



## IMPORTANCE OF YOGA FOR SPORTSMAN LIFE

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**ABSTRACT** Yoga has been practiced for around 5,000 years. Several schools, colleges and organizations of yoga have emerged over time to time. It can be overwhelming at first to find a style of yoga that resonates with you. If you are a competitive athlete, it is best to tailor your yoga practice to your training schedule because a particular sport can develop certain muscle groups while ignoring others. Over time, this process causes imbalances in the muscles and joints, leading to overuse injuries. Yoga helps the muscles, tendons, and ligaments move through a full range of motion, thus cultivating balance and core strength which is a huge benefit to athletes in their chosen sports. "Another essential element in yoga is breath work (pranayama). The attention to breath during yoga can be considered one of the most important benefits to athletes. Learning to stay focused and centered through uncomfortable poses by concentrating on even inhalations and exhalations sets up the athlete to stay focused during a race or challenging workout. The mind-body connection in yoga is essential to helping athletes develop mental acuity and concentration. In addition, yoga helps you to relax not just tight muscles, but also anxious and overstressed minds. Yoga works not just in the sagittal plane, but in the frontal and transverse planes as well, ensuring well-rounded development. Being more relaxed will also aid in performance. So, why not enhance your game performance and prevent injury by adding yoga to your training plan now.

## KEYWORDS :

## INTRODUCTION:-

Yoga is both preventive and therapeutic and has shown to offer both physical and mental benefits to the body and mind. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Therefore the practice is an ideal complement to other forms of exercise and an extreme advantage to any sport. The "postures" are the physical positions that coordinate breath with movement and we hold these positions to stretch and strengthen different parts of the body. They systematically work all the major muscle groups, including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Although most poses are non aerobic in nature, they do in fact send oxygen to the cells in the body by way of conscious deep breathing and sustained stretching & contraction of different muscle groups. Yoga can help to check any imbalance in muscular development and will enable the body to function more efficiently. Yoga is an appropriate practice for Sportsman providing physical exercise, breath control and flexibility, as well as mental focus it helps to gain knowledge about the mind and body connection, improving body awareness and enhancing mental clarity

## OBJECTIVES

Health, physical fitness and emotional stability are the objectives which bring yoga and physical education on a common platform for the benefit of the human individual. Health is a more general and comprehensive term conveying the 'feeling of well-being', while physical fitness is a more specific term. Physical fitness is the capacity of an individual to perform a given task at a particular time. Health and physical fitness are not static. They are always changing they follow the law can be maintained only by carefully selected physical activities which are called 'exercise'. The utility of the particular exercise program can be evaluated only in the forms of the effects that one obtained in promoting a particular factor of physical fitness. Trough constant practice of yoga, one can overcome all difficulties and eradicate all weakness pain can be transmitted in to 24bliss, sorrow in to joys, and failure into success and sickness in to perfect health. Determination, patience and persistence lead one to goal.

## Fitness and Yoga in sports:-

## I. Improved Strength

Routine and consistent practice of the various yoga asanas has helped to build strength and improve lean muscle mass. Most notably with respect to several muscle groups under-utilized in athletic disciplines of swimming, cycling and running. These gains have enhanced core body stability and significantly impeded overuse injury by strengthening the supportive but otherwise under-developed muscles surrounding the more utilized muscles, creating a more balanced and optimally functional overall strength.

## ii. Flexibility

Yoga invariably improves joint and muscular flexibility, which is crucial to the body's overall structural soundness. Enhanced joint and

muscle pliancy translates to a greater range of motion, or an increase in the performance latitude for a particular movement or series of movements. The result is more forward movement per stroke as well as enhanced muscular economy. In turn, this increased range of motion provides a greater ability to strength condition a particular muscle group due to the amelioration in overall force that can be exerted with each movement.

## Free Your Mind

The ability to create a stress free mind is a significant benefit of yoga practice. The physical practice is used as a tool to enhance breath control, which helps improve focus and concentration, allowing clarity of thought and clear decision making. Mental practice in any sport will teach you how to gain control of your emotional states, so arousal levels and anxiety don't impede your performance.

## iii. Meditation is a mental practice proven to

- Reduce anxiety and stress
- Reduce cortical levels and increase calming hormones
- Improve cognitive function
- Reduce blood pressure and heart rate
- Increase immune function

## Health Benefits of Yoga:-

1. Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance rather than the usual stress-induced sympathetic nervous system dominance.
2. Pulse rate decreases.
3. Respiratory rate decreases
4. Blood pressure decreases (of special significance for hypo reactors)
5. Galvanic Skin Response (GSR) increases
6. EEG-alpha waves increase (theta, delta and beta waves also increase during various stages of meditation)
7. Cardiovascular efficiency increases
8. Respiratory efficiency increases (respiratory amplitude and smoothness increase, tidal volume increases, vital capacity increases, breath-holding time increases).
9. Gastrointestinal function normalizes
10. Endocrine function normalizes
11. Excretory functions improve
12. Muscular-skeletal flexibility and joint range of motion increases
13. Posture improves
14. Strength and resiliency increase
15. Endurance increases
16. Energy level increases
17. Weight normalizes.

## CONCLUSION:-

In this Paper we find out that yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. We

have improved our performance by daily yoga practicing in order to perform a sporting action efficiently and effectively, a person needs to have a high degree of concentration and focus with a mind that is calm and controlled, Yoga can help a sports person to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga can play a key role in cultivating mind control and concentration which helps a sports person to perform at their peak levels and yoga helps us a lot.

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