



# A STUDY OF SPORTS FACILITIES WITH SPECIAL REFERENCE TO YOGA IN GOVERNMENT SCHOOLS OF RAJASTHAN

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## -----ABSTRACT-----

The Rajasthan government is contemplating the introduction of sports, yoga, surya namaskar and meditation in all government schools. This follows the recommendation of a committee set up by the Education Minister, Vasudev Devnani, to suggest measures to improve the **mental and physical well-being of students** in the State. While the government is yet to announce the decision formally, it has agreed, in principle, to introduce different **sports, yoga, surya namaskar and meditation** in schools. A senior official told The Hindu that even the United Nations had now accepted yoga as a means to better health and announced **June 21 as International Yoga Day**. There are 84,661 government schools in Rajasthan with 3.29 lakh teachers and 85.54 lakh students enrolled in classes I – XII. However, the move has brought sharp criticism from the Rajasthan Teachers Association (Shekhawat) that says it amounts to violation of an individual's right to freedom of religion as enshrined in the Constitution.

However, the National Curriculum Framework 2005 recognizes the role of sports and physical education in the holistic development of children and youth in Rajasthan. As part of this policy, the Government has made access to play fields, equipment for sports & games and engagement of physical education instructor- a mandatory requirement for all schools under the Right to Education Act.

## INTRODUCTION

Promotion of sports and games activities alongwith yoga scheme has been imposed to give opportunities and facilities to the young and talented players to learn train and improve their standard in sports and games for bringing medals in Olympic, Asian and Common wealth games as well as at international and national level. [1] Under the scheme, various regular activities / programs, coaching camps and other national and state level tournaments are being organized. The scheme also provides participation of players in **National School Games, National Sports Women Competition & Rajiv Gandhi Khel Abhiyan**, providing playing kits and sports material etc. In yoga different poses are trained to students as given below:



Crescent moon pose

Tree Pose



Horse stance

Squat Pose



Locust Pose

Research shows yoga helps children focus in school in order to achieve higher academic success. Yoga gives children more inner peace, joy and expands their imagination and creativity. Yoga helps with self-esteem, self-expression, self confidence and weight loss. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life’s challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that is noncompetitive. Promote cooperation and compassion instead of opposition. [2] **Yogasanās are unique postures that enhance their flexibility, strength, coordination, and body awareness.** In addition, their concentration and sense of calmness and relaxation improves. Yoga helps in improving the overall immunity by restoring circulatory, respiratory and digestive vitality. Practicing yoga helps children learn how to control their emotions. [3] Especially for kids with autism spectrum disorders or other behavioral issues. Yoga improves self-discipline. Children who are learning yoga also learn to master their own behavior. Practicing yoga improves focus and attention. Children that spend a lot of time seated at desks in school or in front of the computer at home may develop upper body tension and increased spinal pressure. Yoga relieves this. Yoga helps kids build patience. It takes patience and time to learn a new physical skill, and as new yoga poses are introduced, your child may not be able to do it all at first. Role of yoga in important in the life of children and basic asana and pranayama has positive relationship with concentration, confidence, memory etc.[4]

In fact, the expression **Physical Education originally means “education through the body”**. It is using the work with the body as a strategy to reach the noblest goals of education: autonomy and ethics in our relationships with each other and the environment. It is necessary to remember that sports and gymnastics belong to the scope of Physical Education.[5]

The mind is a composition of four different faculties, which in yogic terminology are defined as **manas, buddhi, chitta and ahamkara**. The word manas means to rationalize, to think about something. Buddhi means intellect. Chitta is an area of consciousness where impressions are stored. Ahamkara is the concept of ego.[6] In the modern education system we are feeding only one aspect of the mind - buddhi. The system of educating children has to be different. It has to be combined with certain practices which can remove their psychological blocks, which can



make them aware of the psychological changes that happen in their body and brain, which can make them aware of their own distractions and which can give them the ability to focus on the theme of the subject they are studying. The government of Rajasthan started with very simple yoga practices in the classroom environment, taking some hints from the work of RYE (**Research on Yoga in Education**) with children [7]

