



## Short Review Paper

# Sports and Yoga - The Innovations in Yoga

V.S. Vasumathi and S. Sekhar

Bharathiar University –Vision for Wisdom Research Centre, Coimbatore-641 046, Tamil Nadu, India  
vasumathipandurangan@gmail.com

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## Abstract

The new or innovative idea in terms of yoga and sports has made a remarkable improvement in both the fields. In this pandemic situation innovative ideas and practices are used to improve the efficiency of sports person to an elevated level. With the advances in network, like webinars, web meetings and new techniques improves the teaching methods at the comfort of home. The aim of this year's yoga day is "Yoga at home and Yoga with family". Simplified Kundalini Yoga (SKY) is a simplified form of Kundalini Yoga. Vethathiri Maharishi is the Founder of Simplified Kundalini Yoga shortly called as (SKY). He gives it in a very simple way. This can be practiced by all including the Sports people. This paper discusses about the innovative techniques and the benefits of Simplified Kundalini Yoga to keep the sports persons vital capacity, energy and efficiency in a good level during this non playing period.

**Keywords:** Innovative, pandemic, network, webinars, web meetings, Simplified Kundalini Yoga.

## Introduction

Now a day's Sports and Yoga go hand in hand. With the help of yoga a sport person's concentration, focusing, flexibility and judging while playing etc., improves<sup>1</sup>. In this pandemic situation all the sports are either cancelled or postponed. This gives more stress to the sports person. The Online Yoga Classes are the new innovative technique used to improve physical and mental well being of the society as a whole. This can be practiced at home by the sports persons. "Yoga at home and Yoga with family"<sup>2</sup> is the ultimate aim of the government in this critical situation. When it is practiced at home, it will definitely decrease the stress level and the anxiety level of the sports person. Here On line Simplified Kundalini Yoga<sup>3</sup> is being taken for the study. This online yoga class improves physical fitness and flexibility during this non-playing period.

## Sports

The history of sports has a long way at least 3000 years back<sup>4</sup>. It refers to the Ancient World. Sports have been growing along with the civilization. The 1<sup>st</sup> Olympic Games was conducted in 776BC<sup>5</sup>. It included Foot, Chariot Races, Wrestling, Jumping and Javelin Throwing. It was said that Ancient Greek introduced sports to the world. Wrestling is considered as the oldest Sport<sup>6</sup>. Only at the end of the 19<sup>th</sup> century Women sports were started<sup>7</sup>.

**Meaning of sports:** Sports is a physical activity. Sports can be played in an organized manner or just for entertainment purpose<sup>8</sup>. Oxford Dictionary defines sport as "an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment".

**Purpose of sports:** The main purpose of sports is to improve physical ability and skills. Sport and play contribute to physical and mental health that can be transformed in to action, creativity and innovation.

**The positive effects of playing sports:** i. The most obvious benefit of all is Exercise. ii. Sports make a person a regular physical activity, iii. It improves a healthy relationship. iv. It develops and improves cognitive and motor skills. v. It teaches the importance of team work. vi. It develops social skills.

## Yoga and its Orogen

Yoga developed along with civilization. The science of yoga has its origin thousands of years ago. There are different schools of yoga in this world. The main principles of yoga are Exercise Proper Breathing, Good diet / Saathvik food, Positive thinking<sup>9</sup>, Meditation and to cultivate higher consciousness.

**The purpose of yoga:** The purpose of yoga is to develop spirituality. For this the basic need is the healthy body and the healthy mind so that one can be aware of nature<sup>10</sup>. The ultimate purposes were to cultivate awareness, self –regulation, discernment and higher consciousness in individual.

**Simplified Kundalini Yoga:** One among the different schools of yoga is Simplified Kundalini Yoga (SKY)<sup>10</sup>. Shri Vethathiri Maharishi is the Founder of Simplified Kundalini Yoga Shortly called as SKY. He simplifies the toughest Kundalini yoga for the betterment of the society. All this he started in the year 1958. Sky practices are given to the individual to attain the World Peace<sup>10</sup>.

