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373en01

INTRODUCTION AND HISTORICAL DEVELOPMENT



Note

Imagine that you own a time machine and have travelled back to those days when your great grandparents were children. The lifestyle of those people were physically very active and vigorous. The main activity was running, throwing and jumping for survival i.e. a man was running for search of food, safety and arrange basic needs of life. With the passes of time Kingship introduced the military and war training for supremacy, to prepares their army for war and other battles. Later on in the present era it has transformed to individual fitness, wellness and good health. In this context, the Indian Government has focused on citizen's health by introducing various programme of physical training, physical assessment under physical education programme as well as has introduced celebration of International Day of Yog, i.e. 21st June every year.

In this lesson you will learn meaning and importance of physical education and yog and its historical development in details.



OBJECTIVES

After studying this lesson, you will be able to:

- explain the meaning and importance of Physical Education;
- describe the historical development of Physical Education;
- explain the concept of Yog;
- explain the historical development of Yog and
- assess the need and importance of Yog.



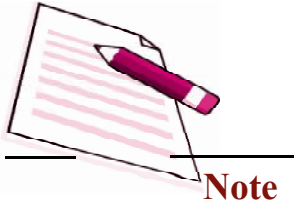
1.1 MEANING AND IMPORTANCE OF PHYSICAL EDUCATION

Physical Education is the combination of two words – Physical and Education. The word physical refers to body, and indicates bodily characteristics such as

Physical Education and Yog



Concept of Physical Education and Yog



Note

strength, speed endurance, flexibility, health, coordination and performance. It generally contrasts the body with the mind. The word ‘education’ means systematic instructions or training or preparation for life or for some particular assignments.

Physical Education is a science of complete development of the individual by participating in physical activities and sports.

Do you know?

Physical Education is now a days connected with biological, sociological, psychological, philosophical, political and cultural aspects of life. It deals with totality of human behaviour which makes man different from other species.

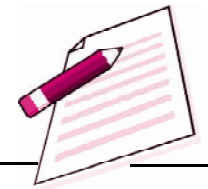
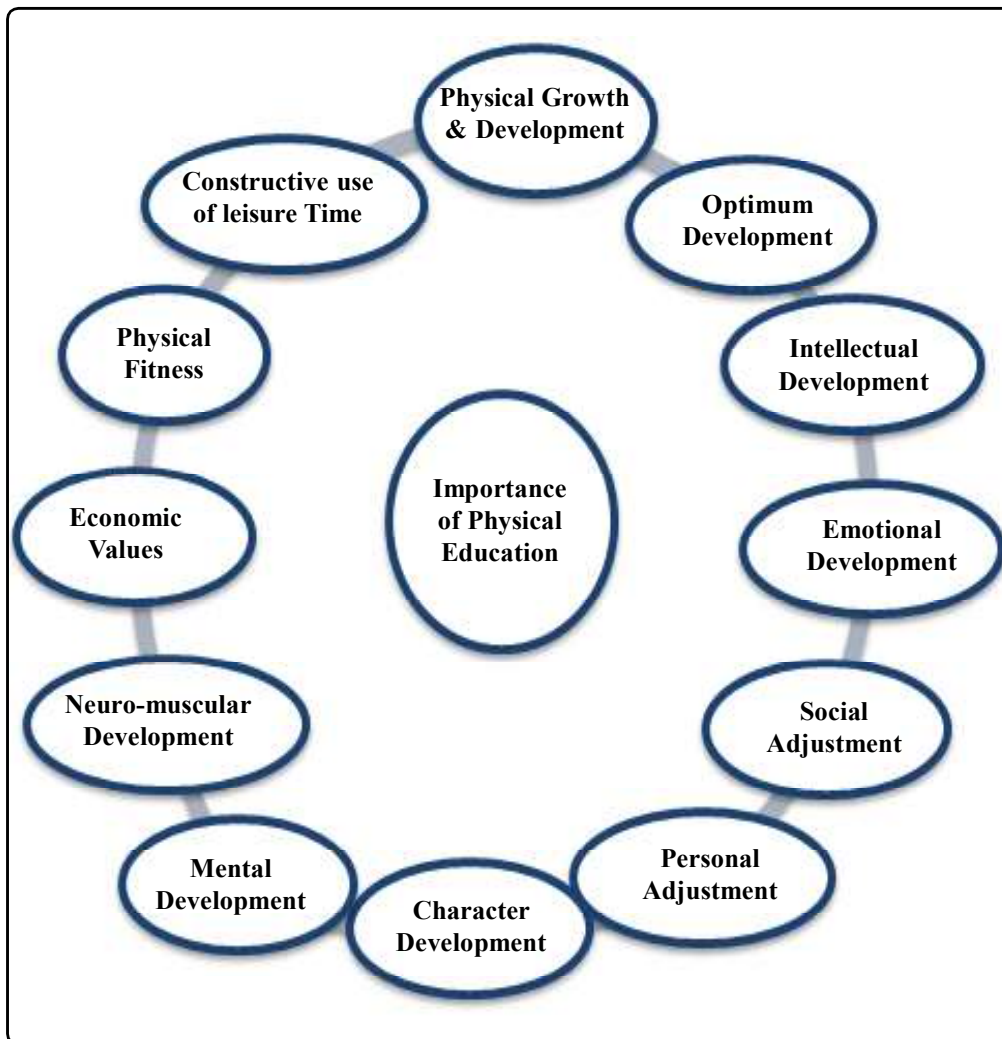


