



APPLIED YOGA AND LIFE SKILLS IN SPORTS

Dr. Shobha P. Shinde

ABSTRACT :

Yoga is a most powerful medicine on stress, frustration, tension and basic fitness factors. Yoga is eight limits of Body and Soul i.e. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharma, Dhyana, Samadhi. Pranayama is science of related to breath; Yogasanas is related to Internal and External part of our whole body and day to day Life style. Yoga is connection to me our self, also control our body, self thinking, emotions, stress etc. Life skills means who develop skills in the student which is continue process



for developing and making a successful life , is called Life Skills. Yoga develops life skills included curriculum raised question what is relation between yoga and life skills and Experts opinion is that heart and mind is closely related to each other also thinking power effect of heart. Through yoga develop the specific sports skills. Advantages of yoga, Increase of memory power, flexibility, strength, physical fitness, control of movement and injuries, prevent for blood pressure, and all types of therapy. decrease obesity and stiffness of body. Yoga also help us develop life skills i.e. controlling the body movement, blood circulation, and Exercises which is related to Life skills. Emotional factor is most important in sports i.e. tension, stress, anxiety, interaction etc. Yoga is the best medicine in this factor ie, asana, Pranayama, stretching, exercise and breathing.

KEYWORDS : Yoga, Life - Skill, Sports Skill, Fitness.

Importance of Yoga Practice in Sports Training:

Yoga has its roots in the Sanskrit word "YUJ ", which means uniting or joining the Mind, Body and the Soul with Supreme Power GOD. Yoga is a 5,000 year old exercise used by people since times immemorial. Yoga helps to achieve higher levels of health & fitness , both physical and mental. It is widely proved and accepted that yoga trains the body, mind & spirit to become strong & flexible, release stress and create inner peace. There forms deep connection with ones spirit, intuition and personal power for living a healthy balanced life and for the athlete to exhibit his level best and keep fit always.

There are different attitudes of Yoga towards Sport. The relationship between self and self integrating yoga practice and Sport training. Yoga has benefitted the competitors in Sports. Unlimited benefits of Yoga are seen in Sports as well as in day to day activities. The increased flexibility throughout the muscular system is popular all over, but there is more to be attained the already mentioned.

How Sports are linked to Yoga?

The spirit is first, the Mind follows and lastly is the body. The athlete merges all three in him to bring out his best performance. Spirit, Inspiration, Motivation, Mind, Preparation, Education, Perspiration and Implementation.

Yoga Benefits - A Scientific Truth :-

Today, Athletes, can mention about their games or performance - increased strength, increased flexibility and range of motion. In hockey goalies can do splits and the golfers whose backs twists easily when driving on a par 5 ? A better chance of sinking the basketball, is also possible because of Yoga. Stability on the ground or court is essential in best performance in being stable on the feet. If for a minute just leave yoga apart then you would see everything falls as the much more correction in the athlete or a bridge player is achieved by a regular yoga practice.

It is recommended to develop a proper breathing technique. Breathing techniques form the core in Yogic performance. Hence, always a deep, relaxed breathing helps to deal with performance anxiety, concentration improvement whenever needed, and a faster delivery of oxygen to our muscles.

Benefits of Yoga for the Competitive Sportsman :-

Yoga offers unlimited benefits. Hence an increased flexibility throughout the muscular system and still more is needed. Yoga provides the athlete benefit of increasing mobility in joints, thus increasing range of motion for overall enhanced performance. The athlete a yoga performer can reach farther, fall harder & yet preventing and minimizing injuries as their muscles have memory (as rubber band) from the deep stretching obtained in practicing yoga on a regular basis. Thus athlete not long increases flexibility but also increases pose and a balance from the practice of yoga holding balancing poses.

Relation with Yoga Life Skills and Sports :-

Following life skills and sports improve through yoga.

Self development awareness of the own bodies and How they move the situation.

- Self regulations - Balance, Bonding, Breathing, Calm, learning manage emotions. self care.
- Relaxation - Strength, Boldly, flexibility
- Imagination and Creativity
- Communication skill develop with other people and other activities
- Develop self confidence
- Persistence
- Teamwork
- Resistance ability to deal with changes

Use of Yoga in Sports :-

Yoga is the best exercise for children and all people the inspired by Yoga help to develop a range of life skills through combination of Yoga, Life skills and sports. i.e. is like Owl pose, open their upper back shoulder and chest muscles, activates and strengthens "core" muscles.

The foundation for the good sitting posture, use the sports skills, Rugby, Dance, Tennis, Writing skills and daily Living skills. E.g. Dressing. Mobilize and stretch the chest muscle . Child flaps their owl wings up and down they will be stretching their 'pectoral' muscles, run across the front of their upper chest.

To Develop Balance skills will soon gain in body confidence doing this pose specifically improve strength hip and leg muscle.

