



YOGA, PHYSICAL EDUCATION AND SPORTS IN PERSPECTIVE OF GENERAL AIM OF EDUCATION

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Abstract

Education is a systematic process through which a child or an adult acquires knowledge, experience, skill and sound attitude. It makes an individual civilized, refined, cultured and educated. Development of sciences brings major changes in human life, now the life of modern men is full of luxurious things and comfort. But with this development several complicated physical and mental problems erect in his pleasant life. Therefore several changes take place in education structure to make happy and healthy civilians. The aims of this articles is to find relation between yoga, physical education and sports in achieving ultimate aim of education as well as their contribution in the development of happy and healthy civilians. Analytical studies done by researchers in the field of yoga reveal that introduction of yoga in education curriculum as a part of physical education or independently will be helpful to attain ultimate goal of education particularly in modern materialistic world. This is the reasons why yogic practices are now being recognized as a part of education in general and particularly of physical education at every stage of education all over the world.

Key words: Education, aim of education, yoga, physical education, sports.



Introduction

Ancient uncivilized men turned into today's modern cultured men through various stages of changes and now moon even marsh are not beyond his reach. For this development, the courage goes to education. Education is a systematic process through which a child or an adult acquires knowledge, experience, skill and sound attitude. It makes an individual civilized, refined, cultured and educated. For a civilized society, education is the only means to train each and every civilian and make him responsible member of the society. Its goal is to make an individual perfect. In broad terms, Educational Goals are statements that describe the competences, skills, and attributes that students should possess upon completion of a course or program. They often operate within the interacting domains of knowledge, skills and attitudes.

We cannot delimit the education up to a definite level of age. Actually, it is a life time process. Throughout life one's keep learning and try to find the solution of every problem as per the capacities and knowledge, which comes in his pleasant life. Generally we can classify the education as formal and informal education. Formal education referred to specific knowledge, skills, and training provided by train teachers in institutes, which is class room based, where as informal education is a process of learning by own experience, situations means it is the education outside the class room, after school program like museum, libraries or surroundings. The life of modern men is full of luxurious things and comfort. But with this development several complicated physical and mental problems erect in his pleasant life. A person, who having good education and every comfort in life might suffer some physical and mental problems in his life, Diseases force him to get medical help but after a certain time medical supports also start to failed, here medical expert even his own body asked him to learn to participate in physical activities for healthy and happy life and the person who had never took participation in any kind of physical activity during schooling, now start to participate in physical activity, sports, and in yoga like practices. Therefore time to time experts of education suggested several changes in education curriculum and recommended physical activities and sports as a part of education to make healthy and fit people, whom can survive in rapidly changes environmental, economical and working condition.



Sports are an inherent trait but in modern era children even elder are under pressure of many factors. In most of the country, particularly in India getting a high salary job is the first priority of every youth, which force him to be bookies. Participation in physical activities and sports discouraged. Therefore children start to stay away from active participation in sports and physical education activities, which is the integral part of education. In this way we means parents and institutes, kills the ultimate aim of education. After the completion of his schooling and higher education he might get a high salary job but what about his own health which includes physical, mental, emotional, social as well as spiritual aspect. It is established facts that without proper participation in extra co-curricular activities an educated person is not much more than a Robot. Ultimately he becomes a good production machine. Materialistic pursuing forces him to keep away from active participation in sports and physical activities. As the result of such life style (formal and informal) brings several mental, physical and behavioral problems. Medical experts, psychologist and therapists are agreed to that regular participation in sports and physical activities reduce the chances of several chronic diseases. But after a certain age it is very difficult to participate in active sports particularly physical dominant sports, as it may cause injuries. Therefore medical expert advices and people also prefer to easy and rhythmic physical activities like cycling, walking, and yoga like activities. That is why after independence, Indian education system got reformed and today's sports and physical education is consider as a compulsory part of education, to achieve ultimate goal of education means a perfect individual, yoga and sports should be considered as integral part of education, which will ultimately leads towards a healthy nation.