Today, Physical Education is defined as an educational process that uses physical activity as a means to help individuals acquire skills, fitness, knowledge and attitudes that contribute to their optimal development as well being, (Wuest & Bucher 2010).

Physical education contributes towards the development of the individual by participating in physical activities and sports, thus Physical education is very important.



1.1.1 Importance of Physical Education



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Physical growth and development- Physical activity is a necessary step to develop the proper function and growth of the human body.

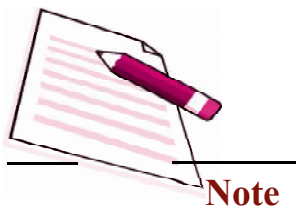
Optimum development- Physical education deals not only with physical growth but also helps us to improve in all parameters of development such as Physical, Mental, Social and Emotional development by participating in physical activities.

Intellectual development- Physical activities also improve the intellectual ability. For example players need to take decision in different conditions and situations; that ability helps them to improve their thinking.

Emotional development – Physical education and sports provide opportunities to control emotions. For example, a particular match incident gives you a maturity to execute yourself as a tough player.



Concept of Physical Education and Yog



Social adjustment- Physical activities also provide opportunities of interaction with others and participation in varied situations enabling them to learn social qualities like sportsmanship, co-operation, honesty, friendship, fellowship, courtesy, self-discipline and respect for authority which promote social adjustment of an individual.

Personal adjustment- Physical education gives worth-while experience to an individual to realise her/his full potential and has self-expression and highest satisfaction which facilitates his personal adjustment in life.

Character development- Group efforts, loyalty, dedication, discipline and determination help to build a good character of the individual.

Physical Fitness- Physical education through scientific mode of exercise and knowledge about one’s body and its requirement contribute immensely to physical fitness. Systematic and scientific physical training helps to improve the physical fitness of the individual.

Mental development- The physical activities not only help to improve the physical development but also the mental development of the individual; For example a badminton player is good in physical fitness, but smash comes from mental development.

Neuro-muscular development- Through physical activities an individual learns to co-ordinate the muscular and nervous systems. Neuro-muscular coordination develops well only if various types of skills and exercises are done repeatedly for a long period of time. A good neuromuscular coordination is indispensable for learning skill.

Constructive use of leisure time- Physical education contributes to the constructive use of leisure time. Parents are motivating their children to utilize their leisure time in a particular manner so that a child doesn’t get the chance to indulge in non-productive activities like roaming, or wasting time.

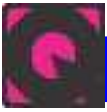
Economic value- Nowadays sports have become commercial. Each and every game is organising its own professional league, which not only helps to promote the game, but also helps to improve the financial position of the player, which ultimately improves the career opportunities in sports.



ACTIVITY NO.1.1

Make a chart of five activities for physical development of children.





