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PSYCHOLOGICAL CONTRIBUTIONS IN
SUSTAINABLE HUMAN DEVELOPMENT IN
SPORTS, ORGANIZATIONS & COMMUNITY HEALTH**

December 20-21, 2019

Organized by



NAAC Accredited B+ Grade

**DEPARTMENT OF PSYCHOLOGY,
PHYSICAL EDUCATION & SPORTS, HOME SCIENCE
V. P. S. P. M. S. ARTS, COMMERCE & SCIENCE COLLEGE, KANNAD,
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Message from the Editor

It gives me immense pleasure to welcome all to explore/publish/ comment in/on our journal, Think India (Quarterly Journal). There are a lot of challenges which the growing psychological face in the realms of basic necessities in life. Psychological thoughts can play a very distinct role in bringing about this change. One of the key objectives of research should be its usability and application. This journal attempts to document and spark a debate on the research focused on psychological research and ideas in context of emerging geographies. The sectors could range from psychological education and improvement, mental health, environmental issues and solution, health care and medicine and psychological related areas. The key focus would however be the emerging sectors and research which discusses application and usability in social or health context.

We intended to publish case reports, review articles, with main focus on original research articles. Over objective is to reach all the psychological practitioners, who have knowledge and interest but have no time to record the interesting cases, research activities and new innovative procedures which helps us in updating our knowledge and improving our treatment.

Finally, I would like to thank Edupedia Publication Pvt. Ltd., for this keepsake, an my editorial team, technical team, designing team, promoting team, indexing team, authors and well wishers, who are promoting this journal. With these words, I conclude and promise that the standards policies will be maintained. We hope that the research featured here sets up many new milestones. I look forward to make this endeavour very meaningful.

Dr. Mahendra Patil,

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YOGA AND EXERCISE INTEGRATION FOR FIT AND HEALTHFUL LIVING



Dr. Vikram Singh,
JNU, New Delhi

Bodily movements are the integral components of exercise and yoga both, which is why people commonly consider yoga as a type of exercise for remaining fit and healthy. However, there are certain important distinctions and similarities between the two. Exercise refers to any purposeful physical activity that is done at high or low intensity in order to achieve a set fitness or health goal. Exercise causes muscles, tissues, bones and vital organs like heart and lungs in the body to become active, energized and improves upon in their function and secretions by improving blood circulation. Exercise physiology is the branch of exercise sciences that helps us to understand the effects of exercise and physical activity on our muscular system, respiratory system, circulatory system, digestive system etc. It is therefore intended to be beneficial to a person's overall health. Primary goal of exercises for the otherwise healthy person is to improve upon the level of health related fitness. There are certain other types of exercises that are therapeutic in nature and are helpful in rehabilitating a person from temporary disability or injury due to accident or diseases by slowly increasing the blood circulation and developing functional strength and flexibility in order to re-live a normal life.

Yoga, on the other hand, does not only deal with the physical health of an individual also tells us to lead a fulfilling and joyful lifestyle, a way and a view of life that is based on ancient Hindu tradition, which is concerned with integrating the physical, mental and spiritual well-being of a person. In fact, yoga is a term that translates to “unite” or “to join” the internal powers and the powers of the universe leading to higher level of consciousness. Yoga proponents believe that having a healthy, fit and balanced physical body is an essential prerequisite to accomplishing this higher state of consciousness. That is why most of the yoga practices are initially physical exercise oriented in one form or the other. Yoga texts propose that the people should begin the practice as per their present level of health and fitness and progress gradually.

Once we are able to identify the subtle changes with practice over the period of time through yoga, we can easily regulate our actions and behavior. As far as the ultimate goal of exercise and yoga is concerned, both yoga and exercise is combined as a cross training method by some people for mainly two reasons: to have better physical health like improved cardio-vascular capacity, muscle elasticity, power, better reaction time, increased immunity and overall health, to get better looking body or to lose body fat. There could be other reasons depending upon the age and gender such as improving body image, physique, learning self defense, developing sports specific skills like kicking a ball, lifting heaviest weights, running faster, to get rid of back pain etc. yoga as a supplement and compliment to the exercise is not an end but a means towards achieving a goal or end. Yoga can be very useful in muscle relaxation or during anxiety and stress while one fights for creating balance between work and family. Exercise was important during the primitive ages for survival, for most of the time was spent by humans in hunting, farming, fishing and were too tired at the end of the day to carry out anything else but sleep. As the mankind evolved the period of time, there arose a need for higher pursuits of excellence especially in terms of improving the life and saving time and effort. It was the intelligence and creativity that the humans possessed which we used to create wheel, pulleys, tools etc. for better life management. This “GYANA” or knowledge which we got must have generated from someone somewhere and put to use for the betterment of human beings which in turn spared some extra time to use our mind and brain for further enhancements in gadgets and tools etc. till today when it is all those advanced inventions that have been made since thousands of years that has led to a more comfortable life and longevity as we see today.

