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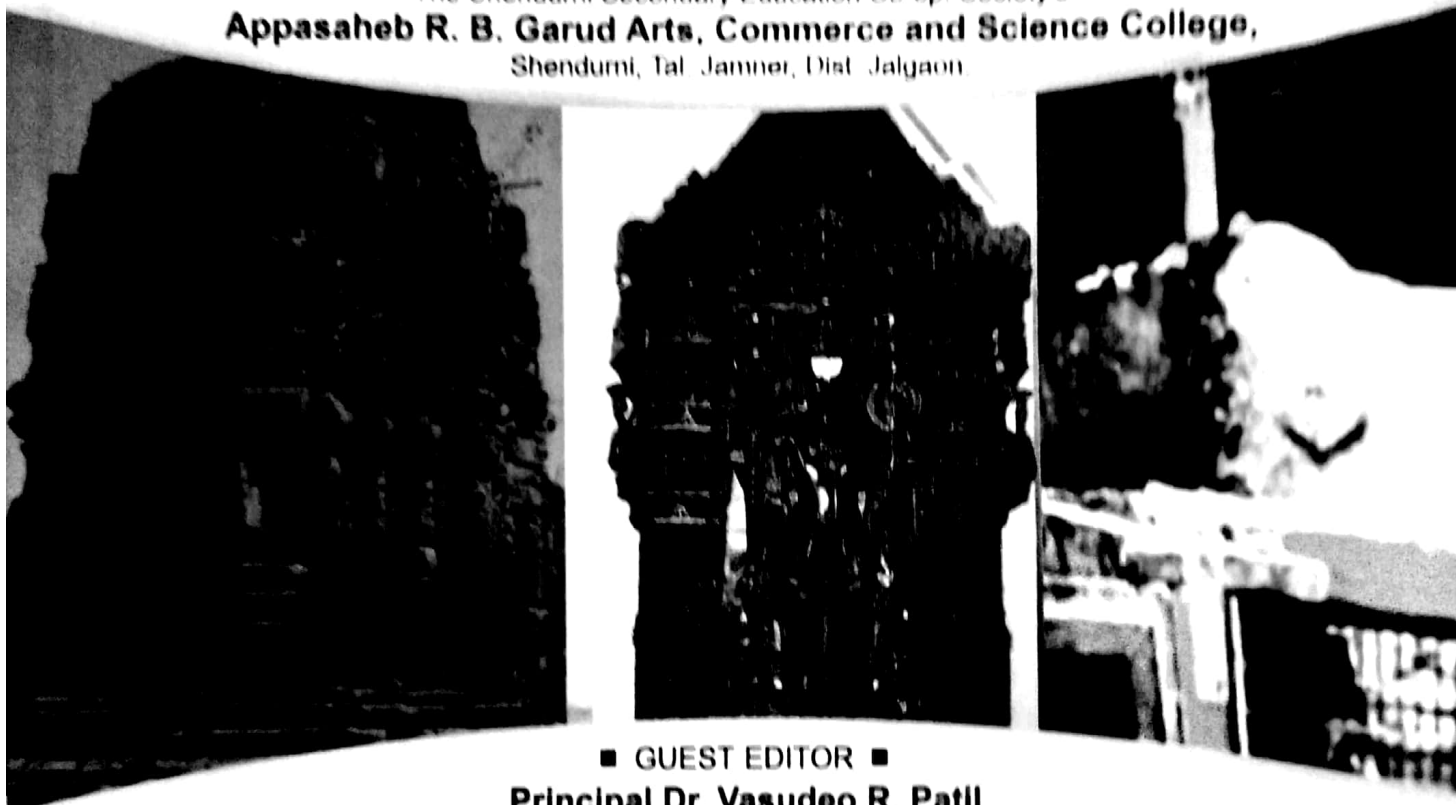
UGC Approved Journal

Multidisciplinary International E-research Journal

Historiography : Recent Trends in History Writing - Local History of Khandesh

Organized by

The Shendumi Secondary Education Co-op. Society's
Appasaheb R. B. Garud Arts, Commerce and Science College,
Shendumi, Tal. Jamner, Dist. Jalgaon



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ग्रामिण भागातील पारंपरिक खेळांचा इतिहास

प्रा. महेश आर. पाटील

शारीरिक शिक्षण संचालक, अप्पासाहेब र.भा. गरूड कला, वाणिज्य व विज्ञान महाविद्यालय, गेंदुणी

