Effect Of Yoga On Fitness And Management Of Mental Health

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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 self efficacy in sports personality. Today yoga is gaining and strength our determination not only to achieving the performance but increasing popularities due to its possible application 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-physiological movement variable.

Keywords: Effect of Yoga on Fitness, yoga for physical education and mental health.

Introduction

The word 'yoga' means "to join or Yoke together". It brings the body and mind together to become a harmonious experience. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit". Yoga is a practice with historical origins in ancient Indian philosophy. Yoga is distinctly different from other kinds of exercise. Yogic exercises recharge the body with cosmic energy and facilitates.
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 balance 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 our 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 of nature also rightly achieving. Yoga deals with a mind that is universally it is the process of yoga to concentrate the mind and performed various fundamental movements to specific movement and enables to control all the movement of internal body system of sports man. The application of yoga in various posture and treatment for stress management. Because most of the peoples are suffering from the various types of tension so there are various types of yoga asana 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 sports man 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.

Benefits for Physical Education

Yoga is then commonly taken as a system of physical education with a spiritual component, although the truth is the reverse: Yoga is a spiritual system with a physical component. The practice of asana is yet only a small part of the complete system of Physical Culture & Education known as Hatha Yoga. Role of yoga in education from various angles, including the type of education that was being provided to children throughout the world as well as the different levels of stress that children face in the classroom environment. The difficulties,
problems, conflicts, distractions and dissipation of their energies were also considered. We started using certain principles and practices of yoga, firstly, as an experiment to increase the children's learning ability and, secondly, to inspire teachers to teach their subjects in a slightly different way. Our belief was, and still is, that we are educating our children without considering or caring for the growth of their entire personality. We are cramming their brains and minds with information without creating any support group outside the classroom environment where they can continue to imbibe education. We have to look at what science says about the growth of a child, what psychoanalysis says about child psychology and how the hormones and glands alter and influence the rationality, emotional structure and creative output of the child. This will happen through practice of yoga.

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 yoga 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 exercises can relieve the body tension and provides the physiological means through analytic and protecting from negative thought and emotion, and maintain the equilibrium in behavior condition of individual. In most of the sports and games that do not stretch lack the flexibility.

Physical Effects

As seen in the preceding definitions, yoga encompasses more than the mere physical postures. The following summarizes the physical benefits that sports persons can expect from yoga.

Flexibility- Many sports person cite greater flexibility as the number one reason for beginning a yoga practice. This is a good reason, because yoga stretches the muscles that are tight, which in turn increases the range of motion in related joints. Increased flexibility decreases stiffness, results in greater ease of movement, and reduces many nagging aches and pains. Strength:- Like
Runners are strong in ways that relate to running. However, a running stride involves only the lower body and movement in one plane-sagittal (i.e., forward and backward). Thus, certain muscles become strong while others are underused and remain weak.

**Biomechanical Balance**- Overusing some muscles while under using others creates muscular imbalances, which affect the entire musculoskeletal balance and impairs biomechanical efficiency. For mostly sports persons, biomechanical imbalances eventually lead to pain and injury. Depending on the action, a muscle is either contracting (i.e., an agonist) or lengthening (i.e., an antagonist). For example, if you make a fist and lift your forearm, the biceps contracts while the triceps stretches. If you want showy biceps and do repeated bicep curls to pump up the muscle, the triceps will shorten and you could lose the ability to straighten your arm. A healthy balance is to work to both contract and stretch to maintain muscle equilibrium as well as functionality.

**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’ 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 restating 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**
Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum, making it a valuable addition to any educational program. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their game. It offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. 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 humorous sense.

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