



YOGA IMPROVED HEALTH AND SPORTS PERFORMANCE

Mr. Balasaheb Namdev Margaje

Director of Physical Education & Sports,

M.S.Kakade College Someshwarnagar, Tal. – Baramati, Dist- Pune.

ABSTRACT:

Yoga is the discipline of mind and body. It is the common man living a normal life, whatever his profession, class, religion, nationality or age may be. It is not a set of religious beliefs or practices. It aims to develop through gradual stages acquire knowledge of the self through the health functioning of the mind and emotions, which all the exercises can do.

KEYWORDS : *strengthen, Yoga, volleyball, surfing, swimming .*



INTRODUCTION

They also strengthen the bones and effect most significantly the involuntary organs of the body such as the digestive system, the endocrine glands and the nervous system. Yoga is the right way of living in the society. Healthy mind in a healthy body is a well known maxim. Yoga helps in many diseases and deformities and gives strength to all parts of the body. It purifies the blood and avoid constipation. Yoga is a perfection of mind, body, and soul. We can say that yoga is a good way of life.

IMPORTANCE OF YOGA IN SPORTS:-

To comprehend how Yoga can help pro athletics people, it is important to investigate my expectation to play a game and play it well. It is well recognize that to play any game, whether it be tennis, volleyball, surfing, swimming or running, we should foster the fundamental abilities and constantly train the body so we can apply the expertise in a refined and cleaned manner. Of course, practicing the skill at hand takes a lot of time, effort, and dedication. Having a body that is, areas of strength for adaptable controlled is likewise another significant thought, on the off chance that one can't move the body with the elegance, speed and speed required, the exhibition will be dreary. In a similar vein, a person's performance will suffer if they are unable to sustain endurance or stamina for the required amount of time. To play a game well, it is likewise important that an individual can zero in and focus with certainty on the main job without interruption or shyness. All things considered, managing interruptions, difficulty and stress is a significant part. Brandishing tutor B.P. Bam features this point by expressing "brandishing abilities require the fulfillment of profound concentration" , " living in each second" and stressed that " the hardest part or any accomplishment is the treatment of interruptions and unfavorable circumstances". It won't be easy to win if you can't "score the goal" or "serve the ball" at the crucial point of the game or deal with crowds "cheering or booing." As a result, a professional athlete must not only be able to maintain mental poise and balance, but also be highly alert, focused, and alert throughout the sporting match or event. So, how can yoga help a sportsperson strengthen their mind and body so they can perform at their best?

Advantages of Yoga on sports performance –

1. Better flexibility-

It is the ability to achieve an extended range of motion being impeded by excess tissue, fat or muscles. Yoga increases a range of motion of the less used inner muscles and helps in lubrication of joints. The result is a more flexible body, able to perform tasks easily with Yoga muscles and softer tissues of your body are worked out and will build up less lactic acid, which is responsible for stiffness in various parts of the body.

2. Better Posture-

Poor posture doesn't only look bad, it also has a negative impact on the body. Bad posture has been linked to backaches, neck pain, joint problems, to fix poor posture since each pose aims to get your body back into proper alignment without forcing you into unnatural positions. With Yoga you can avoid backaches, neck pain and joint problems.

3. Better Balance-

With yoga you will obtain the ability to control the body's position, either stationary or while moving. From easy beginner movements to more advanced stretches, you will notice that you don't have to concentrate quite as hard. That's because your balance has naturally improved. Every Yoga pose helps improve your balance even the ones that don't appear to require any balance. When you are sitting or leaning you are still required to centre your body.

4. More Strength-

Unlike other types of workouts where you pump iron or pull on resistance bands, with Yoga, you only use your own bodyweight as resistance. Since yoga requires you to enter into and hold various positions, you will naturally strengthen your muscles while just about every yoga pose helps your body to build strong muscles, some of the best include planks, bakasana and various headstands.

5. Tones the body-

One really great aspect of Yoga is that it works to tone your body without using pull-ups, Yoga only uses your own body weight as resistance.

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