गोष्टावारा

मराठी संस्कृती ही अनेक क्रीडाप्रकाराचे माहेर घर आहे. खेळल्यामुळे शारिक विकास, मानसिक विकास प्रबळ बनतो. खेळ असे दोन प्रकारचे खेळ आहेत. पुर्वी मैदानी खेळात घरातील एक तरी पुरुष असावा ही परंपरा होती आता तसे नाही राहिले. खेळाने जागा घेतली आहे. खेळाचे मुळ स्रोत ग्रामिण भाग असल्याने तेथेही झपाट्याने बदल होत आहे. मात्र नव्या खेळांना विविध प्रकारची प्रगती झाली आहे. मुले जेव्हा खेळत नाहीत तेव्हा मुलांच्या खेळातील बदल खुपच बदलला आहे. ग्रामिण भागातील मुले विविध प्रकाराची प्रगती झाली आहे. जे त्यांना त्यांच्या सामाजिक कौशल्य तसेच खेळातील कौशल्यांच्या विकास करण्यास मदत करतात.

प्रस्तावना

मुले समाजात उघड्या डोळ्यांनी सर्व पाहतात, समाज व्यवस्था, रुढी, परंपरा, स्त्री-पुरुष हा भेद मुले पाहतात. लहानपणापासून खेळ गोष्टीचा प्रभाव पडतो. त्यानुसार मुलांच्या आणि मुलींच्या खेळात सुध्दा भिन्नता आढळते. घरात व बाहेर जे खेळ खेळले जातात त्यांचे व होत असते. या सगळ्या खेळावर समाजातील अनेक गोष्टीचा प्रभाव पडतो. ग्रामिण भागातील हे खेळ बुध्दीबरोबर शारिक कसरीत व त्यामुळे सर्व कलागुण ह्या ग्रामिण खेळातून शिकायला मिळत होते हे खेळ त्या-त्या गावाला संस्कृतीचे प्रतिक आहे. मंगळगौरी, कबुतर हे खेळ आज कुणाला माहित नाही. आज हे सर्व खेळ आपण विसरलो आहोत. हे खेळ महाराष्ट्र मुपितीत खेळले कधी खेळले, कोणी खेळले या सर्व प्रश्नांची उत्तरे नाहीत पण हे सर्व खेळ ग्रामिण आहेत.

ग्रामिण खेळ

- १) चोर पोलिस:- चोर पोलिस गेम हा टॅंगला भारतीय समतुल्य आहे. नावा प्रमाणे चोर असतात व पोलिस असतात. चोर हा खेळ खेळला जातो. नंतर भारतात मुलांनी वेगवेगळ्या नावांनी आणि नियमात बदल करून हा खेळ खेळला जातो. ह्या एक आहे. मात्र उद्देश अद्याप समान आहे.
- २) कॅरम:- कॅरम फक्त मुलांबरोबर प्रौढ सुध्दा खेळतात हा खेळ घरी, बाहेर, कार्यालयात करमणुक म्हणून हा खेळ खेळला जातो.
- ३) कबी :- हा खेळ महाराष्ट्रात महाराष्ट्रीयन खेळ आहे. ह्या खेळाला अमर, हुतुतू, संजिवनी, जेमिनी ह्या नावाने ओळखले जाते. संघ असतात. आक्रमण व बचावत्मक ह्या दोन मुलभूत कौशल्याचा समावेश करून रांगडा क्रीडा प्रकार म्हणून खेळला जातो.
- ४) काच :- हा एक खेळ आपल्याकडे खेळला जातो. ह्या खेळात गोल काचबिंदुचा वापर केला जातो. काच खेळणे प्रतिस्पर्धांच्या मार्बलला मारून तुम्ही जितके शक्य तितके गोळा करू शकतात.
- ५) पिथु:- हा खेळ सथेलिया या नावाने देखिल ओळखला जातो. हा साधा आणि मजेदार खेळ आहे. हा खेळ दोन संघात खेळात दोन गोष्टी आवश्यक आहे. प्लॅट दगड, व बॉलचा एक छोटा तुकडा वापरतात.
- ६) लंगो-या:- या खेळाला लिंगोरचर म्हणतात संत एकनाथांच्या कथेत या खेळाचा उल्लेख आढळतो. पेशवाई काळात काय यात दोन संघ असतात.
- ७) सोंगट्यांचा खेळ:- सोंगट्या, पट, व फासे किंवा कवड्या यांच्या साह्याने खेळावयाचा एक जुना बैठी खेळ आहे. हा खेळला जातो. तो आता नामशेष होण्याच्या मार्गावर आहे.
- ८) देशी मर्दानी खेळ:- साठमारी - १९ व्या शतकात हा खेळ प्रचलित होता. माजलेल्या हत्तीशि जुंज दिली जात होते.
- ९) डागदारी:- डोड्यावर बसून मस्त हत्तीस खेळविणाऱ्या खेळास डागदारी म्हणतात. हा खेळ १८ व्या शतकात प्रचलित होता. कसरीत आल्याने तो एक क्रीडा प्रकारात गणला गेला. उदा. १) डोंबाऱ्याचा खेळ २) गारुडी ३) दरवशी (अस्फात)
- ५) नंदीवाल ६) रायरंग ७) कसरीतेचे विविध क्रीडा प्रकार

