

Yoga-A Way of Life and Its Importance in Sports

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Abstract: Yoga is considered as one of the oldest medical practices throughout the world and with its increasing awareness and important United Nations general assembly has declared June 21st as the International yoga day : yoga is an invaluable gift of Indian ancient tradition. If you are a competitive athlete, it is best to tailor your yoga practice to your training schedule because particular sports can develop certain muscle group. 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. A tri-athlete from San Diego, Heidi Rosier said, "I'm glad I found yoga and added it to my weekly workout routine. Not only do I feel stronger, but I also feel more confident that I will continue to be injury free." Another essential element in yoga is breath work (pranayama).

Keywords: Yoga, Sports, Daily life, Importance. Importance

I. INTRODUCTION

Many athletes turn their nose up to yoga, believing that it is only for middle-aged women or spandex wearing yogis. But there are many benefits that athletes can receive from practicing yoga including: enhancing recovery, restoring balance and reducing injury, improving biomechanics and energy conservation, improving body awareness, and enhancing breathing function among numerous others. With all of these benefits why not enhance your sport performance and prevent injury by adding yoga to your training plan. Generally when an athlete stretches pre or post workout they are stretching the muscles in the same direction and plane of motion in which they are exercising. On the other hand yoga works by moving muscles and joints through three planes of motion therefore activating little muscles to support primary muscles. Working muscles through three planes: sagittal, frontal, and transverse allows for well-rounded muscle development. Additionally attention to breath during yoga can be considered one of the most important benefits to athletes. Developing the ability to stay centered and breathing through difficult poses by concentrating on inhalations and exhalations teaches athletes to focus during challenging workouts or athletic performances. The mind-body connection in yoga is essential to helping an athlete's not only relax their tight muscles, but also mental stress.

II. OBJECTIVES OF YOGA IN SPORTS

Health, physical fitness and emotional stability are the objectives which bring yoga and physical education on a Common platform for the benefit of 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 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.

Role of Yoga in Sports

Yoga plays an important role in sports. In yoga, Asana, Pranayama, Suryanamaskara, Meditation and kayotsarga are usually performed by sportsperson for various purposes in Sports. Yoga improves their concentration. It helps in developing physical fitness and it is also good for relaxation, good for rehabilitation after injury. One of the far-reaching benefits of yoga is the uncanny sense of awareness that it develops in the practitioner of an impending health disorder or infection. This in turn enables the person to take pre-emptive corrective action”.

III. THE ATHLETIC PERFORMANCE BENEFITS OF YOGA

Of course, if you've looked at a few yoga videos or articles, you might be skeptical about the benefits; obviously, even the most intense yoga routine doesn't compare with something like interval training or deadlifts. This is absolutely true and part of why, even as a teacher and practitioner, I still include things like sandbag training, hill sprints, and sledgehammer work in my routine. The point is not that yoga can replace conventional (or unconventional) training, but rather how it can enhance it. By improving not only flexibility but also posture, body-mechanics, and awareness, yoga can literally make every form of training you do more effective and efficient. In my experience, a regular yoga practice can give

you the following :

- **Increasing Flexibility** – yoga has positions that act upon the various joints of the body including those joints that are never really on the „radar screen“ let alone exercised.
- **Increasing lubrication of the joints, ligaments and tendons** – likewise, the well- researched yoga positions exercise the different tendons and ligaments of the body.
- **Massaging of ALL Organs of the Body** – Yoga is perhaps the only form of activity which massages all the internal glands and organs of the body in a thorough manner, including those – such as the prostate - that hardly get externally stimulated during our entire lifetime.
- **Complete Detoxification** – By gently stretching muscles and joints as well as massaging the various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in the flushing out of toxins from every nook and cranny as well as providing nourishment up to the last point. This leads to benefits such as delayed ageing, energy and a remarkable zest for life.
- **Excellent toning of the muscles** – Muscles that have become flaccid, weak or slothy are stimulated repeatedly to shed excess flab and flaccidity
- **Improves concentration** - some yogasana [balancing pose], Pranayama like anulom- vilom, bhramari etc., Meditation helps to increase concentration.
- **Weight control** - Sportsmen often gains weight during off-season. This can easily be prevented by practicing all yoga techniques.
- **Increase immunity** - Yoga also increase the immunity.
- **Improves all systems** - Yogasana, Pranayama and suryanamaskar improves all body systems.
- **Improves glandular function** - Daily practice of yoga improves glandular function.
- **Develop fitness** - Yoga asana, pranayama, suryanamaskar develops high level of physical fitness especially flexibility and endurance.
 - ✓ Tone up muscular and nervous system
 - ✓ The breathing exercises of yoga help to control the breath which is very important for sportsperson.
 - ✓ Meditation, relaxation poses and some pranayama cure stress and anxiety.
 - ✓ It cures all components of physical fitness like speed, strength flexibility etc.

IV. CONCLUSION OF THE STUDY

With all of the benefits that can be provided to athletes who perform yoga, more athletes should add yoga into their exercise routine and live a balanced, less stressful, It is through practices containing these elements that athletes can recover

faster from vigorous workouts, open up tight areas that hinder performance, align the spine, and improve mental focus and concentration and stronger athletic life.

V. REFERENCE

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