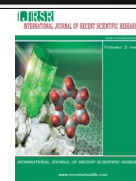




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PHYSICAL EDUCATION, YOGA AND SPORTS AS LIFESTYLE FOR WELLNESS

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ABSTRACT

Physical Education and Sports have their own importance in our society. This article emphasizes that both these disciplines have different philosophies and their understanding as well as implementations should not be overlapped with each other. Sports-focused physical education programme should be minimize in schools and colleges, whereas ideals of physical education should be encouraged and properly implemented. Inclusion of both physical education and yoga is to be encouraged in higher learning institutions, because they have complementary effects not only for improvement in health, fitness and wellness but also for maintain homeostasis in almost all aspects of human life.

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INTRODUCTION

In India, since implementation of National Policy of Education in 1968, many considerable expansions in educational facilities have been made to resolve problems in accessing basic education along with maintaining its quality, quantity, utility, proper financial outlay etcetera. Along with facilitating education for common mass, importance of Physical Education and Yoga has also been stressed by Govt. of India in the National Policy on Education in 1986. Further, many survey reveal that in some of the State Government, this subject has been treated as compulsory examination subject, whereas others accepted as optional subject in the school curriculum. Gradually, the importance of Physical Education, though not intensively, has accepted in our University education.¹ Universities / Colleges have a provision of a post of Director of Physical Education and Sports and they run associated programmes for the students for whole academic year with a view to maintain their fitness and wellness. However, the actual evaluation of such programme on students' fitness and wellness at the tertiary level is the need of the day.

Philosophies of Physical Education, Sports and Yoga for Wellness

Many people unknowingly treat *physical education as sports* and they find no difference between these two fields. In fact, the philosophy of physical education significantly differs from the philosophy of sports. Conceptually, physical education is an education that takes place in the field of physical activities and sublimates the humane values for individual as well as for

social developments. Physical education promotes mass participation in various games and sports where *enjoyment is spontaneous and competition exists within healthy limit*, whereas sports provide enjoyment but consider *competition to win a medal by any means* where healthy competition has no value today. In fact, if we properly implement physical education, its impact is unique in the society. For example, in United States of America, the AAHPERD (American Alliance of Health, Physical Education, and Recreation & Dance) has been given overall responsibility for the nation's health and fitness in the beginning of the 21st century. Physical education carries the real message of one's wellness at mass level.²

Yoga has been invented by our ancient sages mainly as a means for spiritual attainment. However, today we are using Yoga only for the purpose of therapy in giving prime importance to treat diseases. We believe prime aim of yoga is therapy which is really misleading. Although yoga has therapeutical values, but its main content is devoted for spiritual upliftment. Through the eight limbs *yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and Samadhi*, yoga teaches us to remain in a state of homeostasis that provides proper fitness and wellness.³

Problems in Physical Education and Sports

Today, physical education has become sports oriented. The authority of Educational institutions impressively invests money for sports, where only a few students represent inter-college or inter-university competitions. The institutions are interested in equating the financial investment with winning the number of medals in games and sports competitions. There are very few institutions

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that invest money for the interest of *health and fitness* of the common students at large and provide facilities for the cause of mass participation in physical activities. Therefore, the real value as well as impact of physical education is obviously missing today. Thus, the aim of Physical Education as stated in the *National Educational Policy* remained in the pages of books and files.

Sports-focused physical education programmes, being implemented at Colleges and Universities, are generally concentrated on few good athletes. We are in impression that the College athletes who participate in inter-college and inter-university sports competitions may have good level of health and fitness in future days. Many research reports reveal that sports-focused physical education programmes do not help the athletes to maintain proper health and fitness in the long run. In fact, these athletes suffer more from the *health-related-fitness-problems* in their future life.⁴

Moreover, misbehaviour in play field, match fixing, hooliganism, winning medals by injuring opponents, unhealthy competitions for earning money, on the part of athletes etcetera. are the product of today's sports-focused competitions. It indicates an increase of corruptions as well as misconduct along with appearance of unsocial values and unethical character. The real aim of *friendship, fraternity, peace, love, is really missing* in today's sports. This, in fact, gives rise of social problems - where real fitness related to one's health and wellness has become meaningless. Therefore, understanding of real aim and objectives of physical education and its proper implementation in fact may help our students to achieve good state of health, fitness and wellness.

