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SIGNIFICANCE OF YOGA AND MEDITATION IN INDIAN TRADITIONAL GAME MALLKHAMB

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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. Yogasanasin standing postures,lying on stomach postures,lying on backpostures helps to strengthen the core muscles, improve concentration, rhythemicand smooth movements on the Mallkhamb.helps to develop mental and physical faculties of our body.

1.1. DEFINITIONS OF TERMS

Yoga: (Indian in origin) A system of exercises for the body that involves breath control and helps relax both your mind and body. As per yogic scriptures the practice of yoga leads to the union of individual conciousness with that off the universal conciousness indicating a perfect harmony between the mind and body

Origin: Yogas origin can be traced to northern India over 5000 years ago, The Word Yoga is derived from the Sanskrit root 'Yuj',meaning 'to join' or 'to yoke' or 'to unit'The word yoga was first mentioned in ancient sacred text call Rigveda.

Meditation: Meditation is the habitual process of training your mind to focus and redirect your thoughts. It is a part of yoga. it deals with mental relaxation and concentration. Here attention is focused on thoughts and breathe. With the help of meditation we can improve our concentration, coordination, breathing control during movement on mallakhamb. Instressful condition meditation play important role in relaxing our body and mind.

Mallkhamb: Mallakhamb is known as "The mother sport of ancient India". The origin of Mallakhamb can be traced to the 12th century, where it is mentioned in Manas-Olhas - a classic by Chalukya in 1135 A.D. For seven centuries, the art lay dormant, till it was revived by Balambhatta Dada Deodhar, the sports and fitness instructor to PeshwaBajirao II.

mallakhamb is a combination of yoga, gymnastics and material arts. This sports requires Agility, Suppleness of body,quickness of reflexes, coordination of different muscles, strength, flexibility for the performs to execute turn, twist, stretch, balance exercises on the Pole.

It is the only game which is played against gravity. The exercises of poles of malllkhamb and on rope are Played against the gravity during upwards and downward movement. Mallakhamb training improve the speed of moment, vital capacity and peak expiratory flow rate, Enhance concentration based performance and voluntary control of breathing of players. With the help of yoga center and meditation we can improve our concentration, coordination, breathing control on pole. Mallkhamb is a systematic and scientific mode of physical exercisethe controlled and rhythemicand smooth balanced movements. Helps to develop the physical and mental faculties of our body.

1.2. OBJECTIVES

- 1) Yoga improves strength, balance, flexibility on Mallkhamb.
- 2) To study the effect of yoga exercises, on Mallkhamb.
- 3) Meditation helps to stay focused, relaxesmind, Reduces stress and anxiety, improve concentration skills, speed up ability to recover from injuries.
- 4) To study how meditation is helpful for mallakhamb.

Importance of yoga in Mallkhamb -With the help of some examples let's see how yoga and meditation useful for mallakhamb.

- Standing postures (Asanas)
- 1) Parvtasana(mountain pose): Sit straight up and assume Padmasana.Intertwine the fingers of both hands to form a finger lock.Inhale and raise the arms above your head.Stretch the arms so that they are straight.The posterior and knees should remain on the ground.Turn up your palms over the head.Exhale.

Parvatasana helps develop a proper breathing technique. With regular practice of the pose, yourlung capacity will increase. Parvatasana helps reduce flab from the abdomen, tummy, hips and the waist. The pose has a slimming effect on the physique. The spine and ribs are stretched. These postures practice, on floor Benefits for doing parvatsana on Mallkhamb. This yoga as na sperformed on Mallkhamb.

Parvatsana (yoga posture) parvatsana on Mallkhamb

2) Virbhadrasana(T balance): Also known as warrior pose. Stretch your body from your fingertips all the way through your lifted heel. Gaze at the floor a few feet in front of your body. Is is a balancing pose, create stability, helpful in coordination, utilizes all of musclesthroughout your core, arms, legs strengthen the backside of body, hips, knees, shoulders, ankles and legs.

virbhadrasana in yoga. T balance on Mallkhamb.

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 ropeMallkhamb

2) Pachimottanasana: Seated forward bend yoga pose.

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

Pachimotasana in yoga.Pachimotasana on Mallkhamb

Bendingpostures

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. Bendingon ropeMallkhamb

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,stretcheschest,lungs,shoulders,abdomen.

Bhujangasan in yoga. BendingonMallkhamb.

Yoga,meditation andmallkhambare closely related, This yoga Asanas are very helpful for improving performance on Mallkhamb.. As like this Asanas, there are so many Asanaslike Tadasana, Vrukshasan, Virasana, Sarvangasana, Halasana etc. which are helpful on Mallkhamb. Shavasanahelps 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 exerciseOnmallakhamb game is positive and useful.
- Yoga Asanas performed onMallkhamb.
- Yoga and meditation improves performance on Mallkhamb.
- Yoga, meditation and Mallkhamb closely related to each other.

CONFLICT OF INTERESTS

None.

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