



ISSN: 2456-0057

IJPNPE 2020; 5(2): 67-68

© 2020 IJPNPE

[www.journalofsports.com](http://www.journalofsports.com)

Received: 04-05-2020

Accepted: 06-06-2020

**Dr. Shrikant S Mankar**

Ph.D., Associate Professor,  
Wainganga College of Physical  
Education, Sakoli, Bhandara,  
Maharashtra, India

## The role of yogic exercises on softball players

**Dr. Shrikant S Mankar**

### Abstract

The purpose of the study was to find out the role of yogic exercises on Softball players. This study may provide a general guideline for sportsperson. By adopting yogic way of life performance can be developed. The sample of the present study was 75 Softball Players of Karnal and Panipat, Haryana. The age ranged between 17 to 22 years. These students through yogic training Asanas, Anjali Mudras, Badha Padmasana, Dhanurasana, Ustrasana, Setubandh Asana and Sarvangasana etc., daily practices one hour yogic exercises. The yogic exercises improve their mental and physical health, reduces stress and anxiety, calms the brain, improves balance, provides flexibility in the hands, fingers, wrists and arms. The yogic exercises helps in keeping the spine erect, useful in constipation and improves digestive power. It is beneficial in arthritis, it improves agility and strength. In the end of the study we can say that yogic exercises effects more on Agility and Strength of Female Softball Players.

**Keywords:** Yogic exercises, softball, asanas

### Introduction

Yoga is for everyone, athletes included. Yoga works on strength, flexibility, balance, agility, endurance, core, and overall strength, among other things. Any athlete could benefit hugely by adding yoga to her or his training regimen. Yoga has long been lauded for benefits that include stress reduction, mental focus, and reduced back pain, among many others. No matter the style, a consistent yoga practice has been shown to contribute to improvements in strength, mobility, balance, and concentration. It amps up physiological and cognitive abilities that translate to better performance. Yoga is, in many respects, a moving meditation, connecting body and mind through movement and breathing techniques. As it has been embraced by more athletes, there has been renewed interest in studying — and promoting — its physical side. While this doesn't always accurately describe what yoga is traditionally about, it does home in on the fact that it is good for the body.

Yoga is essential for all sportsperson. Yoga can improve the performance of all sport. Yoga releases stress and creates inner peace and also trains the body, mind and spirit to become strong and flexible. The benefits of yoga are observed and written by successful athletes and sportsmen. There are unlimited benefits of yoga. We all know that yoga increases the flexibility of the muscles but one also gains balance and poise from the various yoga poses. The different yoga postures imports strength to the body. The deep breathing exercises which forms the fundamental part of yoga helps to send oxygen to the body cells.

Yoga improves and complements the ability of the athlete in any sport that he chooses. Yoga also brings about coordination between body and mind and this enables them to function efficiently. Stiffness of the back is a common problem among cyclists and other athletes. Yoga back postures could heal this stiffness; also the stretching poses cold heal the stiffness of the legs and shoulders. People who play golf are prone to uneven muscular development because when a golfer swings he uses the same muscle group all the time and this cause's muscular tension.

Yoga postures stretch these muscles and eases the muscular tension. For any sportsman yoga could be taken up as a warm up and cool down routine. The benefits which yoga can provide to a sports man cannot be overlooked. Yoga builds energy in a non-aggressive manner. Yoga releases tension through a slow, tension less process. It brings about more focus, flexibility, mobility and strength which are needed by the sportsman to keep themselves fit. There are still many more advantages of yoga for sportsman.

**Corresponding Author:**

**Dr. Shrikant S Mankar**

Ph.D., Associate Professor,  
Wainganga College of Physical  
Education, Sakoli, Bhandara,  
Maharashtra, India

**Benefits of Yoga for Sportspersons**

Depending on the sport, players are required to twist, turn, lunge, jump, run, stretch and bend quickly and suddenly. Sometimes even awkwardly. This increases the chances of a wrong step. Enter yoga to the rescue!

