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Importance of yoga for sports persons

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In order to understand how Yoga can benefit sports persons, it is necessary to explore what is required to play a sport well. Having a body that is flexible, strong and controlled is important consideration, similarly skill, continuous training, endurance, focus, confidence dealing with stress is an important component. Sporting mentor B.P Bam highlights this point by stating “*sporting skills require the attainment of deep focus*”, “*living in every moment*” and emphasizes that “*the toughest part of any achievement is the handling of distractions and adverse conditions*”. Swami Vishnudevananda mentions “*through pranayama, mans will-power, self-control and concentration power can be increased*”. B.P Bam also highlights this point, he states “*coming into the present by focusing on breath is one of the best habits to be cultivated. That marks the beginning of concentration.*” Swami Vishnudevananda highlights this point, he states “*when the body is free from physical impurities, the concentration power of the mind increases to a very high degree.*” . “*yogic exercises are mainly designed to keep the proper curvature of the spine and to increase its flexibility*”, they also state that “*balancing asanas develop the function of the cerebellum, the brain centre that controls how the body works in motion, improve muscle coordination and posture including physical and nervous balance which helps to achieve grace and fluidity of movement.*” Inverted asanas can be particularly beneficial to break bad habits and old patterns of behaviour, for example, an inefficient swimming stroke or volleyball swing. For a professional athlete wishing to optimize their performance, it is essential that they have the ability to change body movements and behaviours. Inverted asanas change the normal thinking patterns. The use of Yoga Nidra and visualisation can assist in the development of a skill and to reinforce a new pattern of behaviour or beliefs. B.P. Bam highlights this point, he states “*all of the top Indian sport persons who have worked with me have been making extensive use of various techniques of visualization*”. “*Purification of memory or reinforcing the best from the past, by remembering it again and again, makes a major contribution to the perfecting of a skill.*” A new study that was released in the International Journal of Yoga provides more evidence - The new research aimed to show that just ten weeks of yoga would increase balance, flexibility and Joint Angles (JA) measures in collegiate soccer players. One group of baseball players performed their usual sport training other group of soccer players did the same but added in two hour-long yoga sessions per week. Tests done before and after 10 weeks consisted of three categories: Flexibility, Balance, and Joint Angles. At the end of the study, the yoga group subjects showed significant improvements in ankle dorsiflexion, knee flexion, hip flexion.

Biography

Shibashis Chakraborty has 15 years of experience in wellness & spa industry in various management roles, out of that 8.5 years abroad (Dubai, Mauritius, Austria, Maldives, Moscow). He organized many yoga workshops for various governmental and non-governmental organizations in India, Mauritius, Maldives, Dubai, Austria & Moscow. Experienced in managing Wellness centre / Medical institute. Having yoga followers in different parts of world (India, Maldives, Singapore, UK, Mauritius, Russia and Dubai). His interview was published in Japanese health magazine DANDO in 2007. He has been interviewed by Dubai ONE TV / Physique Tv/ Russian Tv – Moya planeta/ MBC Tv of Lebanon, NEWS TIME Tv - Kolkata. He himself is a national level master athlete in India.

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