



YOGASANA IN SPORTS

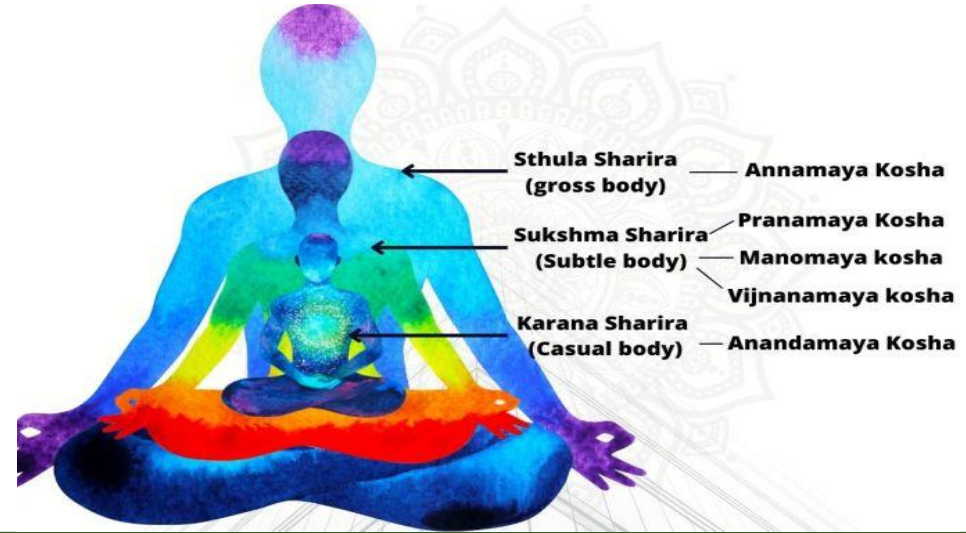


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WHAT IS YOGA ?

According to Maharishi Patanjali:
योगस चित्त वृत्ति निरोध



According to Bhadwad Geeta

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय । सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥2.48॥

According to Sankhya Yog

पुरुष एवं प्रकृति के पार्थक्य को स्थापित कर पुरुष का स्व स्वरूप में अवस्थित होना ही योग है।

ASHTANGA YOG

The 8 limbs of yoga are collectively known as Ashtanga Yoga, where "Ashta" means eight and "Anga" means limbs.

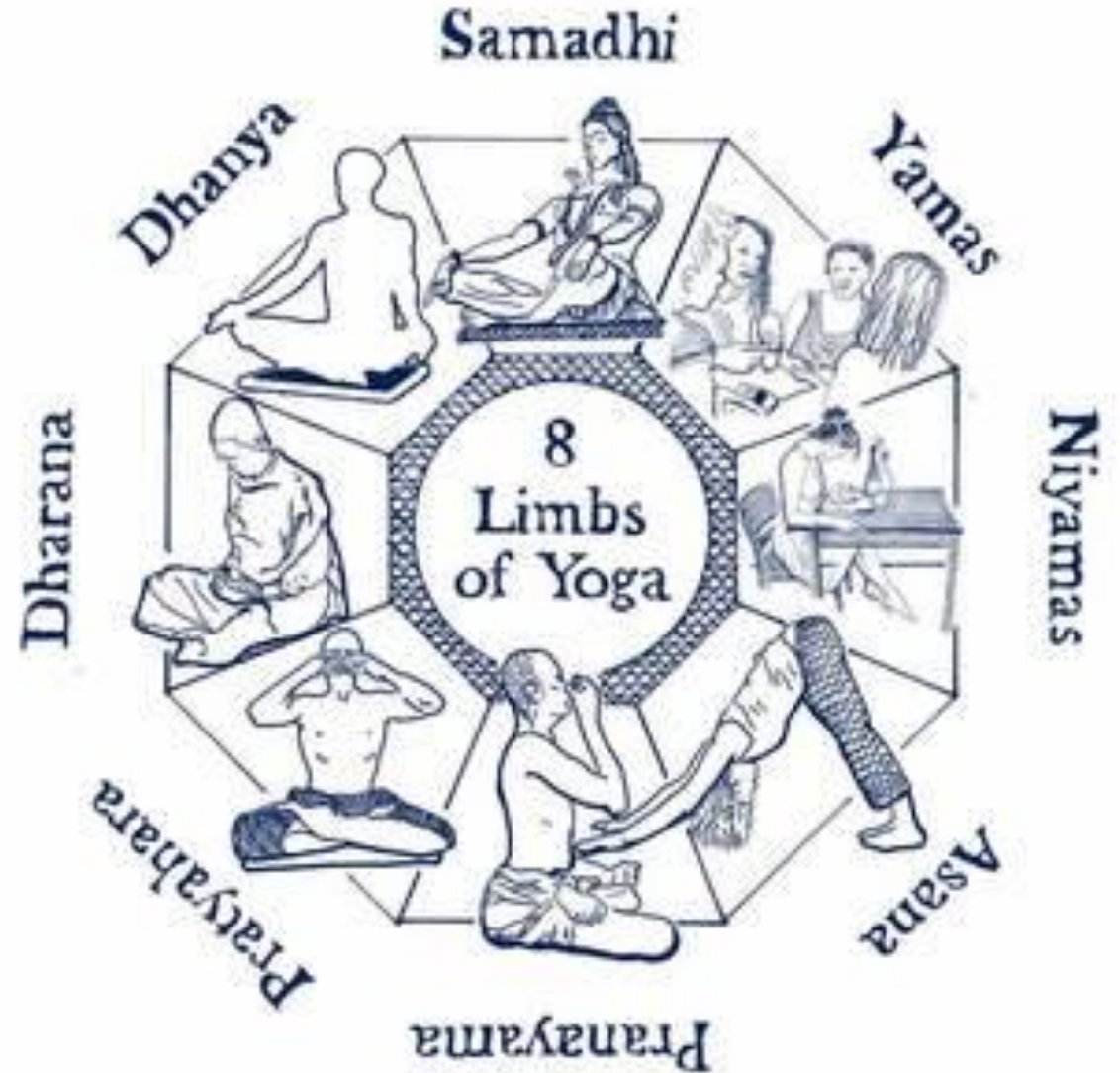
These limbs provide a systematic and holistic framework for leading a balanced and purposeful life.

