



## Short Review Paper

# The changing trends in Sports and Yoga

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## Abstract

*The very purpose of our life is to live happily. To achieve happiness in life all we need is healthy body, peaceful mind, sufficient wealth and harmony with society. Man has invented many methods to earn money to satisfy the body requirements and those methods were subjected to periodical changes according to the requirements and innovations developed from time to time. Scientific developments technical and technological advancements have helped mankind to accumulate wealth in easy ways and in shorter duration. The life is becoming very competitive and those methods couldn't give healthy body and peaceful life. Here comes the need for yoga. Yoga gives healthy body and peaceful life. Out of the so many methods, Simplified Kundalini Yoga (SKY) formulated by Vethathiri Maharishi is considered as the powerful tools used to develop the body and mind effectively. The changing trends in Sports and yoga are being analyzed in this paper.*

**Keywords:** Peaceful mind, healthy body, Simplified Kundalini Yoga, trends.

## Introduction

The very purpose of our life is to live happily. To achieve this all we need is healthy body, peaceful mind, long life, financial stability and Harmony with society. Man has invented many ways and means to achieve this objective. Advancements in the field of science and technology helped to earn money and to reduce the physical activity of a Person. But the much required need of physical fitness, mental peace and longer life could not be achieved by the practicing the available methods.

Later on, the yogis and learned persons realized the ways and means to overcome these problems. They practiced it, by themselves and preached those lessons as yogic practices. Yoga is a systematic psychic practice to improve awareness, to improve will power and to realize the self. Yoga is a complete process of perfection of man by developing his personality so that he may reach his ultimate goal, there by fulfilling the purpose of his birth<sup>1</sup>.

This is a combination of physical exercise and meditation. Yoga was derived from the word Yuj which means Joining or uniting or connecting or merging. When practiced properly yoga will unite body to mind, body to life force, mind to life force and man to society<sup>2</sup>. Though yogic practices were very effective and problem solving still they were considered to be of time consuming and the practitioner had to lead a life of celibacy. Moreover, women were prevented from learning these practices<sup>3</sup>.

The word yoga itself has different meanings. In Sanskrit Guna yoga means contact with a cord. Chakra yoga is applying a splint or similar instrument by means of pulleys. Candra yoga

has the astronomical sense of conjunction of moon with constellation<sup>4</sup>.

## Transformations in Yoga

Vethathiri maharishi from Guduvancheri of Tamil Nadu had developed the simplified version of yogic practices in the name of Simplified Kundalini Yoga (SKY) with his more than 40 years of experience in this field. By practicing SKY, Kundalini power of any person can be awakened by an enlightened guru instantly and that person can learn yogic practices easily and practice it along his family life<sup>5</sup>. Women can also practice SKY practices. Thus these practices are becoming popular as they give solutions for all the problems faced by common man.

Simplified Kundalini yoga is the holistic approach consisting of simplified exercises for keeping our body fit and healthy<sup>6</sup>. simplified meditation practices to bring down the mental frequency. It reduces the emotions which is a motive power. In Yogic Vocabulary, Emotion is a Raja Guna of prakriti which exists in every one<sup>7</sup>, Kayakalpa practices to lead a disease free long life within self and society<sup>8</sup>. Meditation Practices consists of nine types of meditations starting from Agna, Shanthi and Thuriya as basic meditation techniques. After sufficient practice the practitioner learns higher meditation techniques like Panchendrya meditation, Pancha boodha navagraha meditation, Thuriyathetha meditation, Nithyanandha meditation and Irainilai meditation (Divine meditation).

**Changing trends in Sports and Yoga:** Evolution of sports-Sports can be defined as purposeless activity, for its own sake, the opposite of work. Human work because they have to. They play because they want to. It is voluntary and uncoerced<sup>9</sup>. After

a point of time the children necessarily had to be diverted to any sports activity in which they have interest in order to spend the energy produced by metabolism in useful way. There are many benefits in sports activity to mention a few it gives physical and mental strength, team spirit, motivate to act together, improves mindset to take the defeat also positively and acts as vehicles to deliver life skills. Also there are so many disadvantages in sports activities like injuries during activity, sore losers, high expenses involved, snobbery (show off), Weather problems, stress and sleep issues, time commitment, repetition and internal politics<sup>10</sup>.

Major sports activities like Football, Cricket, Basketball, American football and Golf were in trending for the year 2019<sup>10</sup>. Emergence of covid-19, had brought major setback to all sports activities. Almost all the international, national tournaments Olympic Games etc. had to be either cancelled or postponed. The sponsoring companies who have already invested huge money on advertisement, sponsorship etc... are suffering very much. In some countries sports like cricket is being played without audience and telecasted in live. In the year 2020 with the emergence of covid-19 yoga has become part of every family, all members started homework outs using tools.

### Changing trends in Yoga

Now everybody wanted to learn Yoga. The recognition for yoga and announcement of June 21st as International Yoga Day is a major boost for yoga. Yoga has its varieties and diversions as it has its right and discipline, the different kinds of yoga have played, vital role in forming the spirit of modern india<sup>11</sup>. The year 2020 has witnessed major trends in yoga like Family studies, Yoga for men, Home workouts, Targeted class, using the tools<sup>12</sup>. In recent times different varieties of yoga had been developed like Toe yoga, Broga (brother yoga), HIIT yoga, ROGA, Chair yoga, Karaoke yoga<sup>13</sup>. To attract more youngsters.

SKY practices are explained scientifically is welcomed by Government of Tamilnadu and included in the school syllabus. Many Universities had already conducting degree and post degree and doctorate courses in SKY yoga<sup>14</sup>. In this pandemic situation the importance of yoga is greatly emphasized by Central and State Governments. So the SKY administration had introduced on line courses<sup>15</sup>, for the benefit of general public.

### Conclusion

Sports and yoga combined together will ensure total happiness to body and soul. While sports assures complete fitness “Yoga is practice that brings balance of mind and ensures well being of the body. His ancient practice has been accepted by the entire world as powerful tool<sup>16</sup>. Thus practicing yoga strengthens

mental resolve and stops negative mental character. A person can go beyond the body with strength of the mind<sup>17</sup>. Let us spread the message for the betterment of the world community.

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