INTEXT QUESTIONS 1.1

- 1) Mark the following statements as true or false:
 - i) Physical Education and sports are not related with overall personality
True/False
 - ii) The word physical refers to body, and indicates bodily characteristics
True/False
 - iii) Physical activities are a key to success in respect to health
True/False
 - iv) Physical activities improve children’s scientific insight of thinking
True/False
 - v) Physical activities provide opportunity to learn qualities like sportsmanship and self-discipline
True/False
- 2) Explain the importance of physical education in day to day life.

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1.2 HISTORICAL DEVELOPMENT OF PHYSICAL EDUCATION

History reveals that the emphasis in the past had been more on exercises such as swimming, archery, wrestling, javelin, discuss, horse-riding, sword fighting and many more. Later on it came to Gurukuls, and schools. The history of physical education can be studied in different periods of Indian political history; which may be divided into the following periods.

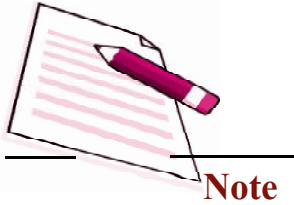
- i) Ancient
- ii) Medieval
- ii) Modern
- iv) Post-Independence

1.2.1 Ancient Period

The Vèdas are not only religious books, they also contain reference to the social and political life of the people. Archery, horse riding and chariot racing were common sports during this age. In fact, these sports were meant not for pleasure



Concept of Physical Education and Yog



only but were devices of war as well. Yog seems to have originated during this period.



The exploits of the Indians of this period can be gathered from the ‘Ramayana’ and the ‘Mahabharata’, which were composed during this period. Both epics reveal that this period was a period of great turmoil and wars. On the other hand the system of education was quite elaborate. This system had physical education as one of the compulsory items apart from scriptural studies, Archery, Javelin throwing, sword fighting, club fighting, wrestling, horse riding and chariot racing have been described in these books. The names of such warriors as Ram, Laxman, Ravan, Megghanad, Bhima, Arjuna, Karna, Bhisama, Drona etc. have become immortal for their valour. There were no separate teachers for physical education; but the knowledge of arms and armaments was given by the same teachers who were well versed in scriptural studies too. There used to be Gurukuls (Schools) where pupils lived life upto the age of 25 years and learnt physical and mental fitness.

Meghasthenes who visited India during the period of Chandragupta Maurya has referred to a very elaborate system of physical training for the army. Wrestling, sword fighting, Javelin throwing, horse racing etc. were very common sports in those days. Training in the art of war was both intensive and extensive. Ashoka the great king had a very strong army which shows that war training was both intensive and extensive during this period.

Nalanda was a great city of learning where more than 6000 students, from different parts of the country, and also from foreign lands used to study. Along with religious and philosophical studies, physical education was given due emphasis and was taught to students in a systematic manner. Besides ‘Pranayama’ and Surya namaskar other forms of physical exercise were performed every day throughout the year. At Nalanda University-Swimming, breathing exercise and yog had become an integral part of the daily life of the students. India, during this period, was a land of noted men for the excellence of their physique and sharpness of their intellect.



The Rajputs were divided into hundreds of clans and often fought among themselves. There was no central authority; however they remained supreme up to 13th century. The Rajputs called themselves pure Kshatriya and their profession was fighting. Horse riding, Javelin throwing, archery, wrestling, hunting and mace fighting etc. were very popular activities. Girls were also taught to ride a horse without saddle. Dancing and Music have been a part and parcel of the Rajput life.



DO YOU KNOW ?

Great emphasis was laid on the military and physical art during Ganga dynasty in Orissa.

1.2.2 Medieval Period

Muslims ruled India for about 600 years. They were very fond of sports. Sports like wrestling, boxing, polo, rugby, shooting, archery, swimming, sword fighting, chess, horse riding, and Javelin throwing were popular during medieval period. Hunting, pigeon flying and animal fighting were also very popular during the period.