Bahiranga (External Limbs):

- The first five limbs of Ashtanga Yoga are considered Bahiranga, or external aspects.
- These are concerned with the outward conduct and practices that prepare the practitioner for the deeper, more internal aspects of yoga.

Antaranga (Internal Limbs):

- The last three limbs of Ashtanga Yoga are considered Antaranga, or internal aspects.
- These limbs involve practices that focus on the internalization of attention, leading towards meditation and spiritual realization.



YOGASANA BHARAT

- Yogasana Bharat was established in 2019
- To build Yogasana through sustainable and scalable development and a competition structure that benefits the athletes, officials and the sport through NYSF



YOGASANA BHARAT

॥ समत्वं योग उच्यते ॥

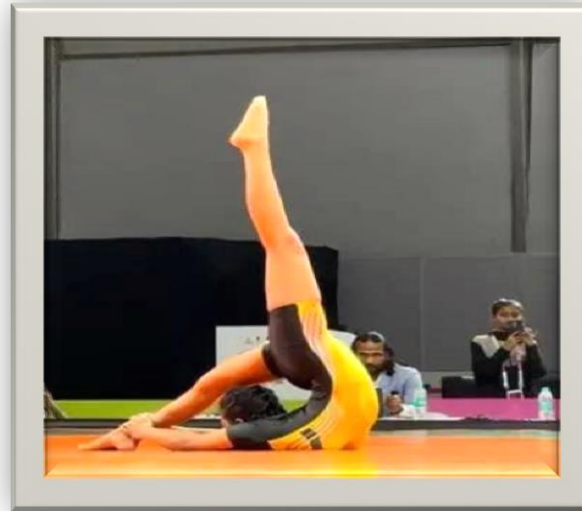
OBJECTIVES OF YOGASANA IN SPORTS

- Asanas which are important components of yoga are intended to keep the body healthy.
- Asanas help in exercising every muscle, nerve, and gland in the human body.
- Without putting any cardiovascular strain on the body, asanas aid in the maintenance and improvement of health.
- Sports promote mental and physical well-being and that is precisely what Yoga stands for.
- An unhealthy body cannot focus, meditate or attain a state of oneness with nature. Thus, asanas are considered the first and the most significant stage of yoga.
- Practicing asanas improve athletic performance.
- Asanas make our muscles strong and toned, our body flexible and helps regulate other systems of the body keeping it healthy and efficient enough to meet emergencies.

