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## Role Of Yoga For Sports Enhancement Performance

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**Abstract:** *Yoga has become very popular June 21st to be celebrated as International Day of Yoga across the world. Indian Government has started several schemes and programs to popularize yoga through AYUSH department, and various other schemes. NCERT and CBSE have also contributed in one academic form or the other to supplement to the cause of yoga. Sports today have become highly specialized field with a lot of scientific inputs and technological advances but human performance is still the prime concern. Lifestyle disorders due to stress, anxiety, tension have increased manifold and sports arena is also not devoid of stresses and strains today with cut throat competition at the elite level Asian games, Commonwealth Games etc. Indian athletes are required not only to perform to the best of their abilities but also we need to constantly upgrade ourselves and identify new and budding talent. Yoga offers a promising means to incorporate in sports training for increasing, mental abilities like focus, concentration, coping with anxiety. Yoga is safe for people of all ages and for males and females and is very cost-effective method of developing flexibility, functional strength and developing better reaction to frustration, self esteem. Sports persons from the sports like Archery, Shooting, and Golf etc. which are considered as 90% mental sports can gain a lot of insights from yoga training.*

**Key Words :** International Day, Indian Government, popularize, contributed, academic, supplement .

Yoga asana has become the latest cross-training tool to enhance athletic performance and reduce the risk of injury among a particular population besides other allied sports sciences like Anthropometry, Sports Physiotherapy, and Massage therapy. Due to lack of awareness and lesser availability of qualified and competent yoga trainers, just a few years ago, fitness enthusiasts had few options if they wanted to incorporate yoga into their training schedule. Yoga is now a mainstay as a preventive and health promotion tool on the program schedules of most health clubs, personal training studios, and corporate fitness centers. Even as army trainers have recognized yoga as a component of "Boot Camps." A boot camp is a rigorous training program specially designed for the young recruits that involve very high-intensity exercises under inhuman conditions of forests and deserts to improve soldiers' physical and mental tolerance level to survive during the war. Unlike many other forms of training, the practice of yoga may not give instant results. Still, in most cases, it does unfold over time to reveal many layers of physical and emotional benefits. More and more people are discovering how yoga can be used to improve sports performance-from increasing focus, flexibility, and balance to preventing common injuries and improving functional strength. The training program for young athletes can be planned by integrating a few static yoga poses into an **LIMBS OF YOGA**. Yoga is composed of many layers, all of which can be used as a powerful technique to enhance athletic performance. These layers are known as the eightfold discipline or the eight "limbs" of yoga. These eight limbs form the main principles of yoga, as follows:

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|--------------|------------|-----------|--------------|
| 1. Yama      | 2. Niyama. | 3. Asana  | 4. Pranayama |
| 5. Pratyahar | 6. Dharana | 7. Dhyana | 8. Samadhi   |

**PSYCHOLOGICAL FOCUS FOR YOGA-** Focus and concentration are different properties of attention, and attention is a subset of awareness. Awareness is the state of absolute relaxation or restfulness. That means it involves zero energy. Here the observer is just aware that the subject exists. Focus is the observer's incident touching the issue subtly, but it's not dense, so you can't see it in visuals or words. If you be in this state for a minute and later, you may get some feeling if asked, but you cannot explain that experience since it has not taken any form.



Concentration, on the other hand, involves energy, just like physical exercise. When you concentrate, your energy flows toward the subject of your focus because of it; the focus is now getting the more you concentrate, the denser, but remember that it also exhausts us since concentration involved energy.

For example, when an archer or a shooter is shooting, his/her eyes still see & record the whole arena, the surroundings, the crowd, the sounds, the wind, and the temperature. Always, the shooter cannot remember all because his/her focus was only on the target. The more he/she concentrates his/her energy on preparing for the game like situation in performing the task at hand, the longer he/she will remember it. He/she can translate the same practice into actual shooting performance. The shooter is exhibiting inner focus or Dharana. Now imagine that at the crucial moment of taking a shot, a gale-force gust of wind picks up, a fan screams from the stands, or a car crashes in the parking lot. If the shooter can completely withdraw his attention from these potential distractions and remain steadfast in his approach, he will be revealing Pratyahar.

The practice of yoga has evolved over thousands of years. Yogi's used postures to prepare their bodies for meditation practice-much as an athlete would qualify for a sports competition. The poses serve as an initial preparation, as a means to discipline the body, to pave the way for mental focus in the spiritual quest for "enlightenment" as the ultimate aim. This process of attaining spiritual enlightenment is, in fact, the paramount objective of the practice of "Hatha yoga," which is one of the various means and methods of achieving mastery over mind, body, and soul, primarily practiced and preferred method of practice done by sports persons generally.

Exercise adherence is crucial to stay focused, and that can benefit from the type of balance that can be developed through yoga asanas, followed by meditation sessions involving resolve. This is especially true when athletes have pushed their bodies to the maximum, resulting in weakness or injury, and feel like quitting due to pain. Progressive muscle relaxation techniques integrated into yoga sessions during such crucial phases can help maintain consistency and improve internal commitment.