1.2.3 Modern Period

Physical education had always existed in the Indian society in one form or other, but had never been considered a part and parcel of school curriculum. No doubt the English men were sports loving people, yet they also did not pay any attention to the inclusion of physical education in the school educational programme. In 1833, Government of India shouldered the responsibility of education and in 1870, education was made a state subject, the centre only retained the supervisory powers. For the first time in 1882, the Indian Education Commission recommended physical training in school education. It recommended that physical training be promoted in schools by encouragement of native games such as gymnastics, drills and other exercises. This spurred the interest of the school children to take to physical activities

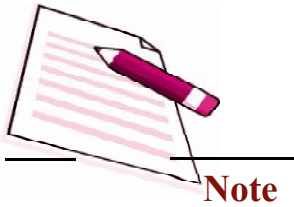
Private organisations for physical education like gymnasia, Vyayam-Shala, Akhadas and Kreedha mandals contributed much for the spread of traditional interest in the subject. Danda, Baithaka, folk dances, wrestling and exercises with light apparatus received greater attention. Indigenous games like Kho-Kho and atye-patye also became popular. Physical education such as drills and P.T. exercises were imparted in some schools by ex-servicemen. They also prepared the students as Scouts for school ceremonies. The outstanding development of physical education in pre-independent India goes to the Y.M.C.A., College of



Note



Concept of Physical Education and Yog



Physical Education, Madras. Y.M.C.A was founded in 1920 by Mr. H.C. Buck. In 1931, the Govt. College of Physical Education, Hyderabad and in 1932, The Christian College of Physical Education, Lucknow, were established. In 1938, The Training Institute of Physical Education, Khandiyali (Bombay) also came into existence. In 1914, ‘Vyayam Prasarak Mandal ‘ Amaravati, was set up to serve the cause of Physical education in India.

1.2.4 Post- Independence Period

India regained her freedom in 1947; This necessitated the formulation of new educational policy to build up a new nation. The subject of education was entrusted to the states and the centre retained with itself the matters of co-ordination and formulation of national policy on education keeping in view national objectives. A large number of schools were established in the country. Education was made free and compulsory up to the age of 14 years. Hundreds of new colleges and universities came into existence to meet the needs of the country.

Netaji Subhash National Institute for Sports (NSNIS)

National Institute of Sports was established by the Government of India for academics and coaching in sports. Now it is renamed as Netaji Subhash National Institute of Sports, in 1973. It is in Patiala.

National Discipline Scheme

The National Discipline Scheme came in to existence on July 24, 1954 at Lajpat Nagar, New Delhi. It was in 1965 that N.D.S. was merged with A.C.C. (Auxiliary Cadet Corps) on the recommendation of the Kunzuru Committee. Finally this scheme came to be known as National Fitness Corps (N .F .C).

National Caded Corps (NCC)

The N.C.C was introduced in the year 1948 by an act of the parliament. Since then it has expanded in the whole country. The scheme was operated by the Ministry of Defence in co-operation with the state governments, through the Director General of N.C.C. It consisted of three sections i.e. senior, junior and girls.

Indian Olympic Association (I.O.A.)

In 1927, the Indian Olympic Association came into existence. Since then it has been functioning in India and is affiliated with the International Olympic Committee.

Compulsory Physical Education in Schools

In 1962, after the Indo-China war, the government of India decided to give serious consideration to a scheme of compulsory physical education in schools. It was



the policy of the government to rely on the strength of the army in all matters of defence. But the aforesaid experience showed that the second and third lines of defence must always be replenished by recruitment from the general public. For this a new integrated scheme of compulsory physical education was scheduled to be put into effect from July 1963. The planning commission made a provision for six crores and forty lakhs for the implementation of the new scheme. The scheme covered all students from class VI to class X. Five periods of not less than 45 minutes each were to be devoted to physical training. However, the scheme failed to come into force in its true spirit. In 2018 CBSE made Physical education a compulsory subject from IX to XII standard in Schools as mainstreaming physical education (MPE)



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ACTIVITY NO.1.2

Make a chart for regional indigenous games that originated in India.

