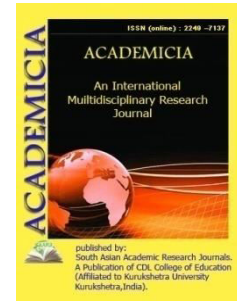




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## ELEVATION OF PHYSICAL AND MENTAL STRENGTH WITH SPORTS PERFORMANCE WITH TRADITIONAL EXERCISES AND YOGA

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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*

### INTRODUCTION

The main goal of yoga postures is to strengthen the core. Slow, concentrated motions need a strong core, and many exercises include isometric contractions, which offer a new kind of resistance training to your usual machine-based routines..

Slow, steady flexibility exercises are included into yoga practises, making them excellent for athletes. Regular yoga practise may help you become more flexible and mobile, as well as reduce muscular stress. Increasing your range of motion may benefit your performance in any sport, from running to golfing.

**Enhance your sense of equilibrium.**

To include balancing exercises in your training, try yoga. Athletes often neglect balancing exercises, despite the fact that they are one of the most efficient methods for correcting muscular imbalances and other mechanical issues. Sports and weight training regimens often include repeated movements that work just a small number of muscles while neglecting larger ones. Yoga has the ability to correct these inequities.

**Cross-train using this product**

Yoga is a wonderful low-impact method to stay fit while doing something completely different. Athletes that participate in the same activity or fitness programme year-round need to cross train. Incorporating new exercises may help you stay healthy, avoid injury, and have more fun while training. It can also help you recover from tough aerobic and strength-training sessions. There are hundreds of postures in yoga that may offer a workout for every athletic requirement, whether it's high or low intensity.

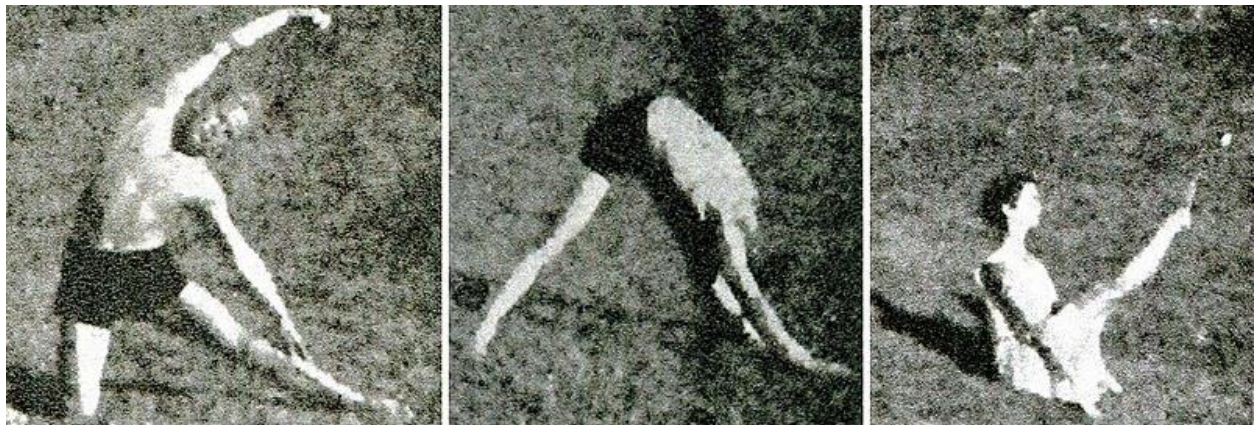


Figure 1 : Historical Use of Yoga Exercises by Sports Players

**Wide Range of Exercises**

There are many types of yoga, ranging from fast-paced practises that hold postures for long periods of time and constitute an intensive strength and balance exercise to more slow-paced practises that hold postures for few minutes.

**Described and Practiced Safely: The Most Popular Styles**

Yoga is a great way to stay in shape, but it comes with certain risks, which is why you should understand how to avoid being injured when doing yoga. More study is being done on the health benefits of yoga, but for the time being it's hard to say for sure how beneficial it is. National Institutes of Health (NIH) studies have shown a connection between yoga practise and reduced low back pain, as well as fewer complaints of arthritis, headache and carpal tunnel syndrome-related chronic pain and lower blood pressure, pulse and respiration rates.

Everyone, including athletes, may benefit from yoga. Among other things, yoga helps to strengthen your core and improves your general strength while also improving your flexibility and balance. The addition of yoga to the training programme of any athlete would be very beneficial. Here are a few additional specifics about the perks:

Strength: Lifting weights won't offer you the strength you'll get from regularly supporting your own weight.

