



CHETANA
International Journal of Education

Impact Factor
SJIF 2021 - 6.169

Peer Reviewed/
Refereed Journal

ISSN-Print-2231-3613
Online-2455-8729



Prof. A.P. Sharma
Founder Editor, CIJE
(25.12.1932 - 09.01.2019)

Received on 8th July 2021, Revised on 9th July 2021, Accepted 12th July 2021

Article

Impact of Yoga on Shooting Game

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Key Words: *Yoga on Anxiety, Sport Competition Anxiety Test, Sports, physical fitness etc.*

Abstract

Shooting is most important game and yoga is main part of this. The primary objectives of the study were to Effects of yoga on Anxiety on Rifle shooting players. Two groups were targeted; experimental and control group; 25 Rifle shooting players considered as experimental group and 25 other Rifle shooting players considered as control group. The training programme was only given to experimental group. The age of the subjects were ranged between 14 to 18 years. The data was collected through respondents in the form of different tests. Anxiety of players measure through Sport Competition Anxiety Test (SCAT) The results of the study showed that there were no significant Effects of yoga on health related physical fitness were found on Anxiety in experimental and control group.

Introduction

Development of the present century in all walks of human life has surpassed the progress of thousands of years and sports are also a part of it. Technology covers every aspect of life and sports are no exception to it. Sports science has enabled modern youth to develop physical capacities beyond imagination. Sports science has become an effective tool raising the performance in this highly competitive world and records are being broken this greater

rapidity and regularity Now a day Sports has become part and parcel of life. Millions of fans follow different sporting events all over the world with an enthusiasm bordering on devotion as well as fanatic following. Many people participate in games and sports for fun, happiness, pleasure as well as for health and fitness. Increased participation in sports has resulted in competition, which has become an important element of modern life. Fitness is an essential part of any game. Technique deteriorates as fatigue increases, so players must work to improve their strength, speed and endurance. Many games are won and lost in the final seconds and it would be tragic to lose a game, because players were too unfit to perform the skills they have practiced for so long. **As a competitive sport, shooting requires proficiency in terms of accuracy and speed. The sport makes safe use of firearms, including rifle, pistol and shotgun.** However, it may also use archery and crossbow, which is a different shooting sport altogether. **A major sport at Summer Olympics, shooting has been played since the 1896 Summer Olympics.** Over 15 events are played at the Olympics, including air pistol, skeet, trap, and rifle prone and rapid fire pistol events. International Shooting Sport Federation is the governing body for all shooting events, regulating the rules, qualifications and international competitions. In India, the governing body is National Rifle Association of India.

What is Yoga?

As per Indian tradition Yoga, especially Hathayoga, comprises of different yogic exercises viz., asana (body postures), pranayama (controlled regulation of breath), bandha (physiological locks or hold of the semi-voluntary muscles), kriyas (cleansing process) and mudras (attitude which spontaneously arouses meditation) Swami kuvalayananda, the father of scientific research in Yoga and founder of 5 Kaivalyadham (India) has constructed the curriculum of yogic exercises to maintain health and fitness. Yoga is a systematic discipline, originated in India the selfrealization However, now a day, scientific researches find its utility for all round development of personality along with innumerable spiritual as well as therapeutically applications, Yogic exercises are also becoming popular in the area of games and sports and also in the curriculum of Indian schools, college and universities. When we speak of health, we normally think of only the body, but the health of one's mento-emotional, social along with spiritual aspects is important too. What we need is "Total" health. To achieve the above goal one should practice some sort of physical exercises, or yoga or any sports; of course it may vary from person to person, depend upon

one's choice. Having spent few hours in the early morning doing yoga is the best prescription for a sound mind in a sound body. Thus the scope of this piece of research is large.

