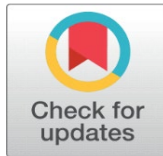
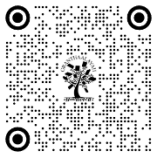


SIGNIFICANCE OF YOGA AND MEDITATION IN INDIAN TRADITIONAL GAME MALLKHAMB

Dr. Suresh Nalawade ¹, Tushar Krishnat Powar ²✉

¹ Research Guide & Head Dept. of Physical Education & Sports Shiv Chhatrapati Mahavidyalaya, Pachod, Tal. Paithan Dist. Aurangabad, India

² Research Scholar (M.P. Ed., SET.) Dr. Babasaheb Ambedkar Marathwada University, Aurangabad Physical Education Teacher Dhananjayrao Gadgil Collage of Commerce, Satara, Maharashtra, India



https://crossmark.crossref.org/dialog/?doi=10.29121/shodhkosh.v5.i7se.2024.5854&domain=pdf&date_stamp=2024-07-31

Corresponding Author

Tushar Krishnat Powar,
tusharkpowar@gmail.com

DOI

[10.29121/shodhkosh.v5.i7se.2024.5854](https://doi.org/10.29121/shodhkosh.v5.i7se.2024.5854)

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

Copyright: © 2024 The Author(s). This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

With the license CC-BY, authors retain the copyright, allowing anyone to download, reuse, re-print, modify, distribute, and/or copy their contribution. The work must be properly attributed to its author.



ABSTRACT

Yoga's incorporation of meditation and breathing can help to improve a persons mental and physical well being. regular yoga practice creates mental clarity and calmness, increases body awareness, relaxes Mind, sharpens concentration, increase flexibility and muscle strength. Yoga is the process of gaining self enforcement, self realization and self improvement.

Practice of yoga brings up number of benefits to sports person and sports itself. yoga and meditation have been given prominence at the international level. yoga and meditation play very crucial role in Indian traditional game mallakhamb.

Mallakhamb is a traditional sport, originating from the Indian subcontinent, in which a gymnast performs aerial yoga or gymnastic postures and wrestling grips in concert with a vertical stationary or hanging wooden pole, cane, or rope. The word Mallakhamb also refers to the pole used in the sport.

Yoga and meditation are closely related to mallakhamb. Yoga Asanas are Performed on mallakhamb. with the practice of meditation Asanas which need concentration, stability can be easily presented on the mallakhamb. The purpose of the study is to analyse the significance or uses of yoga and meditation in traditional game mallakhamb.

Keywords: Mallkhamb, Traditional Game, Hanging Wooden Pole, Rope

1. INTRODUCTION

In this paper, the study shows that influence of yogasanas and meditation on Indian traditional game Mallkhamb. Yogasanas in standing postures, lying on stomach postures, lying on back postures helps to strengthen the core muscles, improve concentration, rhythmic and smooth movements on the Mallkhamb. helps to develop mental and physical faculties of our body.

- **Sitting postures**

- 1) **Padmasana:** Known as Lotus position, cross legged sitting meditation pose from ancient India, in which each foot is placed on the opposite thigh.

Stretches ankles and knees, spine straight ,helps to keep joints and ligaments flexible.

Padmasana in yoga. Padmasana on rope Mallkhamb

- 2) **Pachimottanasana:** Seated forward bend yoga pose.

Intense dorsal stretch is a seated forward bending asana. Lengthen hamstrings, Strengthen back, contract obesity, improves digestion.

Pachimotanasana in yoga. Pachimotanasana on Mallkhamb

Bending postures

- 1) **Chakrasana:** Lie flat on back, bend your knees brings your heels closer to touch your hips, raise your hands, bring your Palms under your shoulders, press palms and feet on ground lift your body up.

Strengthen arms, shoulders, hands, wrist, legs..stretches chest and lungs

Chakrasanainyoga. Bending on rope Mallkhamb

- 2) **Bhujangasana:** lie down on stomach, raise trunk and head supported by palms, bend arms at elbows, arch your neck, look upward gently. Bhujangasanheplful to improve bending skills on Mallkhamb. Strengthen spin, stretches chest, lungs, shoulders, abdomen.

Bhujangasan in yoga. Bending on Mallkhamb.

Yoga, meditation and mallkhamb are closely related, This yoga Asanas are very helpful for improving performance on Mallkhamb.. As like this Asanas, there are so many Asanas like Tadasana, Vrukshasan, Virasana, Sarvangasana, Halasana etc. which are helpful on Mallkhamb. Shavasana helps in meditation, to relax the body.

Importance of meditation in Mallkhamb: Reduces stress.

- Increases tolerance to pain (even for those who have suffered an injury) .
- Strengthens the immune system. .
- Helps you concentrate.
- Improves sleep and recovery times.
- Improves endurance.
- Makes you aware of yourself and your body.

2. CONCLUSION -IT IS CONCLUDED THAT

- The effect of yogasana on Yogic exercise on mallakhamb game is positive and useful.
- Yoga Asanas performed on Mallkhamb.
- Yoga and meditation improves performance on Mallkhamb.
- Yoga, meditation and Mallkhamb closely related to each other.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

REFERENCES

- Anand Sri:, "The Complete Book of Yoga" Harmony of the Day and Mind,Madrassa Road, Kashmere Gate, Delhi-11006.Orient Paper Books (1981).
- Bal, B.s,kaur,P.J and Singh,D.-"Effect of Six week rope mallakhamb training on 16 speed of movement, vital capacity add peak expiratory flow rate," Brazilian journal of biomotricity 6:1 (2012):25-32
- BASTILLE J.V.; K.M.GILL-BODY. A yoga-based exercise program for people with chronic poststroke hemiparesis. Phys.Ther. v.84, p.33-48, 2004.
- Bhardwaj J., "Effect of Hatha Yoga on heart rate and breathing rate" (1996).
- Bhole, ML V., and Karambelkar, P. V,. "Effect of yoga training on vital capacity and Breath holding time". Yoga Mimansa, 14 3 and 4,19 - 26 (1971 -72).
- Brutt, Jan. "Mallkhamb:an Investigation into the Indian physical practice of rope and pole mallakhamb, International Journal of the arts in society, 5:3(2010):29-38
- Cartney, James MC. "Yoga the Key to Life". London: Rider and co
- Malathi A., Damodaran A., Shah NL, Patil N., Maratha S., "Effect of Yogic practices on subjective well being".Indian Journal of Physiology and Pharmacology. 44(2):202-6 (2000).