११) भोवरा :- हा मुख्य ग्रामिण खेळ आहे.

ग्रामिण भागातील खेळ नामशेष होण्याच्या मार्गावर

परंपरेने चालत आलेले ग्रामिण खेळ आता नावापुरतेच उरले आहेत. या मध्ये मल्लखांब, कबी, खो-खो, सुपाट्या, विटि-२ ग्रामीण खेळ दिवसेंदिवस ग्रामिण भागातून हद्दपार झाल्याचे चित्र दिसत आहे.

शहरीकरणाच्या कचाट्यात मैदानी खेळाचे महत्व दिवसेंदिवस कमी होत आहे. आताच्या काळात जागे अभावी अथवा भेदा या मुळे मुलांचे शारिक गोष्टीकडे लक्ष नाही. तसेच कबी, खो-खो, हे खेळ शाळा, महाविद्यालय, स्पर्धाबाबत मर्यादित राहिले. ग्रामिण भागातील सुर-पारंब्यासारखे खेळ कोठे दिसत नाही. व यात्रे निमित्त मात्र कुस्ती, आखाडे भरविले जातात. ह्या खेळाने त्या

उपाय योजना

- १) सर्व पारंपारिक खेळ यांची एक यादी तयार करून त्यांचा एक कोष तयार करावा.
- २) ज्या ठिकाणी हे खेळ खेळले जातात त्यांना पारंपारिक खेळ पर्यटन म्हणून क्षेत्र जाहीर करावे
- ३) महाराष्ट्र राज्यातील स्थानिक संस्थांना हा कार्यक्रम राबविणे सक्तीचे करणे.

**निष्कर्ष**

आपली जीवनसरणी बदली आणि आपण हे खेळ खेळाचे थांबविले फारसे काही साहित्य न लागणाऱ्या अशा या खेळामधून उत्तम व्यायाम तर होतोच पण आपल्याकडील उपजत कला-कौशल्य पणाला लागते. सध्याच्या मोबाईल, कॉम्प्युटर गेमच्या युगात लोकांनी एकदा येवून खेळणे गरजेचे आहे. तंत्रज्ञानाच्या प्रगतीची दुसरी बाजू तुटत चाललेला संवाद .आज जगभर पारंपारिक आणि स्थानिक खेळ पर्यटनाचे एक आकर्षण असतांना महाराष्ट्रात मात्र आपण त्यांच्या ह्या दृष्टीने विचार केलेला नाही. आपल्या खेळामुळे जगभरातील पर्यटन आकर्षित होऊ शकतात ही संधी आपण घेतली पाहिजे. माणसांची एक प्रवृत्ती असते आपल्या कडीलसोडून दुसऱ्या कडचे घेणेही वृत्ती खेळाततरी सोडायला हवी.