Yoga in earlier times evolved in India as a part of regular practice among citizens. This diminished from the societies due to some political, religious and misinterpretations by some bogus group of peoples. But in modern time, several scientific researches on yoga particularly on asanas and Pranayama effects prove its worthiness towards healthy and diseases free life. Several studies shows the uniqueness of yoga practices for the better health and significance roll to achieve general aims of education in general (Mahaboobjan, 2010, Ross, Friedmann, Bevans & Thomas, 2013, Ni, Mooney, Harriell, Balachandran & Signorile, 2014, and Cho, Moon, & Kim, 2015). Results of researches conducted by



several investigators show that for youth, yoga play very important role in academic achievements as well as personality development (Deshpande, Negendra & Raghuram, 2009, Khemka, Nagendra, & Hankey, 2011, Tikhe, Nagendra, & Tripathi, 2012, Tikhe, Dash & Nagendra 2014, and Menon, Doddoli, Singh, & Bhogal 2014). It is noteworthy here that yoga provides therapeutic benefits also to the practitioners. That is why since last three decades various committees and educationists are in favor to add yoga in education curriculum.

Aim

The aim of this article to find relation between yoga, physical education and sports in achieving ultimate aim of education as well as their contribution in national health. Therefore without indulging our self in the discussion how and why yoga disappears from the societies and education system, as it was the compulsory part of earlier education system, we will try to understand systematically what are yoga, physical education and sports and how all of these are correlates with each other in achieving the ultimate aim of education.

Yoga

Yoga is one of the six orthodox systems of Indian Philosophy. The sage Panini, great grammarian said that Yoga is etymologically derived from the root Yuj meaning to join. It has three meaning, First is *samyog* i.e. to join together, Second *samyaman* i.e. to control and third is *samadhi* i.e. equipoise (Equilibrium). On the basis of above meaning of words yoga, we can say that yoga is a process or system to bring control in our life so that we can tune up with supreme power or tune up with the inner self without prejudice. Whereas several great saints state that ultimate aim of yoga is “Samadhi”. This “Samadhi” has got also three different meanings. First **Sam +ā + dhā** mean to place together well as one whole, second **Samam +ā + dhā** means to place together in a balanced order and third is **Samyak +ā + dhā** means to place together in a proper way and also in proper perspective. If we wrap up the ultimate mean of yoga as Samadhi, then we can conclude that it is something by which we control our life and put it together in stillness state, where it stops getting effected by outer materialistic things. To understand accurate and realistic meaning of yoga, we should scrutinize some yoga definitions given in great scriptures like *Patanjali Yoga Sutra*,



Gita etc.

योगः चित्त-वृत्तिनिरोधः (*yogaś citta-vṛtti-nirodhaḥ*) (PYS.1.2) according to this sutra great Sage Patanjali says that yoga is to still the patterning of consciousness. For laymen Citta means brain, whereas in yogic literature it is called manas, which act like a drunken monkey, therefore by practicing yoga we bring control over manas activities.

योगः कर्मसु कौशलम् (BG.2-50) (*yogaś karmasu kaushalam*) means execute your duties skillfully is called yoga. This sutra defines yoga as a right and timely action. As per Karma theory each and every person comes in this world with some purpose and he has to do his duties without discrimination.

समत्वं योग उच्यते (BG.2-48) (*samatvam yoga ucyate*) the term “Samatva” convey that integration is yoga. Integration with whom, Integration with higher self or with inner self, which is pure and holy in nature.

Although the word ‘Yoga’ has many connotations, etymologically it means ‘Integration’. Other terms like homeostasis, equilibrium, balance, harmonious development etc. More or less suggest the something. The aim of Yoga itself is integration of personality in its all aspects. For that Patanjali mentioned eight step/practice of yoga which are as follow - Yama and Niyama (Attitude Training), Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. It is noteworthy here that yoga is not merely the practice of some asana and breathing technique one and two hours daily in morning or evening, it is a life time experience and our each every moment has to be control and purpose full. It is suggested by great yoga practitioners that we must follow the Yamas and Niyamas along with regular practice of asanas to get more effective benefits and create a strong base for the further journey of yoga. Before pranayamas, practitioner must be “asanjayi” means perfect in asana. As the aim of this article is to find out how yoga, sports and physical education contribute together to achieve ultimate aim of education in present scenario, that is why, we would like to discuss only asana (physical postures), Pranayama (Breathing Practices) and meditation in details as these three are useful for the students and can be practice easily without sacrificing their study.



Asana

The traditional meaning of asana is steady state of body and mind, and this must be attained through “*prayatna-âithilyâ*”(PYS II/47) where *prayatna* stands for effort and *âithilya* stands for relaxation. It can be said that asana is a study posture which can be achieved and maintained without any effort.