## DISCUSSION

The Government of Rajasthan strongly feels that sports should be firm an essential element in Human Resource Development strategy and, for that purpose, proposes to use sports as a tool for transforming the youth into self-confident, organized, and capable workforce, which can bring social change and economic well-being of the State. Development of Sports infrastructure will take into account the administrative hierarchy of the State. At present there are 7 Divisions, 33 District and 241 Tehsils. For each level, facilities for a definite number of sports disciplines, with adequate land would be developed. **The Rajasthan State Sports Council** runs sports hostels in different games. [8] The selection of boys and girls for the hostels shall be made in transparent manner after fixing standards/criteria and inviting applications from the interested sportspersons. The equal opportunities to women in the field of sports shall be provided. **Women Sports** are being organized at block, district and state level. Women teams also participate in various games in national level women sports. The Sports Department/Rajasthan State Sports Council shall take all necessary steps to meet sporting needs of physically handicapped sportspersons. [9] Due care shall be taken to ensure that there are sufficient infrastructure, training facilities and competitive events to enable them to participate fully in sports. District and state level tournaments shall be organized in various **games for Physically disabled Persons**. To start with, the academies shall be set up for Football (Boys), Basketball (Women), Athletics, Hockey (Women), Volleyball and Archery.

Rajasthan State Sports Council is a Society Registered under the Societies Registration Act. The main function of the Council shall be to approve policies and important schemes for the promotion of sports in the state, and the other functions shall be as under:

- i. Operation and maintenance of sports stadiums,
- ii. Procurement and maintenance of specialized sports equipment,
- iii. Setting up and management of sports academies and sports hostels.
- iv. Appointment of Sports Officers, coaches and other staff with measurable targets.
- v. Training of elite sportspersons.
- vi. Implementation of specific target based sports projects.
- vii. The Rajasthan State Sports Council shall function in close association with the Sports Associations.[10]

Yoga centers shall be set up as an integral part of district level stadiums for training and practice. They shall be set up in a time bound manner. wherever they do not exist, The Department and Rajasthan State Sports Council shall construct yoga practice rooms/halls or make suitable alterations for setting up yoga practice rooms. Yoga coaches shall hold camps up to block level on a regular basis for which an annual calendar shall be prepared and issued by the Sports Department and **Rajasthan State Sports Council** in the beginning of the year. Yoga shall be treated as an integral part of all sports training programs. Appropriate techniques shall be introduced to help sportspersons improve flexibility, concentration and mental strength, which are prerequisites for high quality performance.[11]

## RESULTS

The Rajasthan government on Wednesday gave the approval to establish **ayurveda, yoga and naturopathy colleges in six districts, including Jaipur**, a state minister said. Health Minister Raghu Sharma said the importance of ayurveda has been proved during the ongoing coronavirus pandemic.[12]The state government is making every effort to promote ayurveda and develop facilities related to it, he said. Sharma said integrated colleges would be established in Jaipur, Kota, Sikar, Bikaner and Bharatpur. Approval has been given for the establishment of Government College of Yoga and Naturopathy in Udaipur, he said. The minister said with the establishment of new colleges, new employment opportunities would come up for the educated youth of the state. Approval has also been given to create 778 new academic and non-academic posts, he added.[13]

Intramural activities consist of all the sport and fitness activities carried on inside the campus of routine. The morning fitness programme for the masses, which starts at 6.00 a.m. in summer & 6.30 a.m. in winter includes **Yogasans, Marshal Arts, Conditioning and Fitness exercise, and Aerobics**. All these activities are carried out simultaneously at different stations at Vidula Maidan . Students join various activities according to their interest & choice. The evening programme at Vidula Maidan, Jaipur, Rajasthan starts at 4.30 pm. which includes match practice

for various games like Basketball, Volleyball, Athletics, Hockey, Football, Tennis, Marshal Arts, Kho-Kho, Kabaddi, Handball, Netball, Softball, Archery, Horse riding, Cricket & Swimming (Seasonal). Match Practice sessions are for the preparation of the teams for extramural competitions.[14]