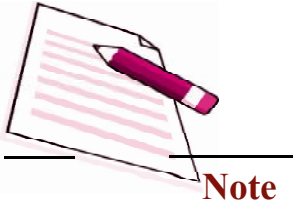


INTEXT QUESTIONS 1.2

1. Tick (✓) the correct option.
 - i) Which age is famous for ‘Ramayana’ and ‘Mahabharata’?
 - a) Vèdic b) Nalandian c) Epic
 - ii) ‘Jainism’ and ‘Budhism’ are related to which historical age?
 - a) Vèdic b) Historical c) Epic
 - iii) Kshatriya are related to which historical age?
 - a) Rajput b) Historical c) Epic
 - iv) In which year was the YMCA college of education founded?
 - a) 1920 b) 1921 c) 1923
 - v) Who was the founder of Y.M.C.A. college of education?
 - a) H.C. Buck b) A.C. Buck c) C.H. Buck
- 2) Write the full form of NCC, NSNIS and IOA.
 - a)
 - b)
 - c)



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3) Ram, Laxman, Ravan, Megghanad, Bhima, Arjuna, Karna, Bhishma, Drona are famous for which historical age?

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1.3 CONCEPT OF YOG

The word ‘yog’ is derived from Sanskrit ‘Yuj’, which means to join, to attach, to bind and yoke, and to concentrate on one’s attention. Yog means the experience of oneness or unity with inner being. The unity comes after dissolving the duality of mind and matter into the supreme reality. It is a science by which the individual approaches truth. Yog is a way of a better living. It ensures greater efficiency in work, and a better control over mind and emotions. Through yog one can achieve both physical and mental harmony.

Yog is a way to achieve the supreme goal of peaceful life

In Bhagvad Gita the main stress is on Karma Yog (Yog by action). “Work alone is your privilege, never the fruits thereof. Never let the fruits of action be your motive; and never cease to work. Work in the name of lord, abandoning selfish desires. Be not affected by success or failure. This equipoise is called yog.”

In this fast materialistic world, “the practicing yog helps to develop balance the body and mind. it is not a substitute for medicine. It is advisable to learn and practice yog under the supervision of a trained yog teacher”



DO YOU KNOW?

Pranayama is a yogic exercise by which one balances the breathing cycle in such a way that there is complete or control of the breath and it is through this that the old sages had the transcendental experience.

1.4 HISTORICAL DEVELOPMENT OF YOG

As per Hindu mythology, lord Shiva is considered as the founder of yog. He narrated the science of health to his wife Parvati and later passed it on to sages for the upliftment of human beings. For a clearer understanding of yog as an Indian heritage one should go through related periods of history:



1.4.1 Pre-vedic Period (6000-3000 BC)

Indus valley civilization reveals that different forms of yog were practiced in those periods. Several seals were discovered at Indus Valley civilization (3300-1700 BC) sites depicting figures in yog – or meditation-like posture. Archaeologist points to 16 specific “yogic poses”. The idols as well as statues, which were found in excavation, depict various yog postures. The language used in Indus valley civilisation is still unknown to us, but still it is sure on the basis of idols that yog was performed during that period.



DO YOU KNOW ?

The definition of an archaeologist: A person who studies human history, particularly the culture of historic and prehistoric people, through discovery and exploration of remains, structures and writings.

1.4.2 Vèdic Period (2000-1500 BC)

The study of Vèdas reveals that there were some partially developed concepts of yog in this period. Vèdas do not directly mention the word ‘yogis’ or ‘yog’. In Rigvèda the usage of word ‘Yunjate’ suggests an idea of yog for sense control.

1.4.3 Upanishadic Period (800-200 BC)

In the Upanishads, an early reference to meditation is made in Brihadaranyaka Upanishad. The main textual sources for the evolving concept of Yog are the middle Upanishads, the Mahabharata including Bhagwadgita and the yog sutras of Patanjali. Many examples of the concept and terminology of yog appear in the upnishads.

1.4.4 Epic Period

Epics – Ramayana and Mahabharata are the important sources of information about the yogic practice in that era. The Sage, Vishwamitra taught, Ram and Lakshmana, the art of yog and prāñāyāma. Lord Krishna narrated yog to his disciple Arjuna in the battlefield. The term ‘yog’ has been used in BhagwadGita in a variety of senses – Karma yog (the yog of action), Bhakti yog (the yog of devotion and Jnana yog (the yog of knowledge).

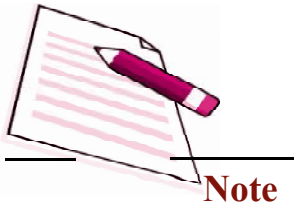
1.4.5 Sutra Period

All the credit goes to Patanjali, who gave us the present literary form of yog in ‘Yogsutra’ approximately in 147 B.C. The Yogsutra is divided into four books. He explained eight parts of yog, such as Yama, Niyama, Asanas, Prāñāyāma, Pratyāhāra, Dharna, Dhyana and Samadhi.