संदर्भ सूची

- १) www.rular_game.in
- २) मराठी विश्वकोष- लेखक शा.वि.राहणे.
- ३) व्यायाम ज्ञानकोश- दुसरा खंड बडोदा-१९३७ लेखक- मुजुमदार
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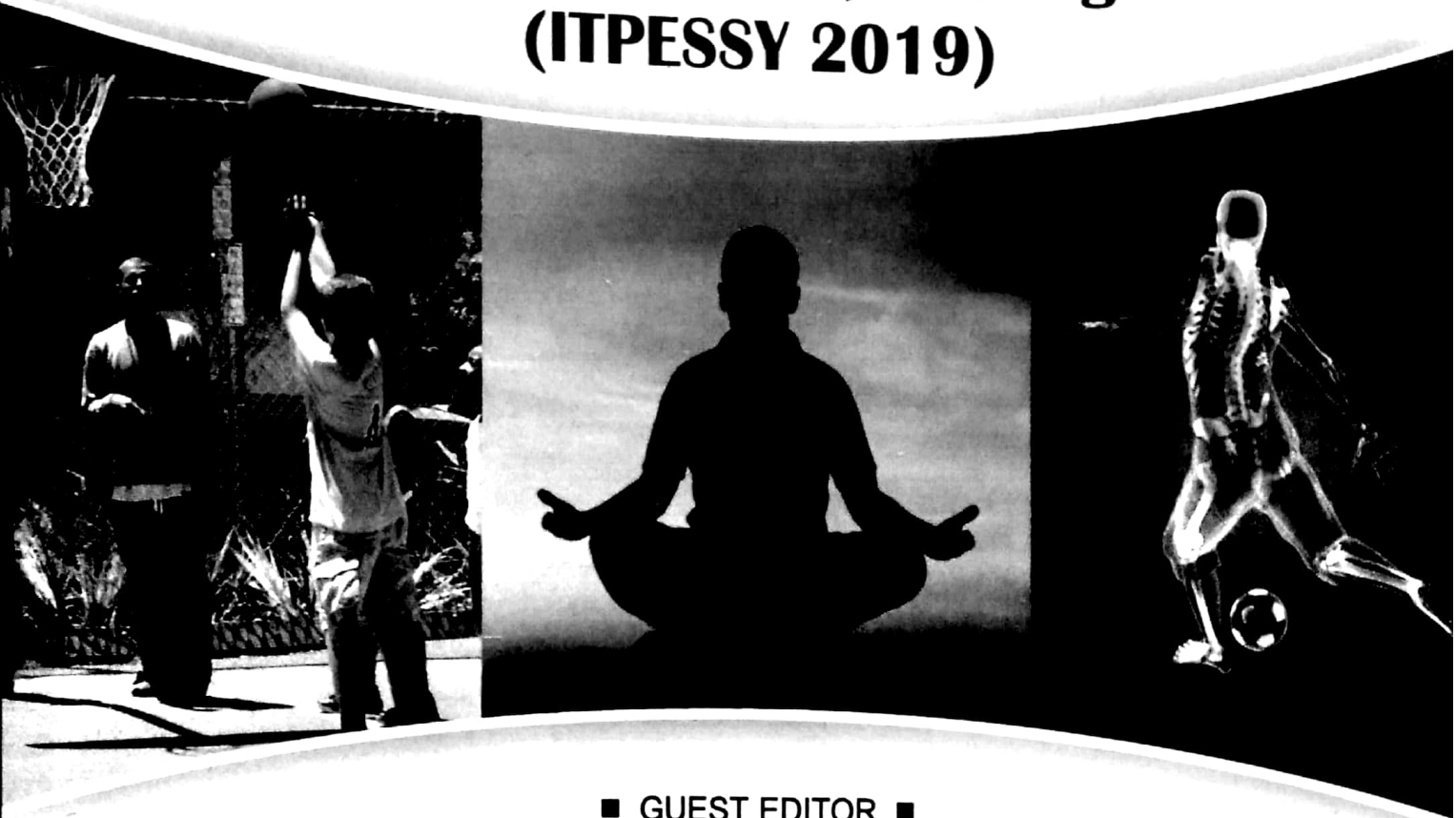
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Multidisciplinary International E-research Journal

Innovative Trends in Physical Education, Sports Sciences, and Yoga (ITPESSY 2019)



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Yoga as a Means for Performance Improvement in Sports

Mahesh Ramakant Patil

(Director Of Physical-Education.)

Appasaheb R.B. Garud Arts, Commerce & Science College Shendurni, Tal. Jamner Dist. Jalgaon

Abstract :

The original yoga competition was an exercise in spiritual development to train body and mind, to observe oneself and to become aware of one's own nature. The goal of yoga was to cultivate discernment, awareness, self-regulation and higher consciousness in the individual. Most sports often build muscle strength and resistance in certain parts of the body. Yoga can be used for the improvement of professional athlete. It is necessary to investigate how we can use to yoga for development of performance to play well.

Keywords : flexibility, metabolism, circulatory health

Benefits of yoga :

Increased flexibility, Increased muscle strength & tone, Improved respiration energy & vitality, Maintaining a balanced metabolism, weight reduction, cardio & circulatory health, improved athletic performance, Protection from injury.

