



Grow Up Your Sports Performance with Yoga Training

There are other various yogic techniques for improving co-ordinative abilities; these are yodnidra and yoga meditation. These can improve sports skills and performance like dribbling in football or hockey, dodging in kabaddi or kho-kgo or in performing exercise in gymnastics etc. Moreover by these yogic techniques one can performe better in arcer or shooting as well as balance as balance is improved.

DR. RAJESH KUMAR* & GARIMA BAJAJ**

What is Yoga? :

Ancient concept of yoga : The ancient concept of yoga was form soul to body. It was first listening to the voice of inner soul and the molding the body by the acceptance of soul.

Modern concept of yoga : Modern concept of yoga is from body to soul. Today man is engaged in a process of making or farming his own body more and more sound and then he is proceeding to listen the voice of his inner conscious i.e. soul.

Yoga is method of self realization in which the spirit and matter are seen to dissolve in the universal. It is a discipline where discipline raises above all senses by abstract meditation, Adoption of special postures and ascetic practices. It is a system of mental and physical training, concern with yogic postures, yogic breathing exercise, meditations, which claim to give knowledge of reality. It's a method of physical and physic culture. After attaining such a stage man becomes the complete master of his senses, his body, his mind, his own being. When the body and mind of soul starts accepting this rule, his personality will become lucid and will perform all the duties, all the karmas of his life with great sincerity and devotion.

Yoga trains the body, mind & spirit to become strong and flexible, release stress and create inner peace and calmness, while developing a deep connection with one spirit, intuition and personal power. All of these are essential for living a healthy balances life and for the athlete to play a healthy balanced strong game.

A regular yoga practice lasts from 30 min. to 1 ½ hours long. Many poses are held from 1 to 3 minutes so that muscles and deep connective tissue are simultaneously stretched and strengthened, giving them a rubber band memory not achieve in traditional exercise. This is of extreme importance to the athlete as the connective tissue attaches muscle to bone and stabilized all of the joints thus, preventing or minimizing injury when the athlete is spontaneous in action, opposed to having controlled safe from in a gym workout.

Yoga is not an aerobic, but it does burn calories. The intimidating pretzel poses, often associated with yoga are

not essential to achieve maximum benefits.

Benefits of Yoga for the of Competitive :

The benefits of yoga are unlimited. The obvious is the increase flexibility throughout the muscular system, but there is so more.

The athlete can benefit by increasing mobility in joints, thus increasing range of motion for overall enhanced performance. The athlete will be able to reach farther, far harder while preventing and minimizing injuries because there muscle have a memory (like a rubber band) from the deep stretching obtain in practicing yoga on a regular basis.

Many athletes are having more injuries that require surgery because of the increased focus of the strength training with weight resistance. This method of increasing strength and muscle mass is highly effective and efficient, yet it dramatically decreases flexibility. However, if yoga or another types of prolonged stretching are practiced in a combination with strength training and practical application exercises (using the body in a way that mimics the movements of there particular sport, while performing a balancing or core movement) injury can minimized during engagement in other competitive that call for the athlete to be more spontaneous with there bodies, calling for overextended reaches, lungs, falls etc. all of which increases the odds of injuries, opposed to the safety of controlled mechanical motion used in weight out workout.

With yoga, athlete will not only increase flexibility but also increases poise and balance from the practice of yoga holding/balancing poses. This type balancing enhances athletic to present falls because of heightened awareness of his bodies center place. When balancing poses are mastered the athlete is then conditioned to unconsciously recover from any imbalances their body may experience, staying centered in action, moment by moment during play. This is when the athlete begins to perform miraculous stunt. He is able to use his body in ways he never thought possible while remaining centered and injury free.

Yoga also helps strength connective tissue, break dawn

*Assistant Professor, Shah Satnam ji Boys College, Sirsa (Haryana)

**Student M.P.ED. Final, Indra Gandhi Institute of Physical Education and Sports Science, New Delhi

adhesions (tiny scar tissue) from old injuries and over-training that have tightened as we age thus helping creating mobility of the joints and an anti-aging posture.

As the practice of yoga focuses on the helps with sinking into a deeper breathing while stretching, this diaphragm breath not only helps with a deeper stretch but also circulates the body's lymph fluid which increases the bodies' capacity to cleanse and detoxify by 15% (see lymphatic massage). By cleaning the body on a regular basis with this kind of breathing along with a clean diet, the bodies' immune system is boosted, the blood is purified, and this result in increased health and vitality.

The deep rhythmic breathing performed in yoga also creates and builds up one's life force energies and builds up one's life force energies or prana, also called Qi or Chi in Chinese and martial arts. So, one actually creates more energy than is expended during a yoga session. The type of energy is not from the caloric intake of all diet, but a cosmic energy.

