



Academic Sports Scholars

EFFECT OF YOGA ON FITNESS TASK MANAGEMENT IN SPORTS AND GAMES

Prasannakumar Shivasharanappa

Assistant Professor, University of Agriculture Sciences, Dharwad.

ABSTRACT

Yoga is ancient method of philosophical and practices of combines body movement. That coordinates with mind posture and breathing techniques and it also guides to the consciousness of individual to master the capacity to think and lead efficacy in sports personality. Today yoga is gaining and strength our determination most only to achieving the performance but increasing popularities due to its possible applications in various aspects i.e. of sports injuries of physical and mental ability as well as promotes the positive body image

of sports person, Because yoga is recognize systems which increase motivation and internal healing of soul, mind and body which can coordinate of psycho neuro-physic logical movement variable. The present paper focused on active participation in practice for seminal long term duration to sustain athlete personality.



KEYWORDS :ancient method of philosophical , mind posture and breathing techniques , gaining and strength .

INTRODUCTION :

The sports Excellency in physical education is contribution not only in the activities programme but the yoga play an important role in personality development of the student but most of the physical education teacher neglecting the

important of yoga in activities is equally important for various benefit for all round development of student personality and protecting the health and safety of injuries as well as fitness parlance and performance.

The preparation of physical education programme require appropriate personality and that will be contribute to assess the athlete competencies in various sports and games and enhancing the balance and make the correct posture of the student.

Yoga is playing a vital role in personality development in positive over come and minimize negative one the health growth and development of students are depend upon regular practice of the

yoga. Yoga is differently help to student in neuro-physiological activities of human body. As well as to maintain the reflected mind behavior and voluntary movement are also develop.

The perception in yoga in which human mind and body assimilated in self with divine power, and acquire complete command of all forces or nature also rightly achieving. Yoga deals with a mind that is universally it is the process to concentrate the mind and performed various fundamental movements to specific movement and enables to control all the movement of internal body tension and provides the physiological mean through analytic and protecting from negative thought and emotion, and maintains the equilibrium in behavior condition of individual.

In most of the sports and games that do not stretch lack the flexibility. Flexibility of tend to injured more frequently it is important to mete that there sports activities require combined Yoga therapy and psychological consulting which combines physical work capacity ad sense of well being in various events of athletes and performance the following Yoga, Asanas to prevent, injuries these are Paadhhatasana, Paschimotasana, Hal asana and Vgraasanas etc.

To achieving basic fitness therapy yogic training programme which a Fleish man battery test which count unique the basic component of fitness of a sports person, i.e., endurance, power, agility, balance, flexibility, accuracy and reaction time.

Dr. Pedro de Vicente, a was Spanish Cardiologist suggested that how essential yogic practice control and divers to breathe quality, breath control and other yogic techniques such as Kapalhati, Vddyana, andha and relaxation this leap divers to cope with awkward situation such as slow yielding or deferred cylinders.

YOGA AND MENTAL HEALTH:

Yoga practice emerged as exploration of a new vision and of advance in spiritual life which have been to adopt the living of super mental status wholeness sure of truth in the present situation of human life this aurobindo system of athletes. The application of yoga is also help in various posture and treatment for stress management and fitness task management in sports and games.

Because most of the peoples are suffering from the various types of tension so there are various types of yogic exercises such as PADMASANA AND SHAVASANAS are the best and more useful to free from the stress not only in the daily life but it is also help to other field of health related fitness and performance related achievement as well as cure the certain sports injuries where as athletes also performed very well in difficult condition of the sports activities. The physical activities and traditional sports also distinct features of the physical development and there are various multi-component of physical mental and spiritual power quick discussion and concentration and make successful performance for the competition also.

YOGA AND PHYSICAL FITNESS:

Change in integral part of human progress and cognitive growth for various competitive and improved the variety of individual behavior.

The physical education teacher should analysis that what kind of yogic exercise which should more benefit for the particular activity. According to activities of the sport that can develop concentration of mind which execute the skills and build the positive qualities through confidence and attention and maintain the proper posture stretches as well as breathing exercise can relieve the body called the integral yoga, the yoga which should life the integral cum service and purifying the soul and mind we mean by this term a methodized effect towards self perfection by the expensive of the potentialities and improve the latent behavior in the human being due to increasing the ambitious

desires and competitiveness resting and tension also increased by leaps and bounds materialism could not feel the charm of spiritual and secrete dissatisfaction and much destitute, suspicious aggressive and restless as it was perhaps in the primitive age. Ever increasing disease of mental deformity and distractive instincts are some of the physiological and psycho-social problem facing man.

Any important reason for this growth affection is that the present situation of human life is to complexity due to this he is passing through various internal and external stresses due to which his mind is officiated and full of anguish the practical acquisition of yoga is the attainment of tension free.

CONCLUSION:

The present yoga practice may be facilitating the mind behavior and conceptualization both traditionally and philosophical understood and dispenser solace of the body mind as well as guiding perfect huminous sense.

REFERENCES:

- 1.Yogena Yogajnatavyo yogo yogatpravarate yo pramatastu yogena sa yogeremate ciram.
- 2.Indra Sen: Sri Aurobindo on yoga.
- 3.Sunesh Chandra Dutta: Psychology.