Yoga definition :

yoga is a Sanskrit word derived from the Sanskrit root "yus" which means to connect Join or balance.

Meanings :

Yoga has a wide range of things that it can offer. You could say that the main purpose of yoga is to achieve balance and control in one's life.

Introduction :

The ancient practice of yoga is thousands of years. He was taken to India 3.500 years ago by nomadic people from Central Asia, who practiced an intellectual discipline called yoga. It was a way to use the mind to control the senses and the body.

The Bhagavad Gita, the Yoga Sutras of Patanjali and the Hatha Yoga Pradipika are based on the central concepts of yoga yoga philosophy.

In many sports, strength is required, so the player uses a different method to increase strength and muscle mass. However, flexibility decreases when performed heavy weight training regular exercises. If yoga and other stretching exercises are performed with a combination of exercises Strength training, injuries can be reduced. With yoga, the player not only increases flexibility.

Yoga Improvement In Sports :

Yoga is for everyone athletic included yoga works on strength, flexibility balance, agility, endurance, core & overall strength among other in particular athletes in sports that require swimming action (tennis, golf, etc.)Yoga plays an important role in sport in yoga, asana, pranayama, suryanamskar, mediation& are usually performed by sportsperson for various purpose in yoga

- Standing poses – build leg – strength as well as flexibility in the hip
- Balancing poses – increase body awareness stabilization & proprioception
- Backward vend – improve posture, respiration digestion & elimination.
- Forward bend – promote health of posterior chain & help balance
- Inversion – improve immune function & enhance circulation in legs.
- Arm balance – build core & upper – body str5ength & improve balance
- Twist improve posture, shoulder – mobility respiration digestion, elimination.

Methodology :

Yoga in daily life is a training system that consists of eight phases of development in the field of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, its focus and stress under control. The main goals of "Yoga in daily life" are physical health, mental health, social health, spiritual health, self-realization or the realization of the divine within us. These goals are achieved through love and help for all living beings, respect for life, protection of nature and the environment, a peaceful state of life, physical, spiritual and spiritual practices, tolerance for all nations, cultures and religions. It is well known that yoga techniques improve overall performance.

Conclusion :

The importance of regular yoga exercises for sports-specific training. A person must have a high concentration and



concentration with the mind that is calm and controlled. Yoga can help an athlete to have a balanced mind and to control his thoughts even during stress. Yoga can play a key role in cultivating mental control and concentration, helping an athlete achieves peak performance.

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Impact Factor - 6.261

ISSN - 2348-7143

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION

RESEARCH JOURNEY

INTERNATIONAL E-RESEARCH JOURNAL

PEER REFREED & INDEXED JOURNAL

January - 2019

SPECIAL ISSUE- 99 (A)

Physical Education, Sports, Yoga & Psychology



Chief Editor :
Dr. Dhanraj T. Dhangar
Yeola, Dist. Nashik (MS) India.



This Journal is indexed in :
- UGC Approved Journal
- Scientific Journal Impact Factor (SJIF)
- Cosmos Impact Factor (CIF)
- Global Impact Factor (GIF)
- International Impact Factor Services (IIFS)
- Indian Citation Index (ICI)
- Dictionary of Research Journal Index (DRJI)

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Important of yoga in Physical Education and Sports

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Abstract:

Aim of the present article is the role of some yoga elements in physical education and sports. Yoga is one of the Indian philosophical systems that emphasize the importance of the work with the body to develop healthy behaviors and thoughts. Among all its techniques the physical postures, called asana in Sanskrit, are the ones that got. It is necessary to remember that sports and gymnastics belong to the scope of Physical Education. It is using the work with the body as a strategy to reach the noblest goals of education autonomy and ethics in our relationships with each other and the environment. It is necessary to remember that sports and gymnastics belong to the scope of Physical Education.

The original contest of yoga was spiritual development practice to train the body & mind to self-observe and become aware of their own nature. The purpose of yoga was to cultivate discernment. Awareness. Self-regulation & higher consciousness in the individual most sports build muscular strength and stamina often in specific areas of the body. Yoga can benefit professional sports person. It is necessary to explore what is required to play sport and play it well. It is well acknowledge that to play any sport.