In the context of modern style of asanas, yoga resembles more of a physical exercise, which may lead to the perception that yoga is another kind of physical exercise. On the nature and benefits of asanas, Asanas can be divided into two principal groups: cultural and meditative. *Sirsha*, *sarvanga*, *bhujanga*, *dhanus*, *salaabha* etc are cultural whereas, *padma*, *siddha*, *svastika* etc are meditative. Many modern systems (even ancient also) in the field of activity are often based only on a few years experience; they rarely last for very long periods and are usually modified because of inadequacies in their makeup. Asanas, on the other hand are a well-tested system for attaining mental and physical health. For the purpose of education various modifications take place in asana. Now most of asana are dynamic, as the aim of education is to keep the practitioner fit, thus asana are more important in achieving fitness and should be the part of modern education curriculum.

Pranayama

According to **Patanjali**, Pranayama means *ayama* of *prana*, where *Prana* stands for *Breath* and *Ayama* stands for *pause*, thus Pranayama means pause in the movement of breathing activity, which can be achieved after years of continuous practice. Whereas according to **Hatha tradition** *Prana* stands for *asubtle psychic energy* and Pranayama means practice or control over this life force or cosmic energy. **Patanjali** (PYS II/49-53) has given emphasis on silencing the activities of *citta* by way of prolonging and silencing the process of breathing activities to stand still.

Meditation

Meditation, called *Dhyana* in Sanskrit, has been used in India for several thousand years. Meditation is a state of intense concentration. According to PYS III/2 “*tatra pratyayaika-tânatâ dhyânam*” i.e., uninterrupted thinking of one thought is *Dhyana* or meditation.

Physical Education



The health benefits of regular physical exercise are widely acknowledged. In a broader context, physical education is defined as a process of learning through physical activities designed to improve physical fitness, develop motor skills, knowledge and behavior of healthy and active living, sportsmanship, and emotional intelligence. Thus, Physical Education is not only aimed at physical development but also includes the development of the individual as a whole. Physical Education is a means to encourage the development of motor skills, physical abilities, knowledge, reasoning, appreciation of the value (attitude-mental-emotional-spiritual-social), and habituation healthy lifestyle that leads to stimulate growth and balanced development.

Physical education is that phase of whole field of education that deals with big muscle activities (J.B. Nash). Central Advisory Board of Physical Education and Recreation, (1950) state that Physical education is education. It is the education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit.

Sports

Sports is an activity involving physical exertion and skill in which an individual or team competes against another or other teams for entertainment (of spectators) such as team sports like soccer and rugby. Synonymously we use the term as Competitive game(s) physical recreation, physical activity, physical exercise.

Sport is a contest or game in which people do certain physical activities according to a specific set of rules and compete against each other. A sport in general is a physical activity (such as hunting, fishing, running, swimming, etc.) that is done for enjoyment. Therefore it can be concluded that sports is competitive as well as recreational in nature and a team effort as well as individual activities.

Discussion and conclusion

Since prehistoric, physical activities and sports were the integral part of human life. As per the existing evidences, ancient education system was entirely different from the present system of education. Earlier it was 'Ashram Paddati' (a place, which is usually situated far away from public approach specially in forest and student has to stay with his guru during his education) where guru means teacher preach orally and student has to



memories the knowledge. There was no fix time of classes. During that time, student has to learn physical activities such as operation of various weapons, mall yudh along with spiritual knowledge. Yoga was the integral part of their life. This was the reason that our ancestors were more fit compare to us. In medieval history there were several evidences of epidemic diseases. Health was the main problem during this period. That is why health education were introduce as a part of education but letter educationist feel that merely to teach the student how they can keep himself clean and avoid infection of diseases, we have to make healthy people with strong immune system. This was only possible through the active participation of individual in physical activities and sports. There are several scientific researches to prove the benefits of physical activities and sports participation.

It is noteworthy here that policy makers, educationists and medical experts agreed that physical education and sports are integral part of total education and in present scenario physical education and sports are given equal importance in most of the institutes worldwide. Might be there is something lacking on ground such as facilities or funding but even then it is a part of total education system in India.