- Yoga teaches you to balance, be poised and disciplined. It makes your body fit enough to perform these moves. It also trains your mind to be patient and steady.
- Yoga helps prevent the strains and sprains: Yoga asanas help relax taut muscles. It also stretches and strengthens various body parts, opening the hips, back and chest. The different bends and stretches reduce the chance of wear and tear, muscle pulls and sprains.
- Yoga reduces your recovery time: Sleep and rest are not enough after a long and grueling physical session. Yoga helps you relax your tired body and mind in an effective and peaceful manner. This is because asanas are performed systematically and gracefully. This helps remove the tension in your body and enhances the chances of a quick recovery.
- Yoga enhances your sense of balance: Asanas like the vrikshasana or tree pose and virabhadrasana or warrior pose help develop the balance in you. Poise and balance are required physically and mentally. Yoga also helps you maintain posture and stability as is required in gymnastics, archery, and shooting.
- Yoga helps you conquer your demons: Sports is not a purely physiological exercise. There is a huge mental battle you must prepare for. Yoga helps you steel your nerves when you are tense.

- Yoga helps you control your breathing: Many sports require you to exert yourself. Your stamina depends on how much oxygen goes in, a function of the breathing process. Pranayamas teach you to control your breath. A handy tool when you are swimming underwater or eyeing the finish line of the marathon.

**The Purpose of the Study**

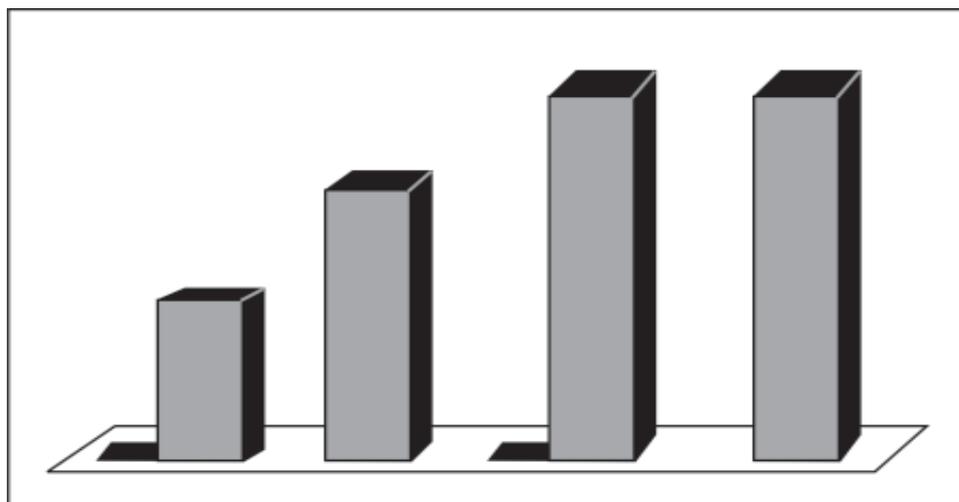
The purpose of the present study was to find out the role of yogic exercises on Softball players.

**Methodology**

To achieve the objective of the study 75 Female Softball Players of Karnal and Panipat, Haryana, were selected as a sample of the study and level of participated was State level, between the age range of 17-22 years constituted the subjects of the study. The data of the subjects was collected by standardized tools— stop watch, measuring tape and using statistically analyzed “t” Test method.

**Table 1:** Role of Yogic Exercise on Strength and Agility

		Mean	SED	SD	“t”
Strengt	Pre Test	5.67	0.52	0.06	35.76
	Post Test	11.14	1.21		
Agility	Pre Test	13.85	1.22	0.08	4.32
	Post Test	14.56	0.73		



**Fig 1:** Role of Yogic Exercises on Strength and Agility

**Conclusion**

In the end of the study it was observed that more agility and strength among Softball State Level Players of Karnal and Panipat, Haryana. In the end of the study we can say that yogic practices more on agility and strength of Female Softball Players.

**References**

1. