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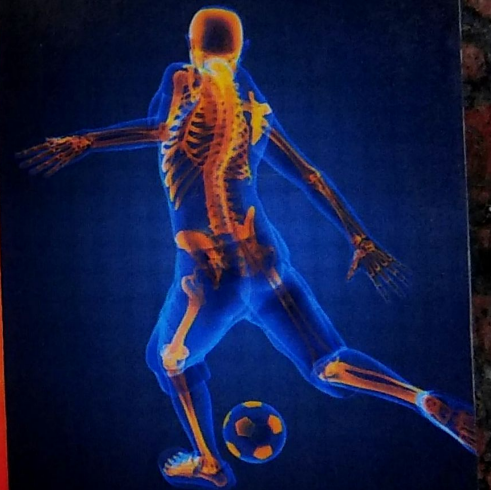
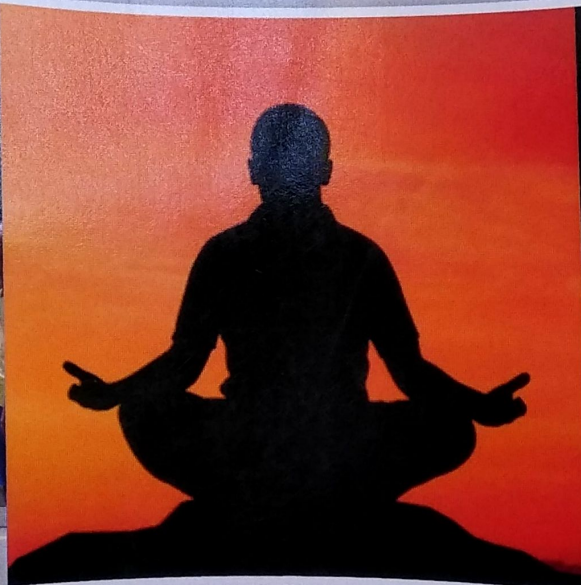
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**SWATIDHAN PUBLICATIONS**



24	<b>Yoga as Alternative Means for Holistic Health</b> Dr. Subhash S. Dadhe	
25	<b>Comparative Study on Mental Toughness among Female and Male Players</b> Mr. Anshuman Singh	68
26	<b>Weight Training and its Impact on Health</b> Dr. Jayawant Mane	70
27	<b>The Need of Sports Psychology to Optimize Performance of Athletes</b> Dr. Harendrasinh P. Solanki	72
28	<b>Modern Workout Means: Getting to Know</b> Sharad Aher, Ph.D.	75
29	<b>Professional Development of Physical Education in India</b> Dr. Virendra Shivsing Jadhao,	78
30	<b>How to Burn Fats Easily</b> Utpal Pal, Harshada Patil	80
31	<b>Endurance Training Program for Wrestlers</b> Dr. Vitthal Hulappa Dumnar	83
32	<b>Role of Yoga and Meditation in Today's Life</b> Dr. Sanjay J. Thakur	85
33	<b>Yoga as a Means for Performance Improvement in Sports</b> Mahesh Ramakant Patil	87
34	<b>A Study of Theoretical Concepts Yoga and Education</b> Shankar Rao	89
35	<b>The Relationship of Personality and Trait Anxiety between Male and Female Volleyball Players</b> Zahoor ul Haq Bhat, Dr. D. D. Sultana Showkat Bashir Lone	94
36	<b>Women Participation in Sports</b> Shankar Rao	99
37	<b>To Study the Psychological variables among the College Level Ball Badminton and Kabaddi Players</b> Prof. Dr. Vinod Patil	104
38	<b>A Comparative Study Of Muscle Mass Of College Students OF Hilly And Plain AREAS OF District Bandipora in Kashmir</b> FARHATH HAMID	107



## Yoga as a Means for Performance Improvement in Sports

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### Abstract :

The original yoga competition was an exercise in spiritual development to train body and mind, to observe oneself and to become aware of one's own nature. The goal of yoga was to cultivate discernment, awareness, self-regulation and higher consciousness in the individual. Most sports often build muscle strength and resistance in certain parts of the body. Yoga can be used for the improvement of professional athlete. It is necessary to investigate how we can use to yoga for development of performance to play well.

**Keywords :** flexibility, metabolism, circulatory health

### Benefits of yoga :

Increased flexibility, Increased muscle strength & tone, Improved respiration energy & vitality, Maintaining a balanced metabolism, weight reduction, cardio & circulatory health, improved athletic performance, Protection from injury.

### Yoga definition :

yoga is a Sanskrit word derived from the Sanskrit root "yus" which means to connect Join or balance.

### Meanings :

Yoga has a wide range of things that it can offer. You could say that the main purpose of yoga is to achieve balance and control in one's life.

### Introduction :

The ancient practice of yoga is thousands of years. He was taken to India 3.500 years ago by nomadic people from Central Asia, who practiced an intellectual discipline called yoga. It was a way to use the mind to control the senses and the body.

The Bhagavad Gita, the Yoga Sutras of Patanjali and the Hatha Yoga Pradipika are based on the central concepts of yoga yoga philosophy.

In many sports, strength is required, so the player uses a different method to increase strength and muscle mass. However, flexibility decreases when performed heavy weight training regular exercises. If yoga and other stretching exercises are performed with a combination of exercises Strength training, injuries can be reduced. With yoga, the player not only increases flexibility.

### Yoga Improvement In Sports :

Yoga is for everyone athletic included yoga works on strength, flexibility balance, agility, endurance, core & overall strength among other in particular athletes in sports that require swimming action (tennis, golf, etc.) Yoga plays an important role in sport in yoga, asana, pranayama, suryanamskar, mediation & are usually performed by sportsperson for various purpose in yoga

- Standing poses – build leg – strength as well as flexibility in the hip
- Balancing poses – increase body awareness stabilization & proprioception
- Backward vend – improve posture, respiration digestion & elimination.
- Forward bend – promote health of posterior chain & help balance
- Inversion – improve immune function & enhance circulation in legs.
- Arm balance – build core & upper – body strength & improve balance
- Twist improve posture, shoulder – mobility respiration digestion, elimination.

### Methodology :

Yoga in daily life is a training system that consists of eight phases of development in the field of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, its focus and stress under control. The main goals of "Yoga in daily life" are physical health, mental health, social health, spiritual health, self-realization or the realization of the divine within us. These goals are achieved through love and help for all living beings, respect for life, protection of nature and the environment, a peaceful state of life, physical, spiritual and spiritual practices, tolerance for all nations, cultures and religions. It is well known that yoga techniques improve overall performance.

### Conclusion :

The importance of regular yoga exercises for sports-specific training. A person must have a high concentration and



concentration with the mind that is calm and controlled. Yoga can help an athlete to have a balanced mind and to control his thoughts even during stress. Yoga can play a key role in cultivating mental control and concentration, helping an athlete achieves peak performance.

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