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Dr. Rita Bora

Associate Professor,
Department of Physical
Education, ML & JNK Girls
College, Saharanpur,
Uttar Pradesh, India

Interrelationship of yoga, traditional games & sports for global human resource development

Dr. Rita Bora

Abstract

Yoga is a path towards total harmony of body, mind, and spirit. The word Yoga comes from the Sanskrit word yuj, which means union. Union of the individual consciousness with the universal consciousness. Yoga is one of the most important nomenclatures of physical activities. The origin of Yoga is about 5000 years back in India. The Indian monks used to practice Yoga for spiritual development. The repetition of Om... Om... Om is not a ritual of the religion, but it makes the circulation of blood rush towards the skull. The experts say Yoga has three dimensional affects. Yoga can positively affects body, mind and spirit. Yoga is excellent for psychosomatic diseases. Psychosomatic diseases are those where body and mind are involved. Thus this culture has been widely accepted worldwide for global human resource development for its uniqueness of less requirement of space, time and no warm up and no cost for practices. In Yogic practices, there is a harmonious development of all the muscles of the body, internal organs, nerves and frame. Yogasana helps secretion of hormone from different glands in balanced condition, it regulates the blood circulation properly, it forms antibody to prevent diseases thus Yogasana makes the body strong. The Pranayam of yoga helps in breathing controls; this breathing control exercise gives extra energy to the heart and lungs. Meditation on the other hand through its practice helps us devotedly think something. Meditation of 5-10 minutes is really beneficial for the development of mind. The experts name few Yogasana and Pranayam for physical and mental health and advice for Meditation. Beside this, Traditional games and sports are part of intangible heritage and a symbol of the cultural diversity of our societies. They are different in nature and are of plenty in numbers worldwide. It is also raw form of many modern games and sports. Generally Traditional Games and Sports are indigenous in nature. Experts say it is one of the excellent ways to remain healthy, fit, well being, and recreate. Through playing of these games human resource development is possible. However, Human resource development means improvement of working capacity.

Keywords: Yoga, traditional games and sports, human resource development

Introduction

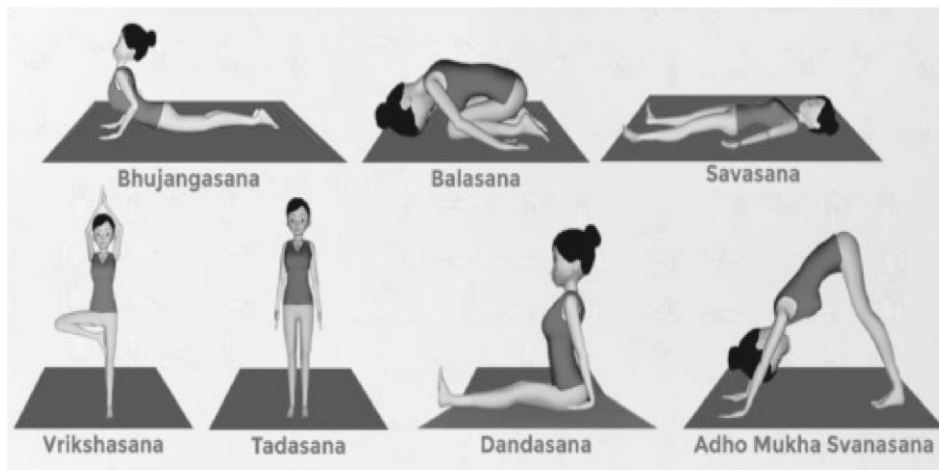
Yoga is not merely a form of exercise for the body. It is an ancient wisdom - for a healthier, happier, and more peaceful way of living - which ultimately leads to union with the Self. It is an inherent desire in humans to be happy. The ancient sages, through inquiry about life, were able to reach a state of consciousness in which the secrets of healthier, happier, and meaningful living were revealed to them. Though yoga comes from Hinduism, the knowledge of yoga transcends any religion or culture. Its application is universal!

Yoga has a long history. It is an integral subjective science. Its spiritual, mental or physical import cannot be separated from each other. According to Panini, the Grammarian, the word Yoga is derived from two roots, viz. Yujir and Yuja one referring to Yoking (Yujvir Yoga), and the other referring to mental concentration (Yuj Samadhi) and to sense control. Yoga standing for mental concentration is the theme of the entire Indian systems dealing with yoga. It also implies the control of senses. Thus the second derivation of the word yoga consists in Citta vrittinirodhah i.e., the silencing of (all) activities in the mind's substance.

Corresponding Author:

Dr. Rita Bora

Associate Professor,
Department of Physical
Education, ML & JNK Girls
College, Saharanpur,
Uttar Pradesh, India



Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana.

Sanskrit, the Indo-European language of the Vedas, India's ancient religious texts, gave birth to both the literature and the technique of yoga. One definition of the word Sanskrit, "well-formed, refined, perfect or polished," connotes substance and clarity, qualities exemplified in the practice of yoga.

