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Yoga As A Tool Of Physical Education And Its Steady Development -A Critical Review

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Abstract:

In this research, we make a serious effort to investigate the role of yoga in pedagogy and athletics within the Gujarat state. Among the many Indian philosophical traditions, yoga stands out for its focus on the body as a tool for the cultivation of positive mental and behavioral habits. The term "physical education" covers a range of accepted definitions. Some call it "education of the body," meaning training one's muscles and joints to do a certain task in a certain way, like in a sport. For others, exercise is only a means to an end—an "education to the body"—that emphasises physical appearance. Indeed, the term "physical education" denotes "education through the body" in its roots. Sports and gymnastics are part of the Physical Education curriculum, so keep that in mind. To provide a thorough knowledge of yoga being practiced as an athletic tool, here is a summary of yoga research that has been published in the last ten to twelve years.

Methodology: Research Type: Review, reviewed from data searching from PubMed, Google Scholar, and Scopus articles, books, magazines, periodicals, journals etc published in past are included in related literature, then grouping data and reverted conclusion.

Keywords: PE || PA || Yoga || Physical education || Physical Activities

Introduction

"To join or Yoke together" is the definition of the verb used to describe yoga. A state of complete harmony is achieved when one's body and mind are brought into perfect harmony. In its earliest forms, both Yoga and PE focused on the body as a means to cultivate the mindset and skill sets necessary for optimal physical and mental well-being. For those with mild to severe Type 2 diabetes with sub-clinical neuropathy, yoga asanas may help with glucose management and nerve function [Malhotra V. et al. 2002]. Contributing to the harmonious development of children and youth is the primary objective of yoga as a physical education technique. In her paper titled "Management of Respiratory Diseases by Yoga," Hemalatha Murthy (1996)

asserts that yoga provides us with comfort, self-assurance, and the ability to overcome all of our problems, fixations, and disputes. It works for everyone and every time. As long as there isn't a magic bullet for every ailment and disease, it helps people shift their mindsets and implement massive lifestyle changes. When one has the correct yoga knowledge, they may put an end to their likes and dislikes, their ego, and their ignorance, and they can enter the natural state of happiness.

Importance of PE

The term "physical education" describes the practice of systematically teaching students how to exercise, play sports, and maintain good personal cleanliness. According to Mooses et al. (2017), PA is crucial for both psychological and physiological well-being. Daily moderate to vigorous physical activity (MVPA) and decreased sedentary time (SED) are two possible outcomes of physical education (PE). In common use, the word refers to the physical education courses offered by K-12 and higher education institutions. A student needs structured physical and mental labor for distraction and mental refreshment, and education is meant to teach all three [Claude Sanjeevan et. al., 2020]. Along with physical and mental health benefits, PE also offers behavioral advantages. According to Drozzdz et al. (2022), pupils are more likely to acquire an interest in and maintain an active lifestyle when physical education and athletics are included into the primary school curriculum.

Modern Yoga, a tool of PA

The many health advantages of yoga, an ancient practice with its roots in India, have brought it widespread renown. The function of yoga in the classroom has been the subject of much discussion as of late. Education systems vary across the globe, encompassing diverse philosophies and approaches.

One of the primary physical benefits of yoga is increased flexibility. Through a series of stretching and bending poses, yoga helps to improve the range of motion in joints and muscles. This can lead to improved posture, reduced muscle tension, and decreased risk of injury [Cvitković, 2021]. Additionally, certain poses target specific muscle groups, such as the core, arms, and legs, leading to increased muscle tone and definition [Kumar, 2016]. Many yoga poses require concentration and focus to maintain stability. A person's proprioception—their awareness of their own body's location in space—can be improved with consistent practice. According to Pandat et al. (2023), this has the potential to improve one's ability to balance and coordinate while doing daily tasks. The deep breathing techniques, known as pranayama(asana), yoga helps to increase lung capacity and improve respiratory function. This can enhance oxygenation of the blood, improve energy levels, and promote a sense of calm and relaxation [Pendidikan et al., 2022].