We now seek for even better like improved memory power, intuition powers, prediction abilities so on and so forth.

While learning yoga from the masters it is often said that improved physical appearance and health are the natural outcomes of yoga but the ultimate goal of yoga is to reach a higher state of consciousness. One must not get allured by these physical outcomes and stop but it is important to understand and realize the importance of what lies even deeper and beyond that is still unexplored yet.

Now there is a proper procedure and way to achieve these latent energies and the yoga postures (asanas), practicing proper breathing (pranayama), mudras, and shatkarma etc. are stepping stones that can gradually lead us to achieve what we wish to do. It all depends upon then the priority or setting goals for ourselves for example one might be interested in getting rid of emotional blockages so the yoga practices will focus on energy centers called chakras present in the body and each one corresponds to endocrine and exocrine glands. In physical exercises, we repeat the actions in order to gain proficiency in a particular movement and perform various related movements called drills and recreation games that can consciously or unconsciously lead us to learn a skill like running, jumping, throwing, catching and other advance level skills like swimming, cart wheeling etc. yoga helps us to visualize a movement pattern in a more realistic way that leads to better and early learning.

We know that the sympathetic nervous system is responsible for reducing digestive secretions, contracting blood vessels, and increasing the heart rate and respiration rate by counteracting the physiological effects of the parasympathetic nervous system. As a result, exercising produces a feeling of tiredness and fatigue while we are exercising. It is therefore important that we should not only identify our exercising limits but also be more consistent in our schedule and commitment despite failure, injury or any tragedy. As an example, Deepa Malik, an ace para-athlete was able to achieve such high levels of sports performance in her life despite being a disabled female from rural background. It must have been some internal strength and power that guided her. Yoga induces such dormant powers in us that can lead to success. Unlike exercise Yoga involves the parasympathetic nervous system, which counteracts the physiological effects of the sympathetic nervous system and is responsible for stimulating digestive secretions, dilating blood vessels, slowing the heart, and constricting the pupils, which is the outcome of relaxation. In exercise and sports it is important to recover better and often while practicing and while competing. As we all know in the present day cut throat competition it is extremely important to not lose our balance under extremely trying conditions when a winner and a loser is decided by fraction of seconds and millimeters of distance. Yoga therefore regulates our breath especially useful for golfers, shooters and archers which are 90% mental games, to gain an edge over other competitors.

Exercise and yoga both can be expensive and cost-effective. A Bikram Yoga or a Bharat Thakur yoga workshop can be very expensive. Similarly the cybex and/or cross training equipment used for exercising can also be very costly. As an alternative we can get almost same benefits from yoga as well exercise without buying any equipment. Exercising with music like “Zumba” or “Tabata” can be sometimes more enjoyable for youngsters and they might prefer it over yoga for being monotonous, slow and boring.

Exercising involves cardio workouts that can result in increased oxygen consumption (VO_2 Max). One of the focuses of yoga is deep, slow and rhythmic breathing. Consequently, proper breathing techniques lead to reduced oxygen consumption and that is the reason why yoga is not a work out but a work in wherein we gain energy and then utilize this energy in useful pursuits one of which could be improving our sports or exercising performance. So it is more of a hand in glove approach for yoga and exercise rather than contradictory to each other. As an example a person who does over training might find it difficult to sleep at night due to muscle spasm. So certain yoga exercise can help the person get a deep sleep so that he/she can get up fully recovered next day for another round of exercise.

Conclusion:

Yoga has been referred to in this article as an integrated discipline with exercising and not as a separate entity that is superior or inferior way of leading a healthy life. There are a number of variations being practiced in the name yoga to adapt to Western tastes and preferences. This is why there is power yoga hot yoga, dance yoga, rhythmic yoga, cross training that has yoga combined with cardio to gain the benefit of both yoga and exercise.

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