The Sanskrit word yoga has several translations and can be interpreted in many ways. It comes from the root yug and originally meant "to hitch up," as in attaching horses to a vehicle. Another definition was "to put to active and purposeful use." Still other translations are "yoke, join, or concentrate." Essentially, yoga has come to describe a means of uniting, or a method of discipline. A male who practices this discipline is called a yogi or yogin; a female practitioner, a yogini.

Yoga comes out of an oral tradition in which the teaching was transmitted directly from teacher to student. The Indian sage Patanjali has been credited with the collation of this oral tradition in his classical work, the Yoga Sutra, a 2,000-year-old treatise on yogic philosophy. A collection of 195 statements, the Sutra provides a kind of philosophical guidebook for dealing with the challenges of being human.

Giving guidance on how to gain mastery over the mind and emotions and advice on spiritual growth, the Yoga Sutra

provides the framework upon which all yoga practiced today is based. Literally meaning "thread," sutra has also been translated as "aphorism," which means a tersely phrased statement of truth. Another definition of sutra is "the condensation of the greatest amount of knowledge into the most concise description possible." Keeping these meanings in the mind, we might think of the art and science of yoga as a kind of magnificent tapestry that is woven together by the threads of universal truths.

The word yoga can also be used as an extension for knowledge, love, action, etc. Since these are also means of liberation (moksha) and are thus the instruments of reintegration (Yoga). The activities of the mind are said to be five in number. These are ascertaining of facts (pramana) false knowledge (viparyas knowledge contrary to facts), imagination (vikalpa), sleep the experience of being unconscious and memory (smiriti). The modes of ascertaining the real nature of things is direct experience. Deduction therefrom, and the traditionally transmitted revolution. The mental activity which through sensory perception leads to the exact knowledge of things as they constitute the ascertaining of facts through direct evidence.

Yoga can positively affects body, mind and spirit. Yoga is excellent for psychosomatic diseases. Psychosomatic diseases are those where body and mind are involved. Thus this culture has been widely accepted worldwide for global human resource development for its uniqueness of less requirement of space, time and no warm up and no cost for practices. Traditional sports and games on the other hand are part of intangible heritage and a symbol of the cultural diversity of our societies. They are different in nature and are of plenty in numbers worldwide. It is also raw form of many modern games and sports. Generally traditional games and sports are indigenous in nature. Experts say it is one of the excellent ways to remain healthy, fit, well being, and recreate. It develops entire human resource, develops body, mind, soul, control emotions, brings spiritual faith, develops intellect; improve decision making power, helps in development of social health etc. However, Human resource development means improvement of working capacity; Experts say a real development is possible through games and sports as it enhances the opportunity to have good physical, mental, neuromuscular and social health.

How Yoga Helps in Human Resource Development? By human resource it is understood that the people who work for a company or organization. Human Resources Development aims to improve expertise & skills of employees and volunteers as well as attitude and style. Through Yogic

practices, a harmonious development is possible of all the muscles of the body, internal organs, nerves and frame. In these practices there are no rapid movements and hence there is no waste of energy rather the energy is conserved. In Yogic practices, movements are gentle and rhythmic. The heart, lungs and brain with its cerebro-spinal system, three important organs are kept in a healthy condition by regular practice of a few important asanas and one or two breathing practices. Sound functioning of the organs depends upon good healthy nerves. The heart and the lungs are under the control of the brain. These three important organs along with the cerebro-spine system are kept in a healthy condition by regular yogic exercises. Yogic practices helps secretion of hormone from different glands in balanced condition, it regulates the blood circulation properly, it forms antibody to prevent diseases. Thus Yogasanas make the body strong. The Pranayam of Yoga helps in breathing controls; this breathing control practices give extra energy to the heart and lungs. Therefore, regular practice of Pranayam keeps those organs healthy. Besides Pranayam, Meditation also helps to develop soul, mind and body. Swami Vivekananda said that the rest we achieve through the Meditation even we cannot get through sleep. Through Meditation the depth of mind develops, mind is expanded, a mental peace is developed.

The Need of Yoga in the Present Day Situation: In the present day situation Yoga is extremely necessary to remain fit. Rishi Patanjali mentioned about eight way of practicing yoga. If few exercises of Yoga regularly practiced then there may be chance of healthy life. Under yogic practice session there should be few Yogasanas, Pranayam and Meditation. Experts say Yogic practices are both preventive and curative in their nature. They prevent diseases attacking the body by maintaining the natural health. Some practices also cure existing diseases like cold, cough, constipation and gastric troubles. Some clean the lungs, throat, etc. Thus the body as a whole is developed, toned up and strengthened. The entire body becomes flexible, thereby preventing stagnation of blood in any part of the body.

