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Yoga, Traditional Games & Sports for Global Human Resource Development**Dr. Sateesh. Dongre**Physical Director
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Karnataka**Abstract**

Yoga is one of the most important nomenclatures of physical activities. The origin of Yoga is about 5000 years back in India. The Indian monks used to practice Yoga for spiritual development. The repetition of Om... Om... Om is not a ritual of the religion, but it makes the circulation of blood rush towards the skull. The experts say Yoga has three dimensional affects. Yoga can positively affect body, mind and spirit. Yoga is excellent for psychosomatic diseases Psychosomatic diseases are those where body and mind are involved. Thus this culture has been widely accepted worldwide for global human resource development for its uniqueness of less requirement of space, time and no warm up and no cost for practices. In Yogic practices, there is a harmonious development of all the muscles of the body, internal organs, nerves and frame. Yogasana helps secretion of hormone from different glands in balanced condition, it regulates the blood circulation properly, it forms antibody to prevent diseases thus Yogasana makes the body strong. The Pranayama of yoga helps in breathing controls; this breathing control exercise gives extra energy to the heart and lungs. Meditation on the other hand through its practice helps us devotedly think something. Meditation of 5-10 minutes is really beneficial for the development of mind. The experts name few Yogasana and Pranayama for physical and mental health and advice for Meditation. Beside this, Traditional games and sports are part of intangible heritage and a symbol of the cultural diversity of our societies. They are different in nature and are of plenty in numbers worldwide. It is also raw form of many modern games and sports. Generally Traditional Games and Sports are indigenous in nature. Experts say it is one of the excellent ways to remain healthy, fit, well-being, and recreate. Through playing of these games human resource development is possible. However, Human resource development means improvement of working capacity.

Key words: Yoga, Traditional Games and Sports, Human Resource Development.**Introduction:**

Yoga is one of the most important nomenclatures of physical activities. The origin of Yoga is about 5000 years back in India. The Indian monks used to practice Yoga for spiritual development. The repetition of Om... Om... Om is not a ritual of the religion, but it makes the circulation of blood rush towards the skull. The experts say Yoga has three dimensional affects. Yoga can positively affect body, mind and spirit. Yoga is excellent for psychosomatic diseases. Psychosomatic diseases are those where body and mind are involved. Thus this culture has been widely accepted worldwide for global human resource development for its uniqueness of less requirement of space, time and no warm up and no cost for practices. Traditional sports and games on the other hand are part of intangible heritage and a symbol of the cultural diversity of our societies. They are different in nature and are of plenty in numbers worldwide. It is also raw form of many modern games and sports. Generally traditional games and sports are indigenous in nature. Experts say it is one of the excellent ways to remain healthy, fit, well-being, and recreate. It develops entire human resource, develops body, mind, soul, control emotions, brings spiritual faith, develops intellect; improve decision making power, helps in development of social health etc. However, Human resource development means improvement of working capacity; Experts say a real development is possible through games and sports as it enhances the opportunity to have good physical, mental, neuromuscular and social health.

How Yoga Helps in Human Resource Development? By human resource it is understood that the people who work for a company or organization. Human Resources Development aims to improve expertise & skills of employees and volunteers as well as attitude and style. Through Yogic practices, a harmonious development is possible of all the muscles of the body, internal organs, nerves and frame. In these practices there are no rapid movements and hence there is no waste of energy rather the energy is conserved. In Yogic practices, movements are gentle and rhythmic. The heart, lungs and brain with its cerebra-spinal system, three important organs are kept in a healthy condition by regular practice of a few important asanas and one or two breathing practices. Sound functioning of the organs depends upon good healthy nerves. The heart and the lungs are under the control of the brain. These three important organs along with the cerebra-spine system are kept in a healthy condition by regular yogic exercises. Yogic practices help secretion of hormone from different glands in balanced condition, it regulates the blood circulation properly, it forms antibody to prevent diseases. Thus Yogasanas make the body strong. The Pranayama of Yoga helps in breathing controls; this breathing control practices give extra energy to the heart and lungs. Therefore, regular practice of Pranayama keeps those organs healthy. Besides Pranayama, Meditation also helps to develop soul, mind and body. Swami Vivekananda said that the rest we achieve through the Meditation even we cannot get through sleep. Through Meditation the depth of mind develops, mind is expanded, a mental peace is developed.

The Need of Yoga in The Present Day Situation: In the present day situation Yoga is extremely necessary to remain fit. Rishi Patanjali mentioned about eight way of practicing yoga. If few exercises of Yoga regularly practiced, then there may be chance of healthy life. Under yogic practice session there should be few Yogasana, Pranayama and Meditation. Experts say Yogic practise are both preventive and curative in their nature. They prevent diseases attacking the body by maintaining the natural health. Some practices also cure existing diseases like cold, cough, constipation and gastric troubles. Some clean the lungs, throat, etc. Thus the body as a whole is developed, toned up and strengthened. The entire body becomes flexible, thereby preventing stagnation of blood in any part of the body. **Some Important Yoga, Pranayama and Meditation:** The experts name some important Yogasana which are beneficial for human health and fitness development. Yogasana like salvasana, bhujangasana, savasana, sahad setu asana, budhyadebasana, ardhya kurmasana biparit karani, Sukhasana, Padmasana, Siddhasana, Swastikasan, Vajrasana and yogamudra etc. are beneficial. The beneficial Pranayama are such as supta sagar pranayam, bhramri pranayama, nari sodhan pranayama, om pranayama, surjyavedan pranayam, etc. which are effective. Meditation on the other hand through its practice helps us devotedly think something. Devotion to God or to a particular living being or an object is the matter of concentration during Meditation. The concentration period is to be of 10-15 minutes and after the concentration period is over to be quite for 5-10 minutes, in this way the practicing of Meditation strong the mind.

Some Traditional Games and Sports of World: From the different civilizations of the world traditional sports and games may be summarized as shooting games-crossbow shooting, archery. Fighting games- wrestling, Greco Roman wrestling, French boxing, Thai kick boxing, stick fighting, Japanese taekwondo, sword play, tug of war, fencing, lethal, animal games, bull baiting, bear baiting (now banned), cock fighting, pigeon racing, dog racing, people trained animal games. Locomotion games- seen such as jumping, pole vaulting, come down from hill slopes, rowing, reindeer, and sledge races. Aerobatics- tumbling exercise, vaulting & acrobatics, horse jumping, ball games etc. are seen in England, France, Spain, Belgium, Ireland, Italy, Scotland, and Netherland. According to European Traditional Sports and Games Association(ETSGA) many traditional games and sports like football, handball, golf, polo, ball & pin games, hammer, discus javelin, stone, coin throwing, etc. are seen in Europe. In India in Mohenjodaro and Harappa Civilizations and in other civilizations different

traditional sports and games were observed such as marbles, balls and dice games. Sports like hunting, swimming, boating and

Conclusion:

It is concluded that yoga is one of the excellent ways for development of global human resource. Yoga through its practices makes a harmonious development of all the muscles of the body, internal organs nerves and frame. Yogic practices help secretion of hormone from different glands in balanced condition. It regulates the blood circulation properly. It forms antibody to prevent diseases. The Pranayama of yoga helps in breathing controls; this breathing control practices give extra energy to the heart and lungs and keeps the body healthy. Meditation of 10-15 minutes of its regular practices helps in development of mind. Traditional games and sports with its varieties of playing throughout the world develop physical mental, social conditions and spiritual faith of mankind. Traditional games and Sports may be of different kinds but these are for personal, peace, community, human resource, learning and understanding, uniting force development. These are for fun, wellness, fitness and social integrity.

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