



**BHARATHIDASAN UNIVERSITY,
TIRUCHIRAPPALLI - 620 024**

(Accredited With A+ Grade By NAAC In The Third Cycle)

**Department Of Physical Education And Yoga
Bachelor Of Physical Education (B.P.Ed)**

CC-YOGA EDUCATION(21BPE21)

**Sem-
II**

Credit-4



Unit - 5

Yoga and Physical Education & Sports

Role of yoga in physical education and sports

Improving flexibility, balance, and coordination

- Yoga can help athletes improve their flexibility, balance, and coordination, which can positively affect their performance.

Developing mindfulness

- Yoga can help athletes develop mindfulness through awareness of their body, breath, and the present moment. This can help them concentrate better during athletic activity.

Building core strength

- Yoga can help athletes build core strength by helping their muscles, tendons, and ligaments move through a full range of motion.

Improving muscle balance

- Yoga can help improve muscle balance, which can lead to better form, stronger running, and fewer injuries.

Stress management

- Yoga can help with stress management and relaxation by combining physical and mental disciplines to achieve a calm body and mind.

Developing strength and concentration

- Yoga can help develop strength and concentration in the mind and body, which can be beneficial for playing sports at a highly competitive level.

Yoga vs Exercise

More Information Online WWW.DIFFERENCEBETWEEN.COM

	Yoga	Exercise
DEFINITION	Yoga is a mental, spiritual, and physical practice that originated in India	Exercise is an activity that improves and maintains physical fitness and makes a person more energized
BREATHING PATTERN	Synchronized breathing pattern	No synchronized breathing pattern
FOCUSES ON	Steady postures and relaxation of muscles	Movement and stress on the muscles
MUSCLES AND FLEXIBILITY	Develop muscles evenly and improves flexibility	Develops muscles mass and decreases flexibility
RESPIRATORY SYSTEM	Workload of the respiratory system is less	Workload of the respiratory system is more
HEART	Relieves the stress on the heart	More workload for the heart
EFFECTS ON JOINTS	No negative effects	Stiffness or rheumatism as the person grows old
RISK OF INJURY	Less	More
CALORIE CONSUMPTION	Less	More

Yoga Education Centres Abroad:

- Vivekananda Yoga University (VaYU): The first yoga university outside of India, VaYU is focused on graduate yoga education and research.
- Isha Institute of Inner-sciences: Located in Tennessee, USA, this institute offers Hatha Yoga Teacher Training.
- SOAS University of London: Offers yoga and meditation courses.
- Loyola Marymount University: Offers yoga and meditation courses.
- California: A popular destination for yoga in the US, with many studios and yoga schools.
- Florida: A top yoga training destination with many programs, including 200-hour and 500-hour courses.
- Hawaii: A destination with tropical landscapes where you can practice yoga to the sound of crashing waves.

Yogasana competitions typically feature three types of events: artistic, rhythmic, and traditional. Each event has different rules:

- Artistic
- Similar to artistic gymnastics, competitors perform a series of asanas (postures) to music for a set time. Competitors may perform solo or in pairs, and must include a predetermined list of asanas in their routine.
- Rhythmic
- Competitors perform asanas in pairs or groups of five, and must maintain each posture for a set time. Competitors are also evaluated on how smoothly they transition between postures.
- Traditional
- Competitors hold postures for a set time, usually 15 or 30 seconds, with an emphasis on balance and stability.

Here are some other things to know about yogasana competitions:

- Competitors may be required to perform a certain number of asanas, and may be given marks for each posture they perform.
- Competitors may be required to explain how to perform an asana, its benefits, and its contraindications.
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- Competitions may be held in multiple phases, with only those who qualify in the first phase allowed to compete in the second.

International Day

- The International Day of Yoga is a day in recognition of [Yoga](#), that is [celebrated around the world annually on 21 June](#), following its adoption by the [United Nations](#) in 2014. As [Yoga exercises](#) have shown significant benefits for physical and mental well-being, it was considered important by the UN to globally promote this wellness practice, which originated in ancient [India](#).
- The initiative for "Yoga Day" was taken by [India](#)'s Prime Minister [Narendra Modi](#) in his 2014 UN address, and the related resolution received broad global support, with 177 nations co-sponsoring it in the [United Nations General Assembly](#), where it passed unanimously. Subsequently, the first International Yoga Day was celebrated successfully on 21 June 2015, around the world including New York, Paris, Beijing, Bangkok, Kuala Lumpur, Seoul and New Delhi.

The Common Yoga Protocol (CYP)

Prepare: Before practicing yoga, you should make sure you are clean and relaxed, and that your stomach is empty or light. You should also avoid practicing yoga if you are exhausted, ill, or stressed.

- **Choose your space:** Practice yoga in a quiet, calm environment. You can use a mattress, yoga mat, durries', or folded blanket.
- **Wear comfortable clothing:** Light, comfortable cotton clothing will help you move easily.

- Start slowly: Begin with basic poses and gradually progress to more advanced ones.
- Take your time: Don't rush through the poses, and don't apply too much force.
- Maintain the final position: Stay in the final position for as long as you can comfortably.
- Avoid certain poses: Beginners should avoid difficult poses like the headstand and lotus pose. People with certain medical conditions, like bone loss or glaucoma, should consult a doctor before practicing yoga.
- After practice: Wait 20–30 minutes before eating or taking a bath.

Yoga is a spiritual discipline that can promote harmony and well-being, and is not limited to any particular religion, belief system, or community:

- Spiritual well-being
- Yoga can improve spiritual health, spiritual intelligence, and a positive outlook on life. It can also help develop an integrative worldview, and a sense of meaning, peace, and happiness.
- Harmony between mind and body
- Yoga is a practice that focuses on bringing harmony between the mind and body. The full practice of yoga includes instructions on ethics, concentration, meditation, and connection with a higher power.

- Global harmony
- Yoga can be applied to the world to promote social and global transformation. It can help people bring health and harmony to their society, nation, and the globe.
- International Day of Yoga
- The International Day of Yoga was established in 2001 to promote yoga's transformative power. It's a day when people around the world come together to practice yoga and foster unity among diverse communities.

Thank

You