YOGASANA AS A COMPETITION

The championship are being done for different age group categories i.e sub-junior, junior and senior for the following types

1. ARTISTIC YOGASANA (SINGLE)
2. ARTISTIC YOGASANA (PAIR)
3. RHYTHMIC YOGASANA (PAIR)
4. ARTISTIC YOGASANA (GROUP)
5. TRADITIONAL YOGASANA EVENT
6. YOGASANA COMPETITIONS
7. FOR SPECIALLY ABLED



YOGA A WAY OF HOLISTIC HEALTH CARE

1. Repair
2. Rejuvenation
3. Relaxation
4. Response to External & Internal Stress
5. Restoration of Normalcy

POPULARITY OF YOGASANA

- Yogaasana has become the latest Static and Dynamic cross-training tool to enhance performance level of athletes.
- It reduce the risk of injury among a particular practitioner besides other allied sports sciences like Sports Physiotherapy, Massage therapy, etc.
- Yoga has gained the popularity as a preventive and health promotion tool and widely used in Fitness clubs, personal training studios etc.
- Yoga is also become training component in Defense Forces centres as well.
- Yoga can be used to improve sports performance—from increasing focus, enhancing flexibility, and balance to preventing common injuries and improving functional strength.

YOGA IN SPORTS

Improving flexibility

Improving
Agility

Strengthening of
muscles

Reduces stress

Aiding in Early recovery

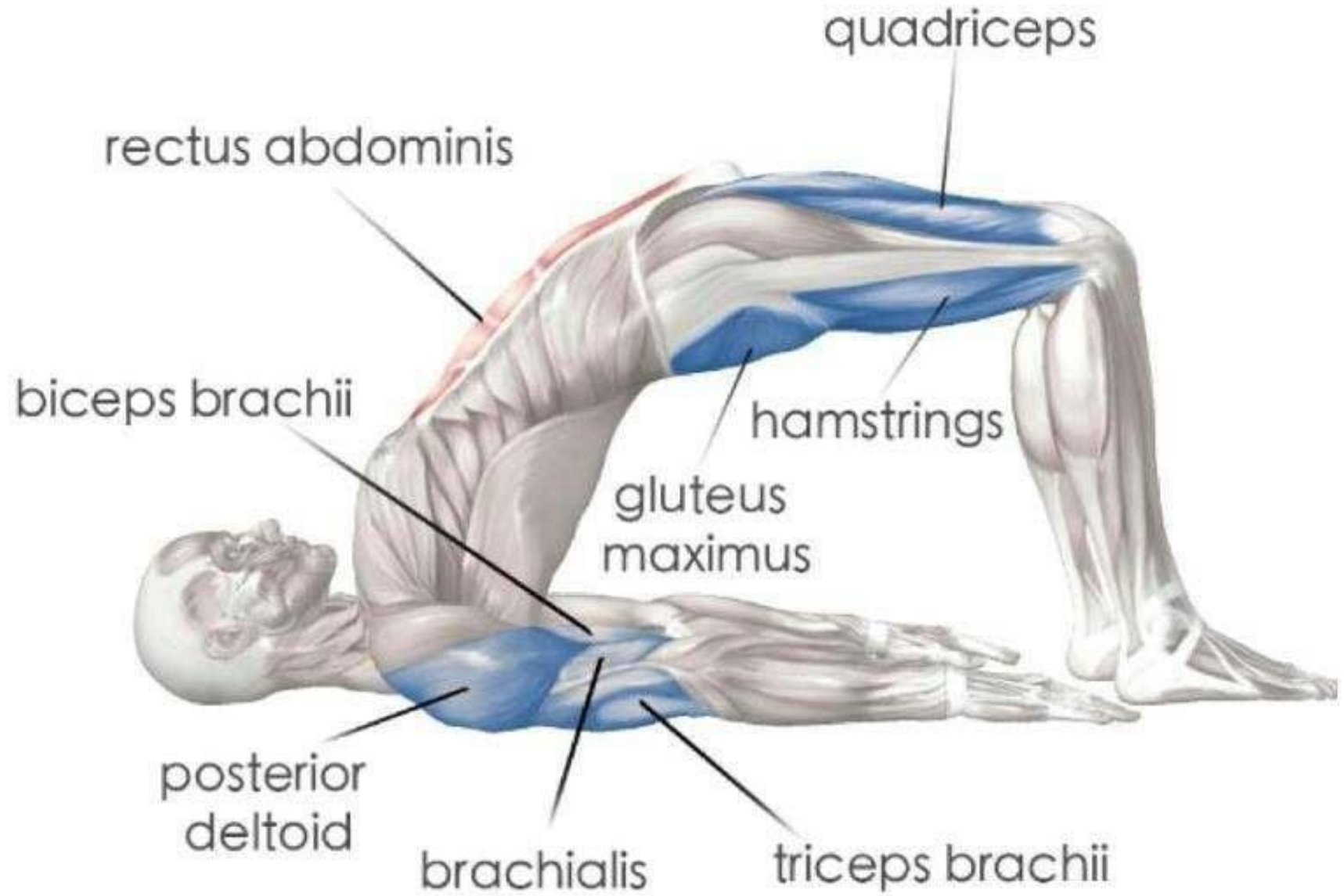
Improves
Overall performance

Rehabilitation

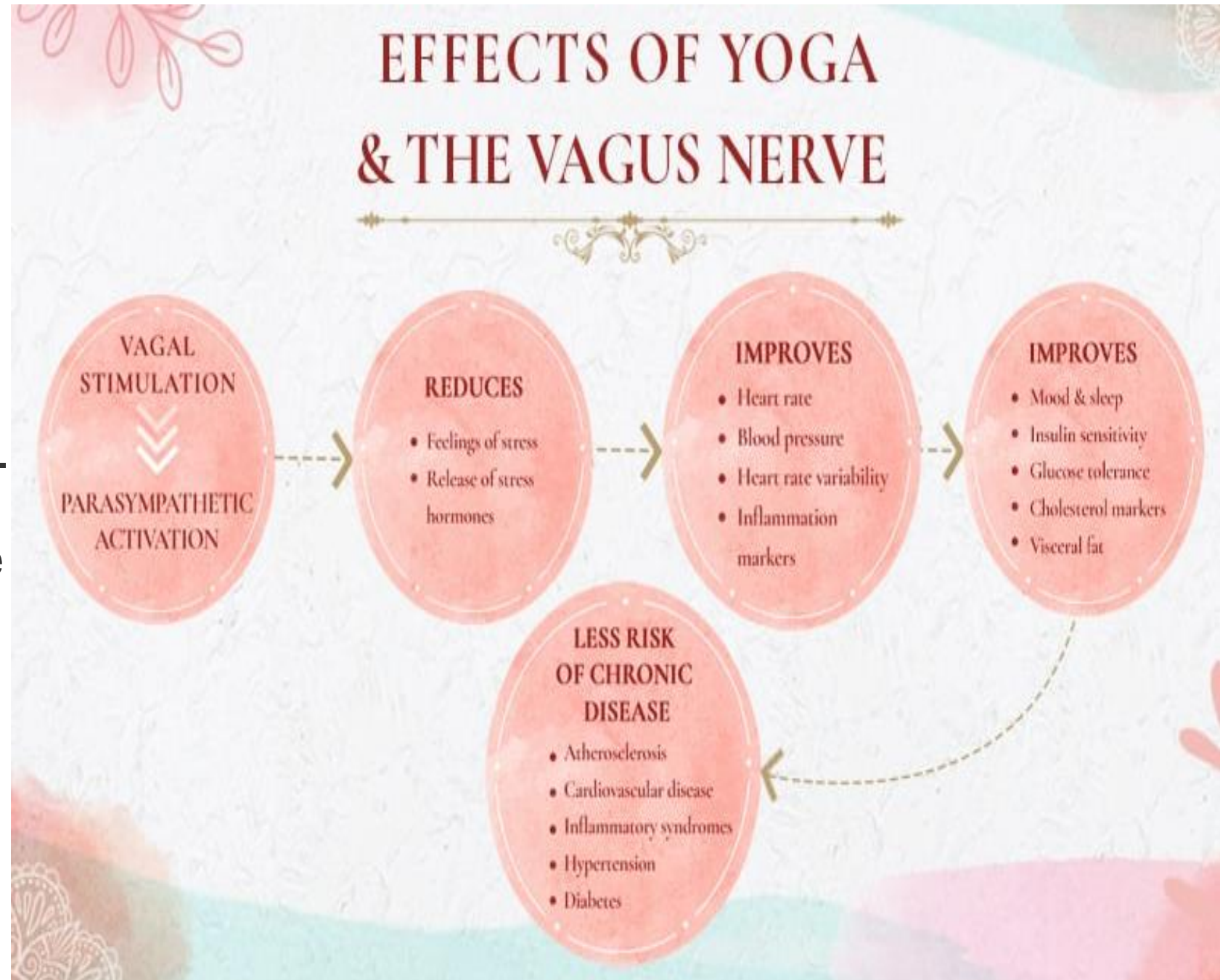
Preventive measure

Improves
Physiological markers

- It positively affect performance measures of flexibility and balance
- It helps to reduce muscle soreness by conditioning the muscles.
- Improve the function of organs and glands



