type of education provided to children around the world as well as the different levels of stress faced by children in the classroom environment. The difficulties, problems, conflicts, distractions and wastage of their energies were also considered. Yoga is usually taken to be a system of physical education with a

spiritual component, although the truth is the opposite: yoga is a spiritual system with a physical component. The practice of asanas is still only a small part of the entire system of physical culture and education known as Hatha Yoga. Our belief was, and still is, that we are educating our children without considering or caring about the development of their overall personality. We are filling their minds and brains with information without creating a support group outside the classroom environment where they can continue their education. We have to look at what science says about a child's development, what psychoanalysis says about child psychology and how hormones and glands alter and influence a child's rationality, emotional structure and creative output.

We started using some of the principles and practices of yoga, firstly, as an experiment to enhance children's learning ability and secondly, to inspire teachers to teach their subjects in a slightly different way.

Adjusting both hemispheres of the brain

The subjects that are taught follow a linear, logical system, whether it is mathematics,

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history, geography, physics, chemistry or medicine, whether it is advanced education or secondary education. In this process only one side of the brain is stimulated – the linear, logical side. If we consider these facts, the education system does not allow the child to develop the full potential of the right and left hemispheres of the brain. The trend of education has been through books. You study, memorize, take exams and get grades. You will either pass or fail. Again you have to study, memorize, sit for exams and get your grades. We encourage them to use their creativity. But if you compare the influence of different parts of the brain, you will find that the linear and logical are more pronounced than the artistic and creative.

According to science, there are two hemispheres in our brain, right and left. These two hemispheres perform different functions. The functions of the left hemisphere are linear, logical and intellectual. Right hemisphere people are artistic, creative and intuitive. To balance other aspects, we teach art to children. We encourage them to practice music, painting, and drama.

Building a perfect mind

The mind is a combination of four different abilities, which are defined in yogic terminology as manas, intellect, chitta and

ego. Secondly, the brain is the medium through which we educate our mind. In the modern education system we are promoting only one aspect of the mind – intelligence. We are not dealing with the psyche aspect, which deals with the ability to know what is right and what is wrong. The word Manas means to rationalize, to think about something. Buddhi means intelligence. Chitta is an area of consciousness where impressions are stored. Ego is the concept of ego. Despite all our understanding of right and wrong, we get confused if we have to decide what to do. Also, as teachers and parents, most of the time we ignore the psychological conditioning and psychological nature of the child. We are not talking about the mind, where the effects of knowledge are stored as memory and experience. Nor are we dealing with ego, pride. Rather, we are filling the intellect with information without stimulating other aspects of our brain. Therefore, despite all the education, we are not able to apply it constructively and creatively in our lives. I have studied and after getting education I did my service and after completing my service I got my pension and after getting my pension I died. This is life." But is this all there is to life? No. The problem is not just with education. The problem is with the parents also. The parents are not educated. You may have

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studied at Oxford or Harvard; you may that you may have obtained the highest degree available, but you are not educated. It is important for each of us that we provide opportunities to our children to recognize themselves, utilize their potential, develop and awaken their personality. Do it, consider them without putting your personal pressure by the parents. A degree is not an education. It is just a certificate that allows you, possibly, to live a life with self-respect. A degree gives satisfaction from other people. , is only a passport to get a job position and recognition. But the degree is not indicative of your education. When you allow them to overcome their fears and inhibitions. Allow them to overcome the psychological pressures that are created by you without imposing your conditions on them. We found that every person had a psychological blockage in learning, remembering and remembering. Children are, by nature, different from their older counterparts. To study, adults may need to sit at a desk with books, but children don't need this. Proper education can be achieved only when you allow children to utilize their intellectual abilities as well as their intuitive abilities.

Yoga in class

Taking some cues from RYE (Research on Yoga in Education) work with children in Europe, we started with very simple yoga exercises in a classroom environment. If a child has to sit through six or eight classes during the day, he is practicing two asanas and one pranayama sixteen times each day at the beginning and at the end of each class. The system of providing education to children should be different. This should be combined with certain practices that can remove their psychological blocks, that can make them aware of the psychological changes occurring in their body and brain, that can make them aware of their own distractions and which can provide them the ability to concentrate. In the US we took the guidelines and cues from RYE, but we added extras to the yoga as well. We included soft background music in the classroom so that children are not under constant psychological pressure to study. Having music around is a subconscious distraction and subconscious relaxation. For our experiment we chose the classical music of Bach. Classes in RYE schools begin and end with the practice of two asanas and one pranayama. So if in Europe, schools have a psychologist who keeps an eye on the child's performance, behavior and aptitude and who tries to create a support group for the child in the home environment. When children practicing

