

“Role of Sports in Modern Society”

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Abstract:

This paper discussed about how sports plays a very important role in modern life style. It talks about yogas all aspects like pranayama, aasanas, karma etc. it tells how these prakaras will help improve health and life span of every human

Key words: Yoga, Sports, Modern society, Pranayama

Introduction:

Before discussing the importance of sports in modern world, it's better to know how the life of primitive man was all about. He was living quite natural life in pure air, drink pure water and healthy food he uses to eat. Very importantly he was physically involved in search of food for him and his family. He uses to go for hunting of animal, gathering natural grown vegetarian food like corns, fruit, tuber and potatoes.

Erecting tents, collection of fuel woods were his activities for him and his family. For that entire thing he needs to develop his muscular strength, cardio respiratory efficiency and physical qualities such as running, jumping, throwing and hurdling for his safety and survival – So he was one amongst the nature. So no stress, no strain, no mental worries, no pressure and no anxiety on him. He was physically fit, mentally healthy in the most natural way. In those days he was called as an outdoor animal. As modernization and industrialization developed gradually and heavily this brought a great impact on man's life style. Consequently man gradually rely upon machines and become physically inactive including the cooking in the kitchen for everything of his work. He was entirely depending upon machines. Information and communication technology have made the employees completely physically inactive. Many people in the modern world running behind the money wealth and luxury neglecting his physical, mental health. He is not satisfied with the things available with him.

This greedy nature bringing many hazards in his life. Even some parents carry their baby in a push cart instead of taking them on their chest which is most needed to child's point of view, child has lost its mother love and affection, most of the time the man sitting in place for hours together in his profession as well as in home. Not only children all the members of the family are involved in mobile or in other sedentary work. Especially children are busy in academics in schools as well as in home so they are under heavy stress. Also they have lost their child hood which was supposed to be joyful helpful for their growth and development.

All these above said unhealthy life style of most of the people today has made a tremendous impact and effect on man's life such as obesity which leads to diabetic and impairment in blood pressure which is fatal in nature. In all, the modern man is living in mechanical work and he himself has become a machine. He lost human relations because joint family has been converted to nucleuse family which includes only mother, father and son or daughter. Parents most of the time not available to their children so children are also lost their family life and become part of mobile or TV.

This type of lifestyle leads to muscle loss, poor circulation of blood function, brain get less amount of oxygen and man become the victim of brain disorder, mental disorder like depression, tension, stress, strain and horrible disease like anxiety. All these mental disorders leads to physical problems which is called psycho somatic disorders, number of suicide cases have been registered due to this kind of mental disorders throughout the world. Solution to these kind of psycho somatic disorder are if it is serious problem medical people prescribes medication which is again a problem of dependency and addiction on medication. The best, easiest and most effective way of overcoming these disorders are sports and yoga. Regular sports and physical activities increase heart rate and lungs' functioning which makes sufficient blood flow in arteries and veins. Blood supplies oxygen and glucose to the working muscle. Physical activities increases heart and lungs efficiency consequently muscle becomes strong and strengthened which leads to physical fitness and physical qualities like speed, strength, flexibility, explosive power, muscular and respiratory system becomes very strong. That results in efficient function of all the organs of the body. E g Heart, lungs muscles, kidney, brain and glands which help for complete health. The whole world has accepted physical activity and sports as the best way of stress management and recovery of the energy. This effects blissfulness of mind and body. Problems like diabetics, overweight, blood pressure, stroke, varicose veins, cramps, joint pain, migraine, stress and strain hardly appears in our body if we are physically active regularly. Physical activity and sports brings mental peace and calmness. Sports and games are powerful source of socialization and individualization, social skills and good human relations. It is often said that medicine is a curative science physical activity and sports are preventive science & the choice is ours.

Role of Yoga The yogic science is a wonderful gift of India to the whole world. Now all countries are seriously practicing yoga. Yoga includes asanas, pranayam and Dhayana. Asanas are helpful for physical wellbeing, fitness and blood circulation. Pranayam provides sufficient oxygen to the all parts of the body and enhance the vital capacity and totally extends the longevity and quality of life. Dhyna makes one amongst the nature since we are made up of panchamahabhutas and also provide mental calmness, peace and helps for the overall personality development. Regular practice of kriyas and Bandhas helps to clean our internal body organs and process of detoxication very efficiently.

“Yoga is Chitta vritti Nirodhah” which means ability to control our mind. In yoga, practice of yoga nidra or deep relaxation or progressive relaxation is the best means of stress and strain management. This also changes our behavior. Before the whole world was aware of the importance of sports and physical activities thousands of years ago, Indian Veda and Upanishads believed in the statement — Shareer Madhyamam Khalu Dharma Sadhanam|| and there was serious practice of all these activities. People in that

days were practicing sports like body building, wrestling and recreational games of our culture. When we take the example of Greece and western countries regarding physical culture long before that our epics of Ramayan and Mahabharat have the references of war skills, tumbling's, combative,, adventurous activities like chariot race, bow and arrow, swimming, wrestling and war skills and good governance. Many people with obesity and overweight have a complaint that they don't have time to involve in physical activities and sports but the truth is nature has given 24 hrs in a day. 24 hours can be divided into three parts. First eight hours are one's own personal work, Second eight hours work or duty for survival which is obligatory. Third eight hours are for our sleeping. If we follow this natural rule there is lot of time at our disposal. This is what time management is. Amongst one hour of the first eight hours shall be used for physical activity like walking, cycling, jogging or play or practice of Yoga for our wellbeing. —Sleep early and wake up at brahmi muhurtam will set everything right of our life activities.

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