

The Effect of Yoga Exercises a Sports Injuries and Performance

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1. Introduction

Yoga is the physical, mental, and spiritual practices or disciplines which originated in ancient India with a view to attain a state of permanent peace. The term yoga can be derived from either of two roots, yujir yoga (to yoke) or yujsamadhau (to concentrate). The Yoga Sutras of Patanjali defines yoga as "the stilling of the changing states of the mind". Yoga has also been popularly defined as "union with the divine" in other contexts and traditions. The word yoga means to unite meaning the whole body is working as one. The body (physical workout), the mind (visualisations and belief in your goals) and the spirit (the energy surrounding us) are connected by the breath. Yoga creates energy, vitality, strength, flexibility and focus the life. Yoga disciples use poses, or asanas, to prepare their bodies for meditation practicemuch as an athlete would prepare for a sports competition. The poses also serve to alter one's consciousness and mental focus in the spiritual quest for "enlightenment." This spiritually transformative process is, in fact, the overriding purpose of the practice of hatha yoga. In essence, yoga is designed to bring body, mind, and spirit into balance.

2. Objectives

The goals that combine yoga and physical education together for the benefit of the human individual are health, physical fitness, and mental stability. Physical fitness is a more precise term that conveys the 'feeling of well - being'. Health is a more general and comprehensive term that conveys the 'feeling of well - being.' Physical fitness refers to a person's ability to complete an activity at a specific time. Physical fitness and health are not static. They are constantly changing and can only be maintained by carefully selected physical activities known as 'exercise.' The value of a specific exercise programme can only be assessed in terms of the effects it has on promoting a specific aspect of physical fitness. One can overcome all challenges and eliminate all weaknesses by practising yoga on a regular basis. Pain can be transformed into joy, sadness into happiness, failure into success, and illness into perfect health. Determination, patience, and perseverance lead to a successful outcome.

3. Conclusion

As previously stated, researchers discovered that yoga in sports is as vital as others believe, and that it benefits us in various ways and at various levels in a sportsman's life.

Yoga practice on a daily basis helps us to improve our performance. A person must have a high level of concentration and focus, as well as a calm and regulated mind, in order to accomplish an athletic action efficiently and effectively. Even during stress and/or difficulty, yoga can help a sportsperson maintain mental balance and control of their thoughts. Yoga can assist a sportsperson perform at their top levels by establishing mind control and concentration, and yoga can help us a lot.

- Thus, from the above discussion we can conclude in the following point:
- Athletes in all sports are finding that yogic conditioning not only elongates tight, shortened, fatigued muscles but also brings calmness and clarity to the mind.
- Some athletes begin the practice to rehabilitate an injury and to gain more flexibility, stability, and strength. Others take it up to increase their powers of concentration and quiet the mind.

Keywords: Athlete, Yoga, Injury, Muscle, Performance

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