Benefits of Yoga

- Adaptability improved.
- Ink in muscles, ligaments and tendons improved.
- Massaging of internal organs in the shape.
- Muscle toner.
- Help listen to form and feed it.
- Cools the cortex too
- Help to weight reduction.
- Focusing on Yoga will boost.
- Aid in the form of poison evacuation & relaxation support.
- Yoga can increase fitness levels in your respiratory system.
- It will increase our level of circulatory health.
- It can increase our level of expiratory fitness.
- It can increase our level of digestive fitness.
- Have an all-encompassing commitment to your well-being.
- Gives meaning to the reasoning

Importance

The theory of yoga is a massive synthesis of the ancient scriptures. Yoga relates to the introduction of abstract terms. Philosophically, meditation is a means of uniting with the ultimate spirit, or God. There are also various ways of attaining unity with the ultimate consciousness, including Raja meditation, Bhakti yoga, Jyana yoga, and Karma yoga, respectively. There are several various yoga sub-systems, including Hata Yoga, Laya Yoga, Nada Yoga, Kriya Yoga, etc. Different yoga elements and their activities vary across all the above yoga types. Modern modern yoga systems were established between the years 1906

and 2000 on the basis of these traditional types of yoga, including Ashtanga Vinyasa Yoga, Bihar Yoga College, Bikram Yoga, Integral Yoga (Satchidananda), Isha Yoga, Iyengar Yoga, Satyananda Yoga, Sivananda Yoga, and Vinyāsa Yoga.

Yoga practice can be categorized into three specific categories: postural exercises, exercises to regulate the body, and meditation. Postural practice is called yogasana and training of breath awareness is known as pranayama. Although meditation lowers the basal metabolic rate by relaxing physiological mechanisms, yogasana and pranayama have specific energy costs.

I. Improved Strength

Routine and regular practice of the different yoga asanas has helped me develop power and raise lean muscle mass. Most specifically about many underutilized muscle classes in my preferred sporting activities of swimming, riding and running. Such improvements have improved core body flexibility and dramatically impeded overuse injury by improving the muscles that are protective yet otherwise underdeveloped across the most utilized muscles, providing a more integrated and usable total strength.

II. Balance

I have also been very agile as a swimmer. Yet, traditionally, my performance is bad. Yet my agility and posture have vastly strengthened due to a daily yoga practice. What does it matter? Good posture and agility ensures greater influence of how I shift my body, which in effect contributes to improved technique and form – the brass ring any competitor spends a lifetime mastering, whether it's a swimming motion, a golf drive, a running pass and a jump shot or a wrestling shift.

III. Flexibility

Yoga also increases strength of the joints and muscles, and is important for the general physiological soundness of the body. In a single gesture or sequence of motions, increased joint and muscle pliancy transforms into a wider range of motion, or an improvement in output latitude. For instance, a swimmer with supple shoulder and hip joints is capable of catching and pulling more water than a more narrow range of motion swimmer. The effect is greater forward motion per stroke, as well as

improved muscle activity. In addition, because of the change in total force that can be applied for each step, this improved range of motion allows a greater capacity to adapt a single muscle group to power. And although there is some debate over the advisability of "over" stretching (especially for runners), I remain a massive supporter, realizing that the harder I try to preserve my stability (something that declines with age), the less probable I would experience an overuse injury.

IV. Free Your Mind

An significant advantage of yoga practice is the opportunity to build a tension free mind. Regular exercise is used as a method for improving breath management, helping to enhance attention and concentrating, allowing for quick thought and effective decision taking. A useful weapon in every sports environment. In any sport, mental practice will teach you how to gain control of your emotional states, so that excitement and anxiety do not impede your performance.

Conclusion

In light of our discoveries, we can infer that participating in meditation close by with the conventional training methods has enhanced adaptability and parity among shooting learner athletes. In this way, meditation may support to upgrade performance of those athletes by expanding explicit parts of wellness. Further investigations to assess the effect of meditation incorporating extensive example estimate with various age groups, others port offices, different segments of wellness and estimation tools, mental perspectives and additional time may make progressively solid proof.

The past observational proof has loaned support to the view that psycho physiological accounts may even give understanding into the ability related parts of a shooter's psychomotor strategies and determinants of effective shooting performance. It is likewise indicated similarly music is superior to meditation alone group in multi month span training. As previous examinations the long haul training may improve the further in every group. Meditation practice may upgrade the competition performance in shooters. A relationship between a self ordeal of pressure and a decent performance was watched. The performance was, to an extensive degree, related with the level of strain.

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