**YOGA FOR ELASTICITY-**Yoga stretching postures performed with or without props, breathing techniques that involve slow, rhythmic, and deep breathing exercises, and "yoga Nidra" can help rebalance, strengthen and restore tired muscles, joints, and ligaments. Through this restoration process, athletes can maintain peak performance for a longer time and their career longevity besides developing an emotional balance when they lose during a competition. Balancing the mind, body, and spirit is the primary philosophical principle of yoga that can be tailor-made to develop strong cues that can work even during competition.

Yoga helps athletes in sports yogic conditioning by elongating the tight, shortened, tired muscles and bringing calm and clarity to the mind. Some athletes practice yoga to rehabilitate from an injury and to regain flexibility, stability, and strength.

Yoga practice teaches an athlete to respect their body's strengths and limitations by making them more sensitive to exerting before it causes injury. This knowledge is essential to preventing acute and chronic sports injuries. Asana is powerful biofeedback tools that can help athletes develop better body awareness like heart rate, respiration rate, sweating, etc. Listening to the body and responding to its messages is a way to honor the body and to push it over the edge in a progressive manner without getting overstrained or injured.

**YOGA FOR ENERGY CONTINUUM-** Breathing is the essence of energy supply that plays an essential role in carbohydrate, protein, and fat metabolism. Many endurance and power athletes concentrate on improving their breathing. Pranayama proponents say slow, steady, conscious breath increases blood oxygen flow, elongates the inter-costal muscles, and allows the body to engage in more stressful work without a degenerative emergency response-all effects that can help reduce fatigue while performing at peak intensity. Anulom-vilom, bhastrika, seetali, seetakari Pranayam are very useful for improving lung capacity that has been shown to improve in various random trial studies among even the fittest of athletes that shows that yoga can help the athlete and scientists explore what remains



unexplored.

**YOGA AS A CONDITIONING METHOD-** Generally, athletes are accustomed to running, swimming, calisthenics, plyometrics, and various other training and conditioning forms. Most athletes are now doing game and event-specific conditioning in a particular way, usually by isolating specific muscle groups to increase the game-related intensity and frequency of the training regimen. On the other hand, yoga is based on integrating the body and mind as a whole and emphasizes the quality of balance and movement but not the technique directly and thus supplements learning of the method efficiently. The holistic approach of yoga thus can reveal weaknesses and imbalances that may never have been exposed before. This can surprise some athletes who think they are in tune with their bodies because they get to know the neuromuscular pathways that open up with frequent systematic and scientific training with integrated yoga.

While preparing young and adolescent athletes, yoga postures can be an altogether potent component in an athlete's growth spurt when body image, self-esteem, and other psychological issues occur simultaneously. Becoming more aware of the body's restraints is what *niyama* of Ashtanga yoga focuses on that teaches patience, tolerance and the process teaches respect for one's limitations. An athlete progresses from concentrating on how many reps or laps they can do in a single training session to taking the time to learn each pose, along with its respective function, will likely present new challenges for the young athletes to understand and realize the muscle contraction while doing various mindful bends and twists. They will begin to appreciate their hormonal changes and body image as a whole and that the movement's quality determines the poses' effectiveness. Though an inactive person might find the workout intensity of yoga as low to moderate, an active sportsperson needs to gradually increase the amount of time that he/she wishes to devote to yoga during training, transition, and competition phases. About 10 minutes of basic yoga postures as a warm-up session followed by breathing exercise would create enough energy to go for 45 minutes of specific workout in a gym, Breathing exercises constitute roughly half of the training sessions but as per the adaptability of suitability. It is important to reduce the yoga workload when nearing competition as specific training would be more beneficial for optimum performance. It has been seen better to perform the poses either during the warm-up or after the more strenuous portion of the workout when the muscles and other body tissues are more receptive to stretching. The static stretch and strengthening pose for all muscles, including the deep stabilizers, heighten body awareness, or proprioception that, in turn, reduces stress and counterbalances the repetitive actions that are performed in their sport.

Running sometimes can lead to minor injury or overuse injury to the muscles and tendons of the legs, feet, hips, and low back. One of the essential yoga poses for runners is *virabhadrasana*. Its variations stretch many muscles, including the hip flexors, the gluteus, and the psoas, low-back, and groin muscles. This lunging pose lengthens the Achilles tendons and soleus muscles and deeply stretches the hamstrings when combined with *parvatsana* hip raise with hands and feet on the ground. Various twisting asanas like *market asana*, *Ardha kapotasana* are useful for tennis players and golfers, and archers.

It is worth noting that traditional yoga has undergone many changes and a number of variations of what is considered yoga to adapt to Western tastes and preferences. This is why there are combinations of yoga combined with weight training or yoga, combined with cardio to benefit yoga and exercise.

**CONCLUSION-** Depending on their goals and personality types and according to the training phase player may prefer one form of yoga. For example, some player may prefer a style of yoga that emphasize holding postures for longer durations, thereby improving upon isometric muscle contraction, while others may prefer a schedule for beginners focusing on optimal body alignment. Masters level athletes may be focusing more on spiritual aspects of yoga and to remain free from back bone-related disorders, blood pressure management, etc. In contrast, others may relate more to a style that emphasizes the physical component that helps them gain more core strength and hip



flexibility. Women and injured might be seeking a gentler Sahaj yoga style that focuses on aesthetics while doing stretching poses for functional strength. Even if someone is clueless about what to achieve, they might get some insight into setting some Smart goals for themselves.

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