Introduction:

The word 'yoga' means "to join or yoke together". It brings the body and mind together to become a harmonious experience. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yoga is a method to learning that aims at balancing "Mind, Body and Spirit". Yoga is a practice with historical origins in ancient Indian philosophy. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Other forms of physical exercises, like aerobics, assure only physical wellbeing. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates. They have little to do with the development of the spiritual or astral body. Yogic exercise recharges the body with cosmic energy and facilitates.

The ancient practice of yoga is thousands of years old. It was first brought to India 3,500 years ago by nomads from central Asia practicing an intellectual discipline they referred to as yoga. It was a way of using the mind to restrain the senses & control the body.

The Bhagavad Gita, the yoga Sutras of Patanjali and the hatha yoga Pradipika all from the central concepts of yoga's philosophy of life.

Many sports require huge strength that is why the player adopt different method to increase strength & muscle mass, but it decreases flexibility if Yogasana& other stretching exercises are performed regularly along with a combination of weight training exercises, injuries can be reduced. With yoga the player will not only increases flexibility. Back muscle is very virtual & with the help of yoga

Yoga plays an important role and has made unlimited contribution in the modern age as it caters to the biological, Sociological and Physiological necessities of the man. The word 'yoga' is derived from the roots of Sanskrit' Yuj which means to join. To attach.To bind.Yoke and a concentrate or one attention. It also mean Union. Yoga is true union of our will with the will have had. The literal meaning of the word 'Yoga' is 'yoke'. It means for uniting the individual spirit with the Universal spirit, or God. Yoga means the Experience of oneness or unity with inner being. It is a science by which the individual approaches truth. Yoga is not religion it is a method by which one obtain Control of one's latent powers. It is the means to reach complete Self-Realization. Yoga is a reduction of one's mental process. Along with the physical.



Yoga is way of a better living. It ensures great or efficiency in work, and a better control over emotions; through yoga one can achieve both physical and mental harmony. Health is the greatest of all. Health is not just the absence of disease. To enable the individuals to lead a life of physical, mental and social well-being and not merely the absence of disease or infirmity. Education may provide the right direction and needed actions to improve the health of members of community, society, nation and the world as a whole. An educational system encompassing the emotional, social and physical dimensions of health becomes imperative to bring about all development in children

Yoga is a discipline that seers and saints have been practicing since ancient times to increase flexibility to the spine joints, to keep the muscles of the body pliable and youthful, increase circulation in arteries and strengthen internal organs. And yet, yoga is so much more than this. Yoga has been said to help strengthen the power of concentration to banish constipation, to relieve stomach disorders improve muscle coordination and reduce excess body fat. Yoga has also been said to strengthen the mind-body connection, bring calmness and relaxation to mind, enhance self-confidence, strengthen self-discipline and self-resolve, reduce stress / anxiety and increase vitality and energy throughout the body. Evidence would appear that yoga has extensive benefits and can help us to be a more balanced, relaxed, focused, efficient and effective person. The benefits of yoga can thus be applied to a variety of disciplines including professional sporting athletes; This paper will highlight the benefits for professional athletes through the practice of Yoga and explore how Yoga can significantly enhance their performance.

Aim And Objectives:

The aim of yoga is control over the mind. A man who cannot control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means. The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends. Modern life style leads to diseases, which are mostly due to poor food habits, heavy work routines and to air and water pollution in turn easily affect the human body. The main objectives of Yogic practices are to make one free from diseases, ignorance, egoism, miseries the afflictions of old age, and fear of death etc. GUIDELINES FOR PRACTICING ASANAS

Importance Of Physical Education And Sports :

- Physical education and sports develops the alertness of mind.
- Sports and Physical education provides knowledge about health and its hazards, communicable and non-communicable diseases. Through physical activities, leisure time can be utilized properly
- Through Sports and physical education human body can be developed in good proportion. The physical beauty also improves a good sports man is a good citizen. He knows how to adjust with others.
- Physical education and sports helps in developing and maintaining of good relations among human beings.
- Sports It develops social traits, like cooperation, sympathy, loyalty, fraternity, courtesy and other traits of leadership. Aggressiveness can be eliminated through physical activities.
- Sports participating physical activities we can overcome stress, tension and sensitiveness
- Physical education helps in creating discipline through games and sports.
- Sports and Physical education provides a number of opportunities the power of tolerance
- Sports and physical education leads to happiness efficiency and character building

Scope Of Physical Education And Sports:

1. Corrective Exercises: Corrective exercises help to remove the deformities in the body of a child. Sometimes these defects are there because of defects in muscle development. We use corrective exercises in sports and game