Yoga poses for sports performance :-

1 Crocodile pose - develop the balance

2 Snake pose - For arm and neck , shoulder, hand muscle, activate i.e. shot put, Javelin throw, Hammer throw, Swimming,

3 Mouse pose - develop finger and wrist strength. i.e. Volleyball, Tennis, Badminton, Golf, Hockey, Pool game

4 Dog pose _ quick movement - Kabaddi, Table Tennis, Football, Kho-Kho, Badminton

- 5 Bharadvajasana - Increase upper body, Flexibility, Loose belly fat, stretches the spine, shoulder ,hip, Neck pain,Relieve lower back pain,
 6 Boat pose (Paripurna Navasana) - Strong abdominal muscle,Back pain, better posture,greater balance,i.e. Gymnastics,Rope malkhamb
 7 Baddha Konasana - Swimming, Breast stroke
 8 Chair pose - Virbhadrasana- ,Utkasana, Setubandhasana, beneficial for Tennis player often lose their suppleness in the back and torso
 9 Cobra pose - beneficial for Golf players.
 10 Rowing in boat pose- Team work- to work together as a team.
 These are yoga poses for athletes to strengthen all muscle groups and better balance and flexibility.

Yoga in Swimming :-

Swimming requires muscular strength and endurance, besides this a strong pair of lungs. To get this target we need a peak concentration for developing strong muscles with higher endurance capabilities and breathing exercises (Pranayama) to strengthen the lungs.

Pranayama means control of one's breath. " Prana " is a breath or the bio - energy of the body. On subtle levels prana represents the pranic energy responsible for life or life force and " Ayama " means control.

Pranayama = Prana + Ayama Control of breath = breath + Control

Hence the rhythms of pranic energy are controlled with Pranayama and achieve a healthy mind in a healthy body.

Pranic activities in body consists of 5 different types of Prana : 1 Prana 2 Apana 3 Vyan 4 Udana 5 Samana .

Prana and Apana form the most important. " Prana " flows upward and " Apana " flows downward practice of Pranayama achieves balance in the activities of these pranas resulting in a healthy body and mind.

Types of Pranayama :-

- 1 Quiet Breathing 2 Deep Breathing 3 Fast Breathing 4 Tri bandha 5 Pranayama 6 Nad Shuddhi Pranayama 7 Ujjayi Pranayama 8 Bhramari Pranayama

Examining the exercises of breathing it is first essential to understand the process of breathing.

This requires two activities - inhaling & exhaling.

According to " Yogashastra " -- " Puraka " is inhali -- " Rechaka " is exhaling.

Both the above activities work hand in hand Non - stop from birth to death of a person.

The above can be further divided into 3 subparts..

- i) Quiet Breathing :- Smooth breathing continues naturally.
- ii) Deep Breathing :- Deliberate slow down of breathing.
- iii) Fast Breathing :- Quick breathing increase in speed of breathing.

Yoga activity useful in Cricket, Baseball, Golf :-

Cricket players also need to undergo fitness and conditioning program, these are a series of combination of strength training and workouts.

Here factors like endurance and optimum performance form a major part for bowlers or batsman to maintain during long matches.

A good base of strength and fitness is essential to exhibit a higher level of combined skills which is needed in batting and fielding.

The Batsman aims to remain in the crease for long periods of more than 4 hours. In this position a good batsman has to be focused, have good ball / eye skills and have the strengths and fitness to make shot played count. All the above enquires power from a strong core, abdominal midsection and ability

to generate upper body movements, using the utmost kinetic energy of the ball as it speeds towards us. This requires a slight change in the direction. Unfortunately this skill is possessed by a handful of batsman.

Fielders on the other hand need the ability to sustain a concentrated effort of 6 hours plus period without fatigue and the temperatures are quite high. Fielders require worst explosive bursts at any given time - racing for a ball, jumping for a catch. The senses are always on a red alert no one knows when the ball will race in their direction and we have to do that visualization.

Bowlers require some body energy combined with good muscular strength in order to maintain a higher number of over's. Poor fitness and muscular strength will result in inaccurate bowling and a greater risk of injury, especially the ones to suffer are the high speed bowlers.

To get a maximum for the above mentioned sports the following Yogic Asana or Postures are prescribed to achieve the results without much exertion.

Yoga for Racket Sports:- Tennis, Table - Tennis, Squash, Racquetball :-

Yogasananas for mental co ordination where an explosive move is the need which has to be in the direction of the ball. This requires flexibility and strength. When we come close to the ball we have to adjust, position ourselves and then place yourself to hit the shot with racket. Legs need to be very strong, as a brisk movement with swiftness is needed. Also waist strengthening and to place oneself behind the shot. Thus lists of Yogic Asana (Postures) that are required are mentioned to get the maximum or peak performance. List of Yoga Asana for mental co ordination needed for Mountaineering which involves traveling quite a long distance, gaining significant elevation, with a goal of getting to the top of a special peak. The peaks may be snow clad & sometimes they can also encounter technical climbing of rock & ice. Mountaineers esquire high degree of physical strength.

CONCLUSION :-

Yoga improve Life skills and Sports skills, co-ordination, Physical tone, Awareness, Improving Mind and Breathing, Meditation to reduce muscular tension, Anxiety, and Stress.

In this article researcher suggests the Trainer , Sports Teacher, Various sports disciplines should includes asana, Pranayama, kriya, Meditation, Dhyan Dharana, that's why improve Life skills and sports performance in their training program.

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