In yogic practice the practitioner usually performed certain yogic postures (yogasanas), breathing exercises (pranayamas) and various meditation and relaxation techniques. While doing yoga practice, the practitioner starts with a state of complete willingness and readiness, which further leads to modification in his body, mind and spirit. Yogic postures and pranayamas rebalance the physical, emotional, pranic, mental and psychic aspects of being.

Yogic poses are classified into three basic types these are physical, meditative yogic postures.

Here the main concern is on any physically postures like backward bending, front bending, twisting, sitting poses, standing poses or balancing poses.

Selection of pranayamas can be from Chandra Anuloma- Viloma, Surya Anuloma-Viloma, Ujjayi and Nadi-Shodhana pranayamas. Yoga Nidra can give best results if practiced under qualified teacher.

Meditation induces relaxation and develops self knowledge. It further makes awareness and understanding more refined and perfect. Yogic relaxation techniques which incorporate desensitization, auto suggestion, and deconditioning to remove mental tension and complexes. These practices help to cultivate positive attitude towards life and yourself.

Yoga for Sports :

Actually it is the spirit, the mind and the body. The athlete needs all three integrated to have peak performance.

Spirit *Inspiration * Motivation

Everything starts from the spirit. The athlete must be inspired, meaning "in spirit", having a desire to complete, play, or win. To have team spirit, if the athlete lacks spirit he won't play his best.

Mind *preparation* Education

Inspiration is not enough. Once inspired the athlete must prepare with his mind. He must have game plan, a strategy, and education of his game and opportunities to fulfill his inspiration or desire to play and win. To follow through with a strategy, yoga trains the athlete to focus, balance emotions, concentrate, & get in the zone.

When enduring the uncomfortable sensation the body feels while holding long and still in poses such as the "warriors" or "hero" will power, will power discipline and determination are development in the mind, and then infused with inspiration.

Body *Presentation* Education

Inspiration and preparation are still not enough. Perspiration is what makes it all happen. In order to ultimately fulfill the spiritual body and execute the strength body and execute the strength and game plan of the body, the athlete must have a finely tuned. Flexible and strong physical body.

This is where the athlete's game is fully benefited by the physically aspects of practicing yoga asana. The body is available to move beyond old limitations to peak performance.

All sports activities have become the face of perfect display of skills and techniques of human movement in a more systematic and scientific manner. Everyone is exhibiting their moments according to their fitness level. And as in sports we need to be in a conditional state of possessing different level of motor abilities i.e. Flexibility, Coordinative abilities, Endurance, Strength and Speed. Through different yogic practices we can achieve perfect performance in sports towards the excellence. And One can become more capable of giving their sports performance according to their optimum level.

Yoga can bring these optimum levels of individual more improved and can enhance their upper limits of performance. We can improve flexibilities by doing different yogasanas according to the need or types of event. For example: in gymnastic, clearing hurdles, high-jumps etc. flexibility must be in perfect shape. It is the range of improvement around the joints. We can improve our coordinative abilities and balance by different yogasanas like bakasana, padmasana, sirhasana, trikonasana, parvatasana, vrikshasana etc.

By different pranayama i.e. breathing exercises one can improve internal physiology and can improve endurance and strength. Games like marathon, long racing events need better endurance level.

There are other various yogic techniques for improving co-ordinative abilities; these are yodnidra and yoga meditation. These can improve sports skills and performance like dribbling in football or hockey, dodging in kabaddi or kho-kho or in performing exercise in gymnastics etc. Moreover by these yogic techniques one can perform better in archer or shooting as well as balance as balance is improved.

References :

- (1) Cox, Richard h. (2002): "Sports Psychology" 5th Edition, the McGraw Hill Co., Inc. New York.
- Joshi, K.S. (1990) 'Yogic Pranayama-Breathing for long life & good health', Orient Paperbacks, Madarsa road, Kasmere Gate, Dehli.
- (2) Kansal, D.K. (1976) : "Test and Measurement in Sports and Physical Education" D.V.S Publication, Dehli.
- (3) Kumar, V. Lawrence Gray, Panda M. Manjari (2002) : "Modern Principles of Athletic Training", Friends Publication (India).
- (4) Kavalayanada, Sawami (1993) : "Asana", Kaivalyadhama, Lonavla, poona (India).
- (5) Muktibodhananda, Sawami (2004) : "Hatha Yoga Pradipika-Light on Hatha Yoga " A commentary, Yoga Publication Trust, Ganga Darhan, Munger, Bihar (India).

