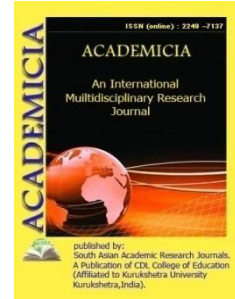




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**ELEVATION OF PHYSICAL AND MENTAL STRENGTH WITH SPORTS
 PERFORMANCE WITH TRADITIONAL EXERCISES AND YOGA**

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ABSTRACT

Practicing yoga may help you improve range of motion and balance while also strengthening your muscles and resisting weight loss as well as increasing your overall strength and stamina. When it comes to cross-training, yoga may be the best option. With its focus on breathing and flexibility, yoga may assist athletes enhance their performance on the field of sports. Even if you don't engage in sports on a regular basis, you're probably aware of the effect breathing has on your performance. Reduced performance anxiety and improved focus are built on the basis of deep, calm breathing. Yoga can assist you in creating a good breathing routine. Sportspeople may benefit from yoga practise since it integrates the mind-body connection.

KEYWORDS: *Yoga In Sports, Physical Strength, Athletes Performance, Sports In India, Yoga In Sportspersons*

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