- It direct influence over autonomic arousal through vagal nerve stimulation.
- It induces a parasympathetic response through vagal nerve stimulation and may inhibit sympathetic-driven response to stress (including muscle tension and pain, inflammation, and vaso- and pulmonary constriction)





Yogic Breathing Practice



Respiratory Function improves

- lung capacity increase
- Improves oxygen saturation

Immunity improves

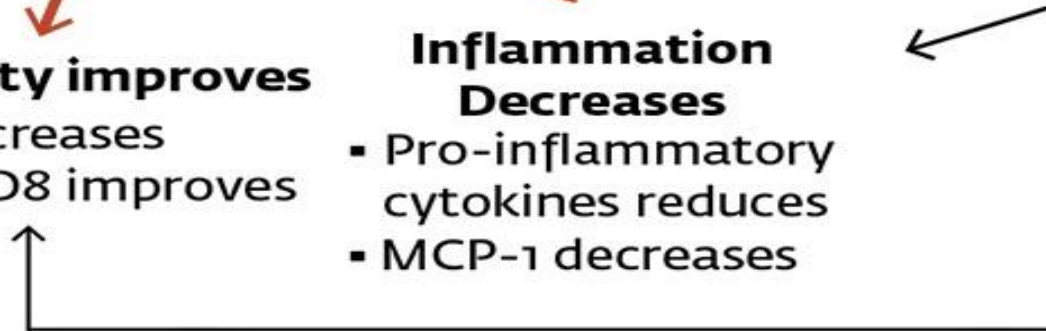
- CD4 increases
- CD4/CD8 improves

Inflammation Decreases

- Pro-inflammatory cytokines reduces
- MCP-1 decreases



Psychological Stress decreases



- Singh A 2011 found that a 6-weeks of yoga asanas training had significant effect on balance and agility through a variety of effects like dexterity, strength and musculoskeletal coordination thus, such training may be recommended to enhance sports performance.
- [Lucia Bühlmayer](#) 2017 concluded that Mindfulness practice consistently and beneficially modulates mindfulness scores. It seems reasonable to consider mindfulness practice strategies as a regular complementary mental skills training approach for athletes, at least in precision sports; however, more high-quality, randomized, controlled trials on mindfulness practice and performance improvements in diverse sport settings are needed.
- Mukesh et al 2021 stated that complex skill sets required by badminton players are aerobic endurance, speed & agility. Agility is a key complex skill set in badminton. Agility is related to physical traits like technique, strength and power

YOGA PROTOCOL FOR EVERY GAME

- Specific Yog Protocol should be designed as per the requirement of the game
- The protocol should include all the imperative aspects of Yoga
- Verification should be done jointly in consultation with qualified specialists from the field of Yoga, Sports medicine, and other relevant fields
- The protocol should be published in Research papers
- Protocols should be forwarded to Ministry of Sports to be followed during the training of athletes

IMPORTANCE OF YOGA IN RESEARCH

- 1. Physical Benefits:** Research can help quantify and validate the physical benefits, providing athletes and coaches with evidence-based information on how yoga may enhance overall athletic performance and reduce the risk of injuries.
- 2. Injury Prevention and Rehabilitation:** Research can explore how specific yoga practices contribute to the prevention of common sports injuries and aid in the recovery process for athletes undergoing rehabilitation.
- 3. Psychological Benefits:** Research in sports science can investigate how incorporating yoga into training regimens may improve athletes' mental resilience, focus, and overall psychological well-being.
- 4. Performance Enhancement:** Research can help identify specific yoga practices and their impact on physiological factors that contribute to improved speed, endurance, and agility and overall athletic performance.

IMPORTANCE OF YOGA IN RESEARCH

- 5. Optimizing Training Protocols:** helps to determining the most effective frequency, duration, and intensity of yoga sessions to complement existing training programs.
- 6. Individualized Approach:** Different athletes may respond differently to yoga practices. Research can help identify individual differences and tailor yoga interventions to meet the specific needs of athletes based on factors like sport type, fitness level, and injury history.
- 7. Integration into Sports Medicine:** Research can contribute to the integration of yoga into comprehensive sports medicine strategies, offering athletes holistic approaches to maintaining and improving their health.
- 8. Scientific Validation:** While many athletes and coaches already incorporate yoga into their training routines, scientific validation through research adds credibility to these practices. It helps establish a solid foundation of evidence for the efficacy of yoga in the context of sports science.

