CHAPTER V

SUMMARY

CONCLUSION AND
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Summary

India's greatest gift to the world and mankind is Yoga. The game of Yoga is most important in Indian culture. It's origin goes back to the Indus Vally Civilization and, as in earlier generations, its votaries today outnumber by far those of any other humanistic, scientific discipline. Yet it is not officially included as an integral and essential part of any school or college curriculum in our state, Manipur. This glaring omission of Yoga from all Governmental instructional programmes in the land of its birth is a paradox that will need a lot of heart-searching and explaining.

The word 'Yoga' is derived from the Sanskrit word 'Yoj' meaning "to unite", "to combine" or "to integrate" and thus may be considered to refer to a "state of union or integration". Yoga is generally understood as the union of the individual soul with cosmic, devine or supreme soul, that constitutes the ultimate fulfillment of mankind. Yoga is presently also interpreted as the ultimate integration of the human personality or as the attainment of the highest or cosmic consciousness or even as

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T.R. Anantharaman, Seminar on Yoga, Science and Man, Yoga as Science. 14th to 16th March 1975, P.P. 65-66
the end-point of the evolutionary process. The ways, methods and practices adopted consciously by the votaries of Yoga to attain this highest possible objective or even intermediate gods have also come to be referred to as Yoga and as such we are concerned today in the Yoga tradition with a transcendental goal as well as countless ways leading towards the goal. Yoga way thus be approached as a theoretical and applied science of Man in Depth or as a science of conscious Evolution or as a science of Human Possibilities. Whatever may be the connotation we give to the science of Yoga, it will be a rather unique discipline encompassing matter, life and consciousness in one sweep and marging science as it is generally understood today with spirituality.

Dr. S. Hema, is her book "Yoga for Health" stated that practice of Yoga integrates the body with and the mind with the soul.

Maharshi Patanjali explained Yoga is a "Chitta Vritti Nirodhah" means Yoga is the control of thought waves in mind.

Swami Sivananda has explained that, "Yoga is integration and harmony of thoughts towards deeds, or integration between head, heart and hands.

Yoga is a life-long activity. One can practise Yoga throughout
life. Children, males, female, senior citizens, the rich, the poor, athletes, non-athletes-all can participate in Yoga.

Yoga requires minimum expenditure of energy, which does not lead to fatigue but gives a feeling of freshness.

Health of vital organs of the body improves by practising Yogic exercise. Yogic exercise contributes to the development of basic fitness factors, which are very much essential for a common man's routine life.

Yoga follows individualistic approach. There is no spirit of competition. Yogic activities lessen tensions in the body, and bring peace of mind.

Yoga is such a great and valuable activity, which makes, a man introspective.

Yoga not only contributes life but also contributes to physical Education and Sports.

Sports injuries can be prevented by practicing Yogic exercises daily. It also helps to cure the sports related injuries. Yoga is helpful for the development of basic fitness and also promotes specific
sports' skills. Sports need psychological factors for more development. Yoga also helps to develop psychological elements of personality.

Herbert A de Varies has given the explanation as to how Yoga can help to prevent sports injuries. When muscles are engaged in exercise vigorously, they are injured slightly. Such a muscle is more susceptible to injuries. Those who do not stretch lack flexibility and are more frequently injured.

Yogic training can improve different basic fitness factors.

Emotional factor is very important in the performance of sports. If rightly used, emotions can contribute to the improvement of the performance in sports. Emotions are governed by the knowledge of automatic nervous system. Control over the automatic nervous system brings emotional disturbances down.

Yogic exercises as a group play an important role in training the autonomous nervous system.

When the body becomes lean, the face glows with delight, eyes are pure, body is healthy, sexual discharge is under control, the digestion process is powerful, then one
should understand that the nadis are purified and success in Hatha Yoga is approaching.

Yoga not only provides techniques for the growth of man from an animal level to the height of perfection, but it also carves out a way of happy living for him.

Yoga is not related with any religion, non Yoga is purely a physical exercise. Yoga is the conscious process for gaining mastery over mind and by there reach the height of greatness and ultimately attain divinity or perfection itself.

As stated earlier, Yoga contributes to the development of basic fitness factors as required by the common man. Fitness in total is most important for a happy and successful life.

Physical fitness is one of the important components of total fitness. Physical fitness is the ability to carry out every day task with vigor and alertness, that too without undue fatigue and ample energy to enjoy pastime and also should be able to meet emergencies.

Physical fitness components have been grouped in two categories.
(i) Health Related and

(ii) Skill Related

Whether it is health related or skill related, flexibility is a vital and essential component of physical fitness.

Flexibility is the capacity of a joint to move freely through a full range of motions without undue strain. Without flexibility, movement is impossible.

Stretching exercises are important for the development of flexibility.

Stretching can be done in three different methods –

**Ballistic Method** –

Stretching movement is done with a swing.

**Slow stretch and Hold Method** –

Joint is slowly stretching to the maximum limit and is held there for a few seconds before returning to the original position.

**Post iso-metric stretch** –

Muscle is contracted maximally for a few seconds, then after the contraction it remains for a few seconds in a state. It gives very low resistance to any stretch stimules.
Apart from various benefits of asanas, one of the important benefits is that it improves flexibility of joints.

Range of movement is greater in Yogasanas. All movement at all directions are possible in Yogasanas. In asanas, exercises like forward bending, back bending, lifting, twisting are there. They help in improving flexibility of the body.

The purpose of this investigation was to find out the Yogic practices and flexibility of the players of Manipur.

**Three tests namely** –

Test of Dynamic Flexibility, Side Splits Test and Shoulder and Wrist Elevation test were administered to see and examine the flexibility of the players.

3 months' Yogic practice programmes were given to them, it includes 12 asanas excluding Shavasanas.

After 6 weeks of Yogic practice, programmes mid test was conducted on flexibility and after 3 months Yogic practice programme the final test was conducted on flexibility.
Conclusion

On the basis of the results obtained, some inferences regarding the effect of Yogic Practices on flexibility can be drawn –

There was statistically significant improvement in the total performance of flexibility.

Long term practice of Yogic exercises could definitely be helpful for improvement in flexibility.

Recommendations for Further Research

(i) Similar studies can be conducted for High Schools boys and girls.

(ii) Similar studies can be conducted for other factors of physical fitness.

(iii) Similar studies can be conducted for male players.

(iv) Similar studies can be conducted for different types of Yogic practices.