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yoga in the classroom were monitored, their reactions, creativity, receptivity, etc. improved significantly. Teachers started teaching pranayam to the students. Students were asked to inhale and exhale simultaneously with the help of a big grandfather clock. When the pendulum swung one way, everyone had to breathe in, and when the pendulum swung the other way, everyone had to exhale. After a few moments the breathing pattern became regular and coordinated with the swing of the pendulum. The teacher would give instructions when the students were exhaling and the teacher would be silent when the students were inhaling. Now you might be wondering what this has to do with education. But it is very important and relevant because psychologists have said that when we breathe, we create psychological, emotional and rational blocks in our mind. Memory, willpower and behavior were found. The children were more calm, focused, concentrated and peaceful than their counterparts in other classes who were not practicing yoga and who were more destructive, restless, violent and distracted. The energy of the body, brain and mind gets exhausted. When we exhale, the body, nervous system, mind and brain relax. If you provide information when a physiological system is at rest, it is

retained by the brain and is not easily forgotten.

Develop awareness and rapport

Yoga is not limited to the physical practices and breathing techniques taught in class. Rather, the teacher has to keep in mind when to speak and when to remain silent. Speech is a medium of education, but silence is also a medium of education because silence allows you to absorb what you have heard. When I visit schools I often find teachers teaching subjects to students without any awareness. While training is going on in the classroom, there is a lack of awareness. Students are writing notes mechanically, whether they understand the subject or not. This is not the teachers' concern. Students also know that the teacher is not worried so why should they be worried? Therefore there has been distance in the relationship between student and teacher. That difference is a very important component that can form the personality of the student, which is non-existent. However, if you incorporate some methods of concentration, coordination develops as well as awareness. Ask children to play a game of observing their breathing during periods of silence. Ask them to count their breaths backward from fifteen to one. Inhalation and exhalation are taken as

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one count and one breath. Fifteen breaths equals approximately one minute. Then start your instructions again. This is another important point. Speech and silence have to be connected. Vigilance and dynamic instructions have to be combined with passive viewing. You give instructions, you stimulate their intellect, but you also have to give them a chance to passively imagine what they've just heard in a way that stimulates their intellect. There is a famous story about Sufi saint Mulla Nasruddin. One day he was sitting near a well and trying to fill water in an earthen pot. But there was a crack in the earthen pot. So whatever he put in it would come out through the crack. People mocked him and said, "You must be crazy. How can you expect to fill this pitcher with water when it is broken and all the water is leaking out?" He replied, "Who cares? I am only concerned about filling the pot. I don't care whether the pot is broken or not." You have to develop a relationship with each student – not as a teacher but as a thoughtful friend to whom they can come and say, "Look, I'm having such and such difficulty with my studies, what can I do?" You should be able to guide them. As teachers we are repeating the same things. We are concerned about giving information to children. We are not worried about whether they will maintain it or not. So what is the result? You study

history and geography at night and forget it in the morning.

Benefits for sports

Runners are often drawn to yoga to deal with specific issues, such as improving flexibility or helping with injuries. Yet many people are surprised by the world it opens up to them, in particular, the ability to strengthen and use muscles they never knew they had. Sports can lead to injury due to its repetitive nature and resulting musculoskeletal imbalances. On a physical level, yoga restores balance and symmetry in the body, making it the perfect complement to sports.

Physical effects

Posture. However, the physicality of yoga is what draws most people to their first yoga class. The following summarizes the physical benefits that athletes can expect from yoga. As seen in the previous definitions, yoga involves much more than just physical

Resilience

This is a good reason, because yoga stretches muscles that are tight, resulting in increased range of motion in the respective joints. Increasing flexibility reduces stiffness, resulting in greater ease of movement, and reduction of many nagging

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pains. Many athletes cite greater flexibility as the number one reason for starting a yoga practice.

Strength

Yoga helps sculpt long, lean muscles that do not hinder free range of motion in the joints. Runners get stronger in ways related to running. However, the running step involves only the lower body and movement in one plane – sagittal (i.e., back and forth). Thus, some muscles become stronger while others are underutilized and remain weak. Runners have strong legs for running, but when they are faced with standing and adopting yoga postures, 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 at different levels. The muscles which are weak get tired quickly, and those which are tough.

An energetic body

Body and mind feel healthy and energetic. Yoga provides a medium through which the body can actively recover from the physical demands of running. Many forms of

exercise deplete the body's energy stores. Yet yoga practice oxygenates the blood and produces more energy.

Conclusion

Yoga can play an important role in developing mind control and concentration which helps a player to perform in his game. It provides children and adults the opportunity to experience success in physical activity, which can help build a strong foundation for life. However, curriculum experts, teachers, trainers and students must critically know and analyze the real challenges of yoga education in the classroom setting and real life. Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness courses, making it a valuable addition to any educational program. Additionally, inclusion of yoga in the school curriculum will help in providing a quality physical education program as the modification of traditional physical education yoga in sports is as important as others think because of the various ways in which it can contribute to a sportsperson's life and Helps us at different levels.

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