Horse riding



Swimming

In modern stressful life Yoga and meditation are becoming critically essential for health and sanity. It is also found immensely beneficial for concentration and memory Therefore, Banasthali Vidyapith, Jaipur, Rajasthan in line with its **philosophy of ‘□ □ □ □ □ □ □ □ □ □’ (Five Fold Education)** provides students with Yoga and meditation sessions, under the supervision of trained Yoga teachers. These sessions are conducted throughout the year. The morning fitness programme for the masses, which starts at 6.00 a.m. in summer & 6.30 p.m. in winter includes Yogasans, Marshal Arts, Conditioning and Fitness exercise, and Aerobics.[15]

At times Meditation sessions are also organized in the departments. All the Yoga and meditation activities are organized by the **Department of Physical Education**.



Yoga Asanas

**Banasthali Seva Dal** has been introduced in the Vidyapith to train the students in *March past*, Ceremonial Parade and Rifle Shooting. Banasthali Seva Dal also runs the programme of girl guide, which has been registered with “Bharat Scouts and Guides” in the year 1988-89. It organizes the camps for girls guides and the eligible guides are selected to take part in state and national level camps. A Number of students from the Vidyapith have been honoured with “**Rashtrapati Award**”. Two of our guides have been selected to attend the international events of the **World Association of Girl Guides and Girl Scouts at Pune (WAGGGS)**.



### Shooting

Yoga can benefit professional sports persons, it is necessary to explore what is required to play a sport and play it well. It is well acknowledged that to play any sport, whether it be tennis, volleyball, surfing, swimming or running, we must develop the basic skills and continually train the body so that we can apply the skill in a refined and polished way. This of course requires considerable time, energy and commitment to practice the skill at hand. Having a body that is flexible, strong and controlled is also another important consideration, if one is not able to move the body with the grace, velocity and speed required, then performance will be lackluster. Similarly, if a person is not able to maintain endurance or stamina for the required duration, the performance will be diminished. In order to play a sport well, it is also necessary that a person is able to focus and concentrate with confidence on the task at hand without distraction or timidity. As such, dealing with distractions, adversity and stress is an important component.

**To commemorate the birth anniversary of hockey legend Major Dhyan Chand, National Sports Day is celebrated across the country on 29 August.** The prescription of Yoga asanas also help to develop the control and concentration of the mind. Being able to hold a posture with steadiness, relaxation and comfort requires that a person is able to focus their mind for an extended period of time. This helps for developing strength and concentration in mind / body and is beneficial to playing sports at highly competitive levels. Swami Sivananda highlights this point, he highlights that steady and systematic practice of yoga will “make the mind very obedient and faithful” and make the practitioner “successful in every attempt” [16]

### CONCLUSION

Yoga has now become an important part of people's lives all over the world, people are increasingly adopting it to reduce mental and physical problems and stress. At the same time, it has started getting an important place in India too. The Sports Ministry formally recognized yoga as a competitive sport, which would enable it to get government assistance. Sports Minister Kiren Rijiju and AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha, Homeopathy) Minister Shripad Yesso Naik recognized yoga as a competitive sport during a program here. Rijiju said, “**Yoga asana has been a competitive sport for a long time.** Yoga has become an inseparable part of training for sports players. Whether you are an athlete, swimmer, tennis player or ballplayer, the role of yoga in sports is indispensable. Yoga teaches you to balance, be poised and disciplined. It makes your body fit enough to perform these moves. It also trains your mind to be patient and steady.

1. **Yoga helps prevent the strains and sprains:** Yoga asanas help relax taut muscles. It also stretches and strengthens various body parts, opening the hips, back and chest. The different bends and stretches reduce the chance of wear and tear, muscle pulls and sprains.
2. **Yoga reduces your recovery time:** Sleep and rest are not enough after a long and grueling physical session. Yoga helps you relax your tired body and mind in an effective and peaceful manner. This is because asanas are performed systematically and gracefully. This helps remove the tension in your body and enhances the chances of a quick recovery.
3. **Yoga enhances your sense of balance:** Asanas like the vrikshasana or tree pose and virabhadrasana or warrior pose help develop the balance in you. Poise and balance are required physically and mentally. Yoga also helps you maintain posture and stability as is required in gymnastics, archery, and shooting.



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