



YOGA AND PHYSICAL EDUCATION

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Abstract:

Introduction:

Yoga and Physical Education are two different and broad disciplines. However, they are inter-related to some extent. The National Policy on Education, 1986 has recommended the inclusion of yoga along with sports for student youths. However, this attempt of associating yoga with Sports and Physical Education is not new. Yoga has entered in the field of Physical Education some six decades back.

Some of the Yogasanas were included in the curriculum of physical education for the first time in 1927 by the Shri K.M. Munshi Committee appointed by the Bombay Government. In 1956 when the National Plan for Physical Education was prepared, a curriculum of yogic exercises was accepted along with other activities. Thus yogic exercises became an integral part of physical education programme. In order to systematic yogic training, Govt. of India, Ministry of Education, for the first time in 1959 introduced a scheme of yogic training for the in-service physical education teachers. Yoga and Education both have the common aim of around development of personality. As Swami Vivekananda puts it, "Education is the manifestation of perfection already in man." The meaning and aim of Yoga is also the same-Integration of personality on all levels.

Yoga and Physical Education have many misunderstandings in the minds of the common man. Yoga is not meant for the common man. Yoga is related to miracles. Yoga is a Therapy. Yoga is a Philosophy.

Yoga is a Religion or related to Religion. Yoga is a system of exercise.

Aims and Objectives of Yoga and Physical Education :

Physical Education being an integral part of the process of Education, the aim of Physical Education is the same as that of Education. This aim is an Integration of Personality. The aim of Yoga is also Integration of Personality at highest level which corresponds to the aim of Education. Yoga is also a form of Education. The objectives of Physical Education include mainly (i) Health and Physical Fitness, (ii) Emotional Stability, (iii) Sportsmanship, and (iv) Leadership. Out of these the first two objectives are common to Yoga also.

Physical fitness is a capacity of an individual to perform a given task at a particular time. The components of health related and performance-related fitness are similar like Cardio-vascular function, body composition, strength and flexibility. However, the degree of each factor varies with the two types of physical fitness. Emotions are feelings which bring in psycho-physiological changes or reactions. The vigorous movements contribute to the development of various factors of physical fitness. Mental tensions have physical or neuromuscular substratum which when tackled through the vigorous muscular activities brings emotional stability. The means of Yoga may be classified as follows:

1) Asana 2) Pranayama 3) Bendhas and Mudras 4) Kriya 5) Meditation

Contribution of Yoga to the field of Physical Education and Sports :- Utility of Yoga in Physical Education and Sports may be considered from the following points of view :

- a) Yoga for the prevention of the sports injuries.
- b) Yoga for the cure of sports injuries.
- c) Yoga for the promotion of sports.
 - 1) Through the promotion of basic fitness factors.
 - 2) Through the promotion of specific sports skills.
 - 3) Through the promotion of psychological factors.
- d) Yoga for the maintenance of physical fitness during the participation period as well as in off season.

Yogic exercises deal with the vital organs of the body on which health depends. The precursor of physical fitness lies in the efficient working of the vital organs of the body and yoga aims at it.

Co-ordination of Yoga with Physical Education:-

Today we find lack of proper co-ordination between Yoga and Physical Education. This may be due to lack of understanding about the possible contribution of yoga for the benefit of physical education. We are, therefore, unable to take full advantage of yoga in developing the field of physical education and sports. From the above deficiencies of the means of Physical Education and Sports could be removed by

including some of the means of yoga for the benefit of persons engaged in physical education and sports. Yoga and Physical Education are not contrary disciplines but complementary disciplines. The proper co-ordination between Physical Education and Yoga is not seen to-day. This possibly due to lack of understanding about how yoga can contribute greatly for the development of the field of Physical Education. Yoga and Physical Education can be considered complimentary to each other.

Conclusion:

Today the Yoga and Physical Education is considered as an International disciplines and its importance throughout the world. The major purpose is nation building through Yoga and Physical Education. The common goal of the Yoga and Physical Education should be to enable the human body to move more effectively, maximize its owner's capacity to utilize his vocational competencies and contribute to nation building. Yoga and Physical Education is useful for mental peace, precaution from disease, to control disease, spiritual development, overcome from mental tension, attaining different kinds of power.

Reference:

- 1) <http://www.google.co.in>
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- 3) **Charote M.L.**, "Effect of Yogic Training of Physical Fitness", Yoga Mimansa.