In ancient India yoga was the compulsory part of education but in medieval times it disappeared somehow from the education of pupils. Considering the benefits of yoga for human being it has come again in demand as a part of education. Without indulging in introduction of yoga in education separately or as a part of physical education and sports we would see how yoga along with physical education and sports could help to achieve the ultimate aim of education.

Wang et al (1994) noted that in addition to bodybuild, the difference in the percent body fat andbody mass index relationship could bedue tophysical activity; higherlevels ofphysicalactivityIncreasesmuscle mass at the samebody weight.

At this time little research has examined the relationship between physical fitness and academic achievement. Investigation done by Dwyer, (2001) reported a consistent and significant relationship between fitness and achievement but it had several threats to validity. First, there were validity concerns with the academic achievement indicator. Academic achievement was based on a non-standardized, subjective five-point rating scale.



Therefore, the meaning of achievement could vary from site to site. Second, thereported correlations, although statistically significant (i.e., at 0.001, 0.01, & 0.05 levels of significance) were not impressive. For example, the average correlation between sit-ups and achievement for girls age 7 to 15 was 0.13. Third, there were unexplained inconsistencies. Sit-ups showed a statistically significant relationship with achievement for 8, 9, 12, 13,14, & 15-year old girls but not for 7, 10, & 11-year old girls. The study's conclusion of a consistent and significant relationship between fitness and academic achievement was based on the fact that there were more statistically significant correlations than there were not. Review of research done by Keller, (1982) concluded a positive relationship between physical and mental skills.

Yoga offers several documented health benefits including, but not limited to, improvement of depressive, anxious and stressful states and the relief of various painful conditions (Woolery et al., 2004; Lavey et al., 2005; Shapiro et al., 2007; Wren et al., 2011; Li and Goldsmith, 2012). However, the effects of long-term regular yoga practice on the central nervous system had not been explored until recently when it was shown that experienced yoga practitioners have greater GM volume than matched controls in several brain regions including the hippocampus, primary and secondary somatosensory cortices (S1 and S2), insular cortex, anterior, and posterior cingulate cortices (ACC and PCC), inferior and superior parietal cortices, superior temporal gyrus, orbitofrontal cortex (OFC), medial prefrontal cortex, and cerebellum (Froeliger et al., 2012; Villemure et al., 2013). More GM related to long-term experience or skill proficiency have been reported in a number of populations like meditators (Lazar et al., 2005; Holzel et al., 2008; Grant et al., 2010; Luders et al., 2013a)

The ultimate aim of education is to develop a perfect individual therefore time to time several changes were made in education system by policy makers as well as at individual level. If we look at the objectives of physical education and sports in the view of education, then it is the development of physical, mental, social, emotional and Neuro-muscular co-ordination.

Yoga and sports are considered as two opposite terms but if we go through the Yoga particularly asanas, it is an excellent exercise for the body-mind coordination, which helps



sports-persons to become more agile, stronger and focused. Every sport involves vigorous movement. All vigorous activities make shorten muscles susceptible to pull and strains. Hebert A. de Vries has reported the utility of the stretching procedures of Hatha Yoga in relieving certain conditions of muscles due to injuries in sports.

Analytical studies done by researchers in the field of yoga reveal that introduction of yoga in education curriculum as a part of physical education or independently will be helpful to attain ultimate goal of education particularly in modern materialistic world. It is impossible to work actively in life with an unhealthy mind and body. These apply to work and play as well as to spiritual aspiration (an earnest desire). Healthiest possible mind and body is the fundamental requirement for a happy and peaceful life. The ancient yogis realized these thousands of years ago and for this reason they developed the system of asanas. The asana were tested thoroughly by the personal experience of these pioneers. Asana evolved slowly through practice, and because of this, they have withstood the test of time. The body and mind of man thousands of years ago was little different to the mind and body of man today. As such asanas are a useful in the present age as they were to the ancient originators. This is the reasons why yogic practices are now being recognized as a part of Physical education all over the world.

In conclusion of the above discussion and results of findings, we can say that physical education and sports finally help the education to develop a perfect and balanced individual. On the other hand if we look at the objectives of Yoga, we can conclude that it help the practitioner to attain a good health, achieve mental hygiene, emotional stability, and integration of moral values as well as to attain higher level of consciousness. More over it also improve the ability of concentration. In this way we can say that practice of yoga and participation in sports and physical activities would help the education in achieving its correct aim.



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