Note



Concept of Physical Education and Yog**1.4.6 Smriti Period**

Smrities were written in about 1000 AD. The literature of this period shows changes in beliefs, ideas, worship, rituals and customs. In most of the rituals pranayama and other purification techniques find important place those writings.

1.4.7 Medieval Period

In this period, two cults were famous – Natha cult and bhakti cult. Hatha yog finds its evolution and fame in Natha cult. Hatha yog is a particular system of yog. The saints of these periods used to do various yogic practices.

Modern Period: Yog has taken up a new shape in the twentieth century which is contrary to its history of life-long devotion. The yog practiced in modern time is implementation of the techniques to strengthen mind and body. It is practiced to keep mind and body healthy. Yog is now spreading all over the world.

**DO YOU KNOW?**

21st of June of each year is celebrated as International Yog Day. This was declared by the United Nations General Assembly on 11th of December in 2014.

1.5 NEED AND IMPORTANCE OF YOG

The goal of yog is to attain the physical and mental wellbeing. In order to accomplish it, yog makes use of different movements, breathing exercises, relaxation techniques and meditation. Yog is a way of living with health and peace of mind. Mind/body awareness can influence mood and self-esteem to improve quality of life. Yog is the perfect way to ensure overall health and physical fitness. Some benefits of yog have been listed below:

- **Physical purity and cleanliness of Organs:** It massages all the internal organs and glands. This in turn reduces the risk of many diseases. Basically there are three types of substances in human body – pit, vat and kaph. Various kriyas like jal neti, kapaal bhaati, tratak, etc, help to clean internal as well as external organs. Yogic exercises improve bowel movement and relieve constipation.
- **Cures and prevents diseases:** Yog is one of the best remedies known to humankind for curing chronic ailments that are otherwise difficult to be cured by other medications. Yog has been used to alleviate problems associated with high blood pressure, high cholesterol, migraine headaches,



shallow breathing, constipation, menopause, multiple sclerosis, varicose veins and many chronic illnesses.

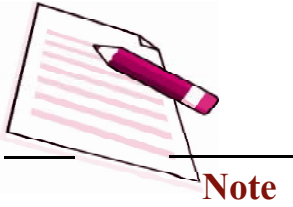
- **Reduces mental tensions, fatigue and stress inducing relaxation:** Yog offers different techniques as proven therapies for illness and stress. Yogic exercises and deep breathing can reduce stress, thereby lowering blood pressure and induce relaxation. Yog brings stability to the wavering mind and reduces physical and mental fatigue.
- **Increases Concentration and self-control-** The yog trains the body and mind to work towards a single goal with concentration. Various asanas like padmasana and Dhanurasana help in improving concentration power.
- **Improve productivity in life-** The daily practice of Yogic asanas and pranayam will help you to improve your concentration power, which ultimately helps to improve your work proficiency and productivity.
- **Prevention from Injury and Rehabilitation-** Yog asana also help to recover from injury and to rehabilitate.
- **Improve the immune system-** The daily yogic practice helps to improve the immune system.
- **Improve the Sports Performance-**Yog plays a vital role for maintaining and improving the performance,where concentration and balance is required.
- **Better lifestyle-** The joy and happiness of life will come through peace of mind. Yog asanas and meditation help to improve your overall personality which gives a good quality of life.
- **Keep the correct posture of body-**Now a days postural deformities are common in individuals. Without good posture they are unable to do their work efficiently. They cannot enjoy life. They usually put more energy in simple tasks. Posture deformities can be corrected by some yog-asanas like Vajrasana, Bhujangasana, Dhanurasana, Chakrasana etc. These are not only preventive but curative also.
- **Yog can be performed by a layman-** Yog is an easy exercise in modern fast moving world, people always have an excuse that, they don't have a time for gym or walk, but yog is a very simple form of exercise, they can do any where, preferably in open air.
- **Reduces Obesity-** Obesity is a worldwide problem and India is at number three in the world, Obese people have high risk of related diseases. Yogic exercises and pranayama can help in reducing obesity. The cause of obesity can be found in your food habit, lifestyle or stress; Yog could be the answer to these problems.