Physical Education, Sports and Yoga for Wellness

Although culturing muscles and nerves are the common characteristics of both the field of physical education and yoga, the working principles are somewhat different. Yoga follows static postures considering smooth movements naturally, but exercises are mostly dynamic with jerky movements. Physiological functions viz., heart rate, respiratory rate, blood pressures etc. are increased during exercise, whereas they are maintained during yoga practices. People get fatigue or tired in exercise, but get relaxation and feel fresh through practice of yoga.⁵

In fact, yoga is a human culture that provides a healthy lifestyle. It is beyond any religion. It has values to serve the humanity. It is a systematic discipline of culturing muscles and nerves aiming at realizing the "self." Various research reports revealed that Yoga helps –

- To improve one's health-related-fitness;
- To manage and minimize stress, tension, anxiety in controlling one's emotions;
- To coordinate systematic functions of physiological organs;

- To enhance academic achievements;
- To inculcate values for peaceful livings.

Thus, Yoga is a means to develop overall personality in restoring one's fitness and wellness.

Moreover, the psycho-physiological stress, as induced due to physical education programmes in higher learning institutions, can be controlled by including a systematic yoga programme. Besides, yoga helps to maintain one's health-related-fitness and psycho-physiological homeostasis, which in fact enhances students' capabilities in learning. Yoga is also useful for preventing sports injuries and for off-season training schedule in physical education. These, in fact, indicate that both the *exercises* (in physical education) and *practices* (in yoga) are not same but complementary to each other.⁶

Strategy for implementation in Colleges and Universities:

Authority of Colleges / Universities must have *favourable attitude* towards both physical education and yoga, and should work through the Director of Physical Education/Lecturer in Physical Education /Experts in Physical Education.

- Encourage compulsory mass participation programmes in physical education and reduce the intensity of sports-focused activities.
- Make *Yoga compulsory* for lower class students and may be kept it optional for higher-class students and / or staff. Some nominal fee may be charged to meet maintenance expenses.
- Appropriate syllabus pertaining to each of the courses /programmes to be prepared by competent authorities.
- See that the Experts of Physical Education is capable to work as a Counsellor for students' health related fitness problems.
- Arrange some *lectures / discourses* by renowned personalities regarding role of exercise and yoga on various aspects of health and disorders.
- Enrich library with the *standard books* on physical education, sports and yoga.
- Send the Experts of Physical Education to undergo intensive Yoga training course in a standard institution. Encourage him to complete Refreshers' course in physical education and yoga from time to time.
- Organize fee-based health-oriented-fitness programmes, *personality development programmes, stress management programmes, spiritual discourses, camps, and seminars, conferences in the national and International level* for students, staff, and community people.
- Organization of all the programmes can be preferred in the College / University campus.

Daily Routine of Exercises, Diet and Yoga for the Teachers / Students of Higher Education to maintain Wellness – A Suggestion

Morning

- Early Rise and do Silent Prayer
- Drink Water (at least ½ liter)
- Brushing
- Wear Proper Dress.
- Go for yoga practice/ walk (2-3 kms.)
- Take Bath.
- Light Breakfast (skimmed milk – 1 cup, a little fruit).
- Go for daily works / study.

Noon

- Lunch Time: on or before 12:00 noon.
- Lunch: 1-small chapatti (or little rice) + ample cooked as well as raw vegetables or SALAD.
- Rest a while.

Afternoon

- 1-cup soup: vegetable / tomato/ carrot / fruits / coconut water.
- Wear proper dress.
- Go for Walk (4- 5 kms.)

Evening

- Take bath.
- Yoga (Asana, kriya, Pranayama, and Dhyana)
- Study.

Night

- Dinner: (chapatti, rice, dall, Fresh fruits , skimmed milk) OR (Fresh fruits + cooked vegetables)
- Walk a mile

Eating Process

- Chew well, enjoy food.
- Do not watch TV while eating.
- Fill Stomach (½ with solid food, ¼ with water and ¼ keep vacant for air).

CONCLUSION

Within limitations, it can be concluded that –

Physical Education and Sports have their own importance in the institutions of higher learning. They have different philosophies and their implementations should not be overlapped with each other. Sports-focused physical education programme should be minimized in higher learning institution, whereas ideals of physical education should be encouraged. Inclusion of both physical education and yoga is to be encouraged in higher learning institutions, because they have complementary effects not only for improvement in health and fitness but also for maintain homeostasis in almost all aspects of human life.

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