

Excellency In Sports Through Yogic Exercises

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ABSTRACT: Yoga postures are the physical positions that coordinate breath with movement and with holding the position to stretch and strengthen different parts of the body. Yoga exercises will improve over all flexibility and strengthen the lower back to provide support for the strong upper body the archers develop. Wrestling, Weight lifting Power lifting are included as sports for strengths. At the time of playing the sports player injured. The best way to prevent these injuries is through proper warm-up and an all around program of flexibility and strength exercises. The paper is based on secondary data. The researcher done this study on the behalf of internet source and books sources. The finding of this study Games follow this Exercise in daily for better way for the performance of the sports person. So yoga plays a better role for sports in deferent way.

Key words: sports, yoga, Yogic Exercises and etc.

Introduction: Yoga postures are the physical positions that coordinate breath with movement and with holding the position to stretch and strengthen different parts of the body. Asana practice is the ideal complement to other forms of exercise, especially running, cycling and strength training, as the postures systematically work all the major muscle groups, including the back, neck, and shoulders, deep abdominal, hip and buttocks muscles and even ankles, feet, wrists and hands. By their very nature, asanas affect major and minor muscle groups and organs as they simultaneously impart strength, increase flexibility and bring nourishment to the internal organs. Although most poses are not aerobic in nature, they do in fact send oxygen to the cells in the body by way of conscious deep breathing and sustained stretching and contraction of different muscle groups. You may choose the sports to practice; yoga can enhance and complement your ability. Most sports build muscular strength and stamina. Yoga can help both your body and your mind to function more efficiently. If your body is flexible and supple you will be less prone to sports injuries, as your joints will be kept lubricated.

USE OF YOGA IN SPORTS AND GAMES

- 1) Yoga for target sports
- 2) Yoga for endurance sports
- 3) Yoga for using one side of the body in sports
- 4) Yoga for artistic sports
- 5) Yoga for strength sports

1) Yoga for target sports:

Target sports can be greatly helped by the regular practice of focusing techniques, for example, the eye exercise for enhancing the performances, always include a few minutes of breathing and meditation in your daily yogic routine. Target sports include Archery, Golf, Long jump, High jump, Baseball / Softball, and Volleyball.

ARCHERY

Since archery is a one-sided sport, archers need a balance both the sides of the body. A training of concentration and steadiness through breathing techniques and meditation can sharpen "instinctive shooting". Yoga exercises will improve over all flexibility and strengthen the lower back to provide support for the strong upper body the archers develop.

Suggested yogic exercises for archery players are:

- 1) Vrikshasana 2) Bhujangasana 3) Trikonasana 4) Dhanurasana
- 5) Naukasana 6) Akarana Dhanurasana 7) Nataraj asana 8) Side stretch
- 9) Nasagra Drashti 10) Bhrumadhya Drashti 11) Surayabedana
- 12) Anuloma Viloma.

GOLF

In Golf one requires a strong back, good concentration, and spinal flexibility. The bodies are particularly vulnerable to strain because of the extreme twisting motion of the golf swing. The best way to prevent these injuries is through proper warm-up and an all around program of flexibility and strength exercises.

Suggested yogic exercises for golf players are:

- 1) Bhunjangasana
- 2) Chakrasana
- 3) Trikonasan
- 4) Nukasana
- 5) Ardha Matsyendransasana
- 6) Gomukhasana,
- 7) Akarna Dhanurasana
- 8) Natrajasana
- 9) Surayabedana
- 10) Anuloma Viloma.

LONG JUMP/ HIGH JUMP

These events require great flexibility in the hips and legs and a good sense of balance and timing. There will be some imbalance in the body, as the same leg is usually used to push off, and the other to lead into, the jump. Yoga exercises will thoroughly stretch out leg and back muscles to avoid injury, balance both side of the body, and strengthen the lower back.

Suggested yogic exercises for long jump/high jump players are:

- 1) Talasana
- 2) Trikonasana
- 3) Salabhasana.
- 4) Vikshasana
- 5) Dhanurasana
- 6) Padahastasana
- 7) Bhadrasana
- 8) Natrajasana
- 9) Ardha Matsyendrasana
- 10) Suryabhedna
- 11) Anuloma Viloma.

BASEBALL / SOFT BALL

These sports require quick reaction time and burst of intense energy and endurance. Yoga exercise can help flexibility and strengthen the muscles of the back, legs, and abdomen; improve concentration and reaction times. As we know vigorous running in sports increase the risk of injury, especially if muscle strength is imbalanced. Pitchers are vulnerable to overuse injuries from repetitive throwing (mostly shoulder and elbow) and some time carpal tunnel problem. The best way to prevent these injuries is through general conditioning, stretching the shoulder's arms prior to the game and daily practice of wrist and hand exercises.

Suggested yogic exercises for baseball/softball players are:

- 1) Garudasana
- 2) Janu Sirsasana
- 3) Ardha-Matsyendrasana
- 4) Salabhasana
- 5) Chakrasana
- 6) Surayabedana
- 7) Anuloma Viloma.