## Sports and Yoga

The relation between sports and yoga is, Yoga involves holistic treatment whereas Sports gives physical treatment. Sports make one's body rigid, whereas Yoga makes one's body flexible<sup>11</sup>.

**Why Yoga for Sports:** Sports persons face cognitive and behavioral difficulties that impinge their ability to perform to their highest potential. They also face competitive anxiety, stress, handling pressure, low confidence Yoga is beneficial to the sports persons, it mainly improves the inner systems of the body<sup>12</sup>. It helps to face failures. Meditation helps to reduce stress and anxiety.

**Innovations in yoga:** Today the world is facing a big crisis, because of the pandemic. It has made the whole world locked. Japan recently rescheduled the Tokyo Olympic 2020 to 2021 because of the novel corona virus. As the virus spreads, sports bodies are cancelling or postponing the events. Foot ball, Cricket, Basket ball, Base ball, Wrestling, Kick boxing, mixed martial arts etc were cancelled due to the covid-19 pandemic. Study centers, work out centers, schools colleges, private offices, gym etc are also closed in view of this pandemic. All are asked to stay at home or keep social distancing by wearing masks.

At present all the sports persons are staying at home. Spectators have no games to watch and the sports persons have no game to play are the situation now. If they sit in the house idle then their efficiency, flexibility will come down. The stress and anxiety will shoot up. Body will become more rigid. This is not a healthy situation to play or practice. All the web meetings and the webinars were organized to make the people active and gain confidence. These webinars and web meetings are existed previously, but the usage has become wider in the teaching field. Now the Seminars, The National Conferences, International Conferences are conducted in the web meetings. For this neither the organizers nor the participants have to travel. While sitting in the comfort of the home, they can make use of the time more productively.

**Simplified Kundalini Yoga:** Likewise online yoga classes are the new innovation in yoga which proves to be giving good result. SKY also introduced online classes. These online classes are conducted through audio and video meetings. This will help the society to gain immunity, efficiency, flexibility, awareness and to overcome stress and anxiety. SKY is consisting of 5 steps – i. Physical Exercise- Set of Yoga for Physical fitness<sup>13</sup>. ii. Meditation – For Mental Fitness<sup>10</sup>. iii. Kayakalpa Yoga – For Strengthening Life Force<sup>14</sup>. iv. Introspection – For Behavioral Changes<sup>10</sup>. v. Who am I? – To attain Godliness in man<sup>10</sup>.

The basic course is for 12 days 2hrs / day. According to the participants convenience they can choose the timings or they can make use of the recorded classes. In the basic class they teach the below mentioned 3 steps. i. Physical Exercise- Set of Yoga for Physical fitness. ii. Meditation – 3 stages 1. Agna

meditation 2. Shanthi meditation 3. Thuriya meditation<sup>16</sup>. iii. Kayakalpa yoga – A special exercise to strengthen the life force<sup>17</sup>.

**Benefits of sky yoga:** i. It is a systematic psychic practice to develop awareness, will-power and realize self, ii. Mind frequency comes down. iii. Awareness is created in every walk of life. iv. It moulds one's personality by correcting the mind, body and thought force. v. It leads to a better understanding of life and relationships. vi. It increases the immunity level. vii. It purifies the body and soul, viii. The blemishes or the sinful imprints vanish. ix. It improves the quality of life force, thereby longevity is achieved. x. It helps to enjoy the peaceful and blissful life.

## Conclusion

Thus the online SKY yoga classes<sup>3</sup> are the new innovative technique used to improve physical and mental well being for the sports person. This can be practiced at home by all including sports persons. With Yoga, sports man's concentration, focusing, judging while playing, ability to face failures physical fitness, flexibility improves. And also yoga decreases stress and anxiety level during this non –playing period.

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