Some Important Yoga, Pranayam and Meditation: The experts name some important yogasanas which are beneficial for human health and fitness development. Yogasanas like salvasana, bhujangasana, savasana, sahad setu asana, budhyadebasana, ardhyaakurmasana biparit karani, Sukhasana, Padmasana, Siddhasana, Swastikasan, Vajrasana and yogamudra etc. are beneficial. The beneficial Pranayams are such as supta sagar pranayam, bhamri pranayam, nari sodhan pranayam, om pranayam, surjyavedan pranayam, etc. which are effective. Meditation on the other hand through its practice helps us devotedly think something. Devotion to God or to a particular living being or an object is the matter of concentration during Meditation. The concentration period is to be of 10-15 minutes and after the concentration period is over to be quite for 5-10 minutes, in this way the practicing of Meditation strong the mind.

Some Traditional Games and Sports of World: From the different civilizations of the world traditional sports and games may be summarized as shooting games-crossbow shooting, archery. Fighting games wrestling, Greco Roman wrestling, French boxing, Thai kick boxing, stick fighting, Japanese tai kendo, sword play, tug of war, fencing, lethal, animal games, bull baiting, bear baiting (now banned), cock fighting, pigeon racing, dog racing, people trained animal

games. Locomotion games- seen such as jumping, pole vaulting, come down from hill slopes, rowing, reindeer, and sledge races. Aerobic stumbling exercise, vaulting & acrobatics, horse jumping, ball games etc. are seen in England, France, Spain, Belgium, Ireland, Italy, Scotland, and Netherland. According to European Traditional Sports and Games Association(ETSGA) many traditional games and sports like football, handball, golf, polo, ball & pin games, hammer, discus javelin, stone, coin throwing, etc. are seen in Europe. In India in Mohenjodaro and Harappa Civilizations and in other civilizations different traditional sports and games were observed such as marbles, balls and dice games. Sports like hunting, swimming, boating and boxing, Chess, Wrestling, Polo, Archery, Hockey, Ludo, Playing Cards, Indian Martial Arts, Judo, Karate also observed.

Yoga, Sports like dicing, gymnastics, Gilli Danda, Bharashram (weight - lifting), Bharamanshram (walking), Mall-Stambha,(wrestling), the game of rope fighting, archery, chariot racing, wrestling, hunting, horse riding, weight lifting, hammer-throwing, swimming, Javelin Throw (toran), Discus Throw (chakra), Sword fighting also were the traditional games and sports. The medieval and modern period in the history of traditional games and sports in India witnessed the introduction of a number of new sports. The sports like Thoda, Kalari Payattu, Chaupar, Pallanguli, Gilli Danda, Asol Aap, Vallamkali or Boat Race in Kerala, Gella - Chutt, Hiyang Tannaba, Inbuan, Insuknawr, Kang Shanaba, Kabaddi, Kho Kho, Lamjei, Mallakhamb, Mizo Inchai, Mukna, Yubee - Lakpee, Sagol Kangjei etc. they are also being played in India in present days, as well. These traditional sports and games are played for physical, mental, social and spiritual development.

Yoga, Traditional Games and Sports For Multipurpose Development: Sports, yoga, physical activities are for uniting force because these brings individuals and communities together, highlighting commonalties and bridging cultural and ethnic divides. Sports for Learning and understanding because it provide a forum to learn skills such as discipline, confidence, leadership, tolerance, cooperation and respect and how to manage essential steps in life such as victory or defeat. In sports there is opportunity for citizens from different worlds to meet on a common playing field. Sport as a tool address challenging developmental issues facing various populations. The practice of sport is a recognized instrument for promoting peace, as it disregards both geographical borders and social classes. Sports provide fun, heighten sense of overall well being, improve sleep patterns and levels of anxiety, clear the mind, develops motor skills and mind body connection, keep away depression, reduces risk of many diseases. Playing sport helps much to be physically fit. It builds character, teaches strategic thinking, analytical thinking, leadership skills, goal setting and risk taking. It helps balance of mind, body and spirit to feel and function at our best. Participating in sports/ physical activities develop the 5 components of fitness, which are: strength, speed, skill, stamina and flexibility. When we are under stress from personal problems, work pressures and anxiety, apart from the fitness benefits, exercise through playing sports help release pressure and tension in a healthy and controlled way. The games and sports directly or indirectly generate income from sports-related sales and services, boosting international trade. Nonetheless by development it is understood it is a process of enlarging people's choices and increasing the opportunities available to all members of society. Sport can directly help built these capabilities.

Conclusion

It is concluded that yoga is one of the excellent ways for development of global human resource. Yoga through its practices makes a harmonious development of all the muscles of the body, internal organs nerves and frame. Yogic practices helps secretion of hormone from different glands in balanced condition. It regulates the blood circulation properly. It forms antibody to prevent diseases. The Pranayam of yoga helps in breathing controls; this breathing control practices give extra energy to the heart and lungs and keeps the body healthy. Meditation of 10-15 minutes of its regular practices helps in development of mind. Traditional games and sports with its varieties of playing throughout the world develop physical mental, social conditions and spiritual faith of mankind. Traditional games and Sports may be of different kinds but these are for personal, peace, community, human resource, learning and understanding, uniting force development. These are for fun, wellness, fitness and social integrity.

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