VOLLEYBALL

This game involves bursts of quick movement in many directions, using many of the same muscles movements as tennis. Yoga exercises can help to strengthen the leg muscles, maintain a strong back, and balance both side of the body.

Volleyball players often experience sore shoulder from overhand play, back strain, and jumper's knee from constant bending. The best way to prevent these injuries is through general conditioning, stretching and strengthening of the legs, back, shoulders.

Suggested yogic exercises for volleyball players are:

- 1) Baddha Padmasana
- 2) Bhujangasana
- 3) Dhanurasana
- 4) Sarvangasana
- 5) Gomukhasana
- 6) Vrikshasana
- 7) Akarna Dhanurasana
- 8) Vajrasana
- 9) Surayabedana
- 10) Anuloma Viloma.

2) Yoga for endurance sports:

Cycling, Cross-country (skiing), Basketball, Football, Rugby and Swimming are included in endurance sports where the activity is continued for long period of time.

Overuse injuries from cycling include inflamed knee and Achilles' tendons and kneecap pain; back pain can result from a poorly fitted in endurance sports. The best way to prevent these injuries is to stretch and strengthen the legs, knees and back.

Suggested yogic exercises for endurance sports are:

- 1) Vrikshasana
- 2) Vajrasana
- 3) Usthrasana
- 4) Dhanurasana
- 5) Salbhasana
- 6) Utkatasana
- 7) Talasana
- 8) Sarvangasana
- 9) Chakrasana
- 10) Matsyasana
- 11) Naukasna
- 12) Bhujangasana
- 13) Salabhasana
- 14) Ardha Matsyendrasana
- 15) Bhadrasana
- 16) Garudasana
- 17) Baddha Padmasana
- 18) Gomukhasana
- 19) Kapalabhati
- 20) Ujjayi
- 21) Bhastrika

3) Yoga for using one sided of the body in sports

Tennis and other racquet sports, field hockey, throwing events, bowling are included in using one side of the body in sports.

It is easy to see that if individual direct extreme effort to one side of the body repeatedly the opposite side of the body always ignored. This means the constant training in balance of the two sides is a necessity for success in the game.

Quick movement in different direction make tennis and racquet ball players prone to kneefoot and groin muscles injuries, may also experience repetitive motion problems and injuries to the shoulder and elbow to these one sided of the body in sports. The best way to prevent these injuries is to strengthen the back legs and shoulder and follow an all around flexibility and strength routine.

Suggested yogic exercises for using on sided body in sports are:

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|--------------------------|----------------------|-------------------|----------------------|
| 1) Bhujangasana | 2) Salabhasana | 3) Dhanurasana | 4) Sarvangasana |
| 5) Utkatasana | 6) Vrikshasana | 7) Vajrasana | 8) Gomukhasana |
| 9) Baddha Padmasana | 10) Paschimatanasana | 11) Chakrasana | 12) Naukasana |
| 13) Ardha Matsyendrasana | 14) Ushtrasana | 15) Padahastasana | 16) Akarnadhanurasna |
| 17) Ujjayi | 18) Bhastrika | | |

4) Yoga for artistic sports

Gymnastic, Diving, Figure skating are include in the yoga for artistic sports.

The flexibility and poise needed for superior performances in these sports can be enhanced with yoga stretching and strengthening exercises, which will lengthen the spine. Breathing exercise will help to calm precipitation anxiety and regular meditation training will improve self-confidence and focus. Muscle pulls and strains are common among these sports. The best way to prevent these injuries is by proper warming up before training sessions or competition and using a full range of yoga techniques to provide balanced flexibility and strength.

Suggested yogic exercises for endurance sports are:

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|-------------------------|------------------------|------------------|-----------------|
| 1) Paschimatasana | 2) Bhujangasana | 3) Bhadrasana | 4) Dhanurasna |
| 5) Gomukhasana | 6) Baddha Padmasana | 7) Salbhasana | 8) Natrajasana |
| 9) Ardha Matsyendrasana | 10) Akarna Dhanurasana | 11) Padhastasana | |
| 12) Chakrasana | 13) Matsyasana | 14) Halasana | 15) Vrikshasana |

16)Salbhasana 17)Nasal Gaze 18)Frontal Gaze

5)Yoga for strength sports

Wrestling,Weight lifting,Power lifting are included as sports for strengths. Yoga exercises provide all around flexibility that.will complement the deep muscle strengthening of the body.Yoga breathing techniques help to oxygenate muscles fully and provide a solid foundation for rapid recovery from stress that otherwise lodge in muscles tissue as tension.

Suggested yogic exercises for strength sports are:

1)Padmasana 2)Ustrasana 3)Vajrasana 4)Salvasana
5)Bhujangasana 6)Chakrasana 7)Utkatasana 8)Natrajasana
9)Padhastasana 10)Jalandar Bandha 11)Mula Bandha 12)Uddiyana.

Finding

The Finding of This Paper is Most of Game Used Yoga Exercise in Deferent Sports Activity. Most of Game Use This Exercise likes Archery, Golf, Long Jump/ High Jump, Baseball / Soft Ball, Volleyball and etc. Games follow this Exercise in daily for better way for the performance of the sports person. So yoga plays a better role for sports in deferent way.

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