Range of motion is improved with regular yoga practise because it improves flexibility and ease of movement. Sporting activities that involve a lot of swinging (like tennis or golf) may gain a lot from this. A person's overall level of flexibility also aids in the prevention of injury.

Yoga's balancing postures help you stay on your feet and avoid injuries by improving your general balance. You're less likely to break or tumble over if you learn to be soft and go with the flow.

Athletes that engage in endurance sports such as jogging, triathlons, and Iron Mans benefit from yoga's increased endurance. Everything becomes a meditation when you learn to tune in to your body and mind. This includes sports. Additionally, yoga teaches you the importance of taking things slow and steady so that you may stay committed to your goals.

Core: Almost all of yoga's exercises focus on strengthening your core. A healthy back is a result of having a strong core, as is a healthy overall body.

Strength: Yoga helps build the tiny stabilising muscles that are often overlooked in other types of physical training but are crucial for preserving your joints and spine (among other things).

Yoga also aids in the recovery of injured sportsmen. In other words, you're listening to your body and providing the care it requests and demands. It is also a wonderful counter-action since yoga lengthens all of the muscles that athletes spend so much time constricting.

When you learn to move with ease and stop trying to force things, you'll avoid injuries, and your body will open up to your mind as well, giving you more flexibility wherever you go.



Figure 1 : Hockey Yoga

Poses that work well for athletes include the following:

Exercise with a wheel: improves arm strength and flexibility in the back, shoulders, and hip joints.

### **Professional Sportsmen and Yoga**

Yogis have been doing this kind of exercise since ancient times to help their bodies stay flexible, to keep their muscles young, to improve circulation, and to strengthen their internal organs. But yoga goes much beyond this.

Yoga has been shown to enhance focus, eliminate constipation, ease stomach problems, and decrease body fat. Aside from improving the mind-body connection, research shows that yoga also boosts self-confidence, improves self-discipline, and increases vitality by increasing energy flow throughout the body. According to what research says, it seems that yoga has many advantages and may help us become a more well-balance, calm, focused, and successful individual. Because of this, yoga's advantages may be applied to a wide range of fields, including professional sports. In this article, the advantages of yoga for professional athletes will be discussed, as well as how yoga may improve an athlete's overall performance.

To fully grasp how Yoga may help professional athletes, one must first examine what it takes to be a good athlete and play a sport effectively. Everyone knows that in order to be good at any sport, whether it's tennis, volleyball, surfing, swimming, or even jogging, you need a solid foundation of fundamental skills and a consistent training regimen to keep your body in top shape. To become good at anything, you have to put in a lot of time, effort, and dedication to it. Having a flexible, strong, and controlled body is also essential, since poor performance will result if one cannot move their body with the necessary grace, velocities, and speeds. Similarly, a person's performance would suffer if they cannot keep up their endurance or stamina for the necessary period of time.

A person must be able to focus and concentrate with confidence on the job at hand without distraction or shyness in order to perform a sport effectively. As a result, overcoming obstacles such as diversions, hardship, and stress is critical. 'The hardest aspect of any accomplishment is the management of distractions and unfavourable circumstances,' says sports coach B.P Bam, who adds that "sporting abilities need the attainment of deep concentration" and "living in every moment". Without the ability to "score the goal," "serve the ball," or cope with audiences who "cheer or boo," success will be a long way off. Victory will be difficult to come by. As a result, a professional athlete must be able to retain mental equilibrium and balance as well as remain attentive, focused, and aware throughout the athletic action. So, how can yoga help a sportsperson develop their mind and body so they can give their best on the field ? Practicing yoga involves adopting certain bodily positions while controlling one's breathing, focusing on one's inner peace, and letting go of stress. To learn how to connect the mind and body via yoga, a person must be willing to be in the present moment. Practicing the breathing methods taught in yoga, known as pranayama, allows one to concentrate on the breath while also calming the mind and improving one's capacity to concentrate.

As Swami Vishnudevananda points out, "with pranayama, man's will-power, self-control and concentration power may be strengthened."#, he says that pranayama is important for improving mental serenity and focus. Bringing oneself into the present by paying attention to one's breath is

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an excellent habit to develop, as stated by B.P Bam. That's when I started paying attention." # The Nath sect's study of pranayama, he says, was particularly useful for sharpening one's concentration. # Professional sportsmen may benefit from Hatha Yoga's internal cleaning techniques not only to improve their physical purity and well-being, but also to increase their focus. Swami Vishnudevananda emphasises this issue, stating that "the concentration capacity of the mind rises to a very high degree when the body is devoid of physical impurities." # When done correctly, pranayama may assist in reviving and energising the body.