Note



Concept of Physical Education and Yog



- **Increases flexibility-** For sports and non-sports person, flexibility is a very important parameter for the personality. Sportspersons can improve their performance by increasing the Range of Motion (R.O.M.) and non-sports persons can improve their efficiency by increasing their flexibility. All these processes will improve with the help of exercises and yog asanas.
- **Provide relaxation-** Rest and relaxations are essential for removing fatigue from the body. Fatigue can be a mental or physical. Yogic asanas will help you to reduce the fatigue level, both mentally and physically.



INTEXT QUESTIONS 1.3

- 1) Mark the following questions as true or false.

i) Yog can impede the internal organs of the body	True/ False
ii) Yog can help us to cure and prevent diseases	True/ False
iii) Meditation will help to increase the mental stress	True/ False
iv) Padmasana will help to reduce your mental pressure	True/ False
v) Yog can help to reduce your obesity	True/ False
vi) Yog can decrease your R.O.M.	True/ False
- 2) Explain the importance of Yog in day to day life.

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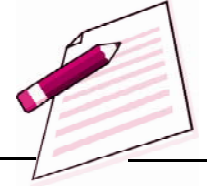
WHAT YOU HAVE LEARNT

- Physical Education is the combination of two words – Physical and Education
- Physical Education is a key to success in fast moving materialistic digital world of today.
- Physical education not only deals with physical growth but also helps to improve in all parameters of development such as Physical, Mental, Social and Emotional development by participating in physical activities.
- Physical Education is now a days connected with biological, sociological, psychological, philosophical, political and cultural aspects of life. It deals



with totality of human behaviour which makes man different from other species.

- Now a days sports have become commercial. Each and every game is organising its own professional league, which not only helps to promote the game, but also helps to improve the financial structure of the society, which ultimately improves the career opportunities in sports.
- Pranayama is a yogic exercise by which one balances the respiratory cycle in such a way that there is complete 'Suppression' or control of the breath and it is through this that the old sages had the transcendental experience."
- In the British period for the first time in 1882 the Indian Education Commission recommended physical training in school education.
- Private organisations for physical education like gymnasia, Vyayam Shala, Akhadas and Kreedha mandals contributed much for spreading traditional interest in the matter. Dandas, Baithakas, Yogic exercises, folk dances, wrestling and exercises with light apparatus received greater attention.
- In 2018 CBSE has made Physical education compulsory subject from IX to XII standard in Schools.



Note



TERMINAL QUESTIONS

- 1) Explain the meaning and importance of Physical Education with suitable examples.
- 2) Describe the historical development of Physical Education in Indian perspective.
- 3) Explain the concept of yog.
- 4) Describe the historical development of Yog.
- 5) Explain the need and importance of Yog.



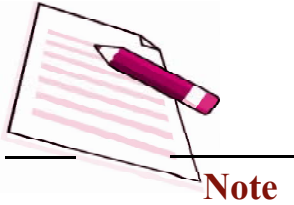
ANSWERS TO INTEXT QUESTIONS

1.1

1. True/False
 - i) False
 - ii) true
 - iii) true



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Note

iv) true

v) true

2) Physical education helps to develop the overall personality including Physical, mental, social, and emotional health which ultimately improves your productivity and lifestyle.

1.2

1. Mark any one

i) c

ii) b

iii) a

iv) a

v) a

2. The NCC, NIS and IOA stand for.

- National Cadet Corps (NCC)
- Netaji Subhash National Institute for Sports (NSNIS)
- Indian Olympic Association (IOA)

3. Epic

1.3

1. i) False

ii) True

iii) False

iv) True

v) True

vi) False

2. These days yog is getting popularity among masses; people who don't have a time for exercise, or are busy with their occupation schedule can easily approach for yog any time or any place. Yog improves in many ways. The physical purity and cleanliness of internal organs is done by doing pranayama and kriyas, stress and tension can be reduced by doing meditation and dhyana, Yog asanas also help to correct the body posture deformity. Daily practice of yog improves the productivity of the individual.