IN A NUTSHELL....

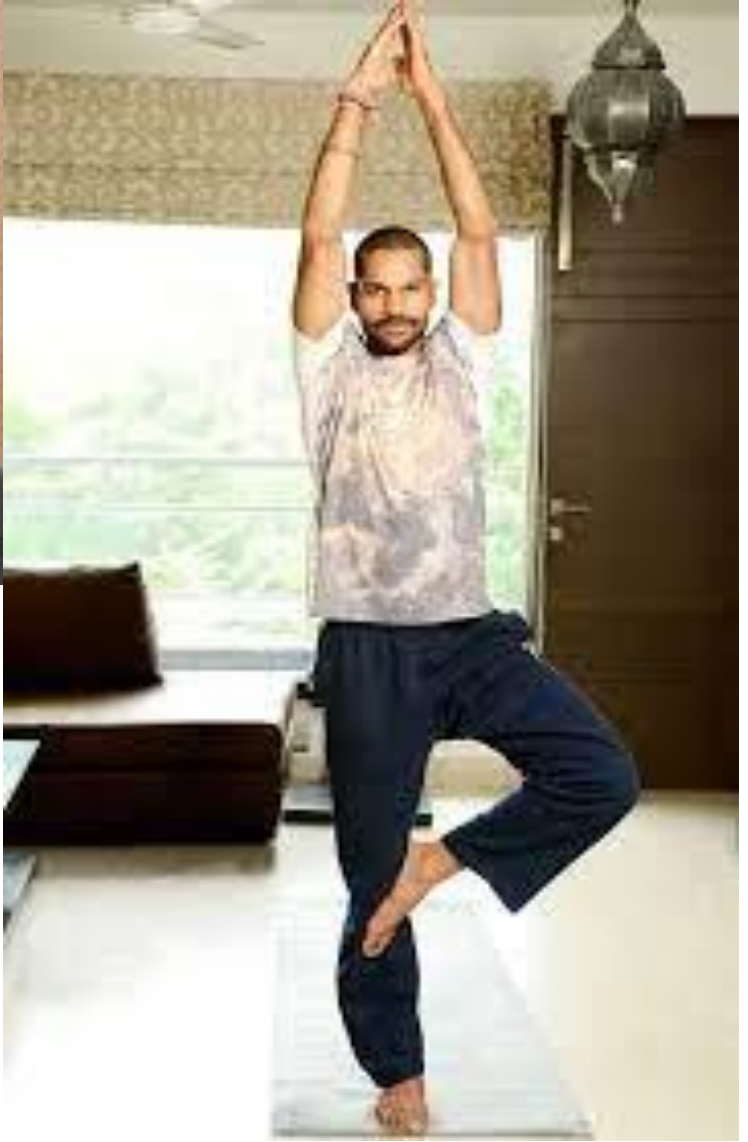
- *Yogasana* is a crucial perspective of Yoga, it has gained popularity in the realm of **Sports and Athletic training**.
- The historical roots of Yoga starting from **Vedic period till modern era**, exploring the relation of mind-body and its integration with modern science.
- The focus is on inculcating *Yogasana* into sports and examining its effects on **physical attributes, mental potency, and overall performance of an athlete**.
- Some scientific researches have been done on Yoga and sports and found the positive impact Yoga on athlete's health and performance.

• **Yoga Practices helps**

1. Improving flexibility
2. Addressing muscle imbalances
3. Strengthening movement patterns
4. Enhances quick reflexes
5. Increases agility
6. Improving endurance
7. Aiding recovery by increasing oxygen flow to muscles and joints
8. Increase the cognitive power
9. Reduces stress in athletes
10. Increases cardiovascular Health
11. Regulate the optimum functioning of all the systems of body

- The specific **Yoga protocols** should be developed and implemented seamlessly for the specific sports and tailor made training programs should be held for practical applications of Yoga.
- Incorporating Yoga into athlete's routines would prevent sports injuries and psychological diseases and promote overall wellbeing.
- Moreover, many upcoming studies on Yoga and sports would further provide deeper knowledge about *Yogasana* in sports science.







THANK YOU