Yoga asanas, or poses, are prescribed to assist people improve their mental agility and focus. Long-term mental concentration is required to maintain a comfortable posture with stability, relaxation, and comfort. When playing sports at a high level of competition, you'll benefit from this since it helps you build mental and physical strength and focus. According to Swami Sivananda's teachings, regular yoga practise "will train [the mind] to be obedient, loyal, and effective in whatever they set out to do."

It is through the practise of asanas that one is able to develop a harmonious and balanced mind-body connection and a strong and steady state of mind. As a result of asana practise, internal organ function and efficiency increase, which benefits the whole body. The interior workings of the body's organs are improved when cells are fed and rejuvenated. It is widely accepted by Yogic authorities that "yogic exercises are primarily designed to maintain the proper curvature of the spine and increase its flexibility"#. They also claim that "balancing asanas" improve cerebellum function and muscle coordination, helping to achieve grace and fluidity in movement.

Asanas in the inverted position may help you change undesirable habits and outdated patterns of behaviour, such as an inefficient swimming stroke or a volleyball swing. Professional athletes who want to improve their results must be able to alter their bodily motions and behaviours on the fly in order to do so. A fresh light is shed on previous patterns of behaviour and being while doing inverted asanas, which alters typical patterns (both emotionally and psychically). Additionally, inverted asanas have been shown to enhance health, lower stress levels, and boost confidence.

To help build a skill or reinforce a new pattern of behaviour or beliefs, try using Yoga Nidra and visualisation. He states, "all of the top Indian sportspeople who have worked with me have been making extensive use of various visualisation techniques." B.P.Bam emphasises this point, stating, "purification of memory or reinforcing a skill's best qualities by remembering them again and again makes a major contribution." # Chanting and meditation may also assist to decrease tension and anxiety and to develop a mental serenity and poise that is useful while performing under pressure.

It's possible that a regular yoga practise may help you gain more core stability and strength. Various postures use muscles that aren't used as much while doing other types of exercise like jogging, cycling, or swimming. You can better support your main muscle groups if you work on the smaller ones as well. Increasing the size and strength of your muscles will enable them to operate at their best and improve your overall exercise performance.

Improved exercise performance and injury avoidance need good balance and coordination. As you go through yoga postures, you'll improve your balance, coordination, and focus. You may

decrease your chance of falling and enhance your exercise technique by increasing your balance. This will help you perform better in general.

Poses that improve flexibility are included in a full yoga practise along with those that test your strength and balance. A person's ability to move freely is mostly determined by their joint and muscular flexibility. More force may be exerted during athletic motions such as a golf swing, a swimming stroke, or a baseball pitch with a larger arc of motion.

In addition to physical training, yoga emphasises mental training. Even if you're not a fan of meditation, yoga incorporates a variety of different methods that may help you concentrate better during physical activity or sports. Many yoga postures, for example, are most effective when breathing is synchronised with movement. Endurance athletes, such as runners, bikers, and swimmers, may benefit from this.

Yoga is an excellent complement to any workout programme because of the many advantages it offers for enhancing athletic performance. Every athlete may start the programme at their own speed and profit from it. This makes it unique. So, now is the day to take a risk and go on the mat!

## CONCLUSION

Practicing yoga helps to mobilise joints, stretch ligaments and other connective tissues, tighten and tone muscles, and improve spinal flexibility and organ strength. During a yoga session, you'll be able to stretch, relax, deep breathe, increase circulation, and focus your mind. A professional athlete may benefit from yoga because it helps them improve their focus, nurture a peaceful and relaxed state of mind, and develop the link between their mind and their body, resulting in improved muscular coordination and fluidity in their movements. The benefits of yoga extend to professional athletes as well, strengthening internal organs like the heart, lungs, and liver, as well as helping them retain their physical fitness and agility. Stress and anxiety may be reduced and self-confidence can be developed via yoga. Every one of these factors is essential for athletes to reach their full potential and perform at their very best. According to the information presented above, in order to successfully complete a sports activity, one must have a high level of attention and focus, as well as a calm and regulated state of mind. According to Swami Sivananda, "concentration is a prerequisite for success in every field of life." # The practise of yoga may assist a sportsperson maintain mental balance and self-control under pressure or hardship. Yoga may help people gain mental and physical mastery over their bodies. As a result, Yoga may assist athletes achieve their optimum performance by developing mental control and focus.

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