Yoga in Gujarat school students and the overall impact

Lalit Punadiya extended the research to measure the self-confidence of 20 male players in individual and teams. The results were positive for players practicing yoga shown higher self-confidence and better team work during competition.

Ravishankar Bhatt conducted his study to analyse effects on aspects of physical fitness and physiology related components by asana and pranayam training. For this purpose, students of 11 to 12 age groups were randomly selected from Gyandhara Shikshan Tirth, Sadara and divided into an experimental group and control group. Training of asana and pranayam was provided to group – A. then, eight-week experimental training of breath hold capacity, vital ability, breath rate, speed, flexibility, hands holding strength etc was provided and scores were recorded. Tests were used to study those aspects. At the 0.05 threshold, the significance was established. The main objective of the present study was to know about development in breath hold capacity, vital ability, breath rate, speed, flexibility and hands holding strength by asana pranayam training. The effect of the training was found significant. The findings were as below:

- In case of speed, experimental group was proved superior in abdominal strength, endurance, flexibility, agility and rest time heartbeats than control group was.
- Yoga group was found superior to physical exercise group and yoga mixed group in abdominal muscular achievement.
- In respect to training for flexibility achievement, mixed group was found superior to physical exercise group and experimental group was the found more effective among them.
- In respect to training for agility achievement, physical exercise group and mixed group was found more effective than yoga mixed group.

Mohamed Badi did study aiming to access the impact of aerobic exercises and yoga on selected components of physical fitness. Total 45 students of 12 to 18 age groups were randomly selected from Gyandhara Shikshan Tirth, Sadara. Their age was assured from the general register of the school. In this investigation, we focused on a subset of physical fitness metrics including quickness, agility, flexibility, and lung capacity. T-test was applied to calculated mean difference of scores obtained by two experimental groups and one control group. Significance was tested at 0.05 levels. Following findings were concluded for the present study.

1. More speed ability in aerobic exercise and yoga was found in experimental group than that in the control group.
2. More agility in aerobic exercise and yoga was found in experimental group than that in the control group.
3. More suppleness in aerobic exercise and yoga was found in experimental group than that in the control group.
4. More pushing ability of legs in aerobic exercise and yoga was found in experimental group than that in the control group.

Benefits of Yoga

Various yoga studies focusing on the exercise effect of yoga, pain relief for rheumatoid osteoporosis [Gautam et. al., 2020], cardiovascular function improvement [Chu et. al., 2016], positive effect on cognitive function and mental health [Bhattacharyya et. al., 2021, Chobe et. al., 2020, Hendriks et. al., 2017, Hoy et. al., 2021], diabetes improvement [Innes et. al., 2016, Kumar et. al., 2016], blood pressure lowering [Park et. al., 2017, Patil et. al., 2020], side effect improvement of breast cancer [Pan et. al., 2017], and the effect of Thai yoga and laughter yoga on physical fitness [Kongkaew et. al., 2018, Alici et. al., 2020] have been reported.

According to Tiedemann et al. (2013), older participants need a yoga program that is both challenging and enjoyable. After attending the program, participants felt better about themselves, and they were more likely to stick with it when the group worked well together, the intensity of the program was built up gradually, and the instructors were strong role models.

On top of that, there are very few negative effects associated with yoga programs, making them ideal for the elderly. Older adults may benefit from increased flexibility, stability, and strength via the multimodal practice of yoga [Sivaramakrishnan et. al., 2019].

Conclusion

While the benefits of yoga on lower body flexibility, balance, mobility, and strength were modest, those on upper body flexibility and cardiorespiratory endurance were not. Secondly, subgroup analysis showed that there was a significant favorable impact on physical fitness among participants in their 60s and 70s who practiced yoga for 9-12 weeks.

To wrap up, I'd like to say that physical activities like yoga can do a lot of cool things for your body. They can make your muscles stronger and your overall health better. They can help you lose weight or stay at a healthy weight. They can keep your organs working well. They can make you look younger for longer. They can protect you from heart disease by making your cardiovascular system better. They can boost your immunity and keep you healthy. They can even help with things like depression and insomnia. And lastly, they can improve your mental fitness.

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