

## Yoga, traditional games & sports for Indian human resource development

<sup>1</sup> Dr. Prasanna kumar shivasharanappa, <sup>2</sup> Dr. Rajanna, <sup>3</sup> Pramod. M. Khed

<sup>1</sup> Assistant Professor (Contact Basis), University of Agricultural Science, Dharwad Karnataka, India.

<sup>2</sup> Prof. University of Agricultural Science, Raichur Karnataka, India.

<sup>3</sup> Lecture, Renuka College of physical Education, (B. P. Ed), Hagaribommanahalli, Bellary, Karnataka, India.

### Abstract

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 Indian 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

### 1. Introduction

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. 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.

**1.1 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.

**1.2 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.

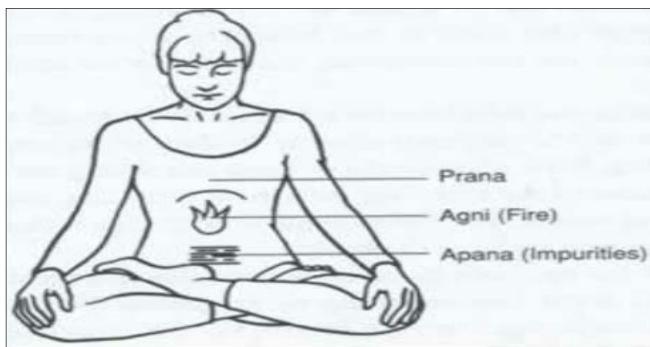


Fig 1

**1.3 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. Aerobicstumbling 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.

2. Traditional Games



Fig 2

3. Sports of World

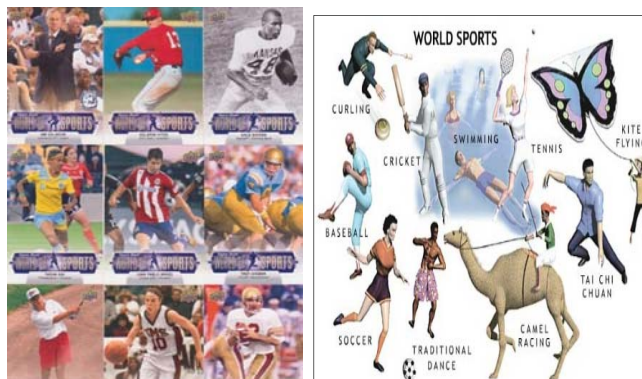


Fig 3

**3.1 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 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.

#### 4. 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.

#### 5. References

1. Arpita. Physiological and psychological effects of Hatha yoga: A review of the literature. The Journal of the International Association of Yoga Therapists 1990; 1(I&II):1-28.
2. Blaine DP. An Encyclopaedia of Rural Sports: or a complete Account, Historical, Practical and Descriptive of Hunting, Shooting, Fishing, Racing and other Field Sports and Athlete Amusements of the present day(London: Longman, 1840).
3. Davidson, Julian M. The physiology of meditation and mystical states of consciousness. Perspectives in Biology and Medicine, spring 1976; 19:345-379.
4. Vroede De E, Renson R. 'Unity or Diversity in Traditional Games in Europe? Regional Approach in Pfister, G. (ED),

- Games of ythe past-Sports for the Future (ISHPES Seminar; TAFISA Symposium;
5. Dudustadt 2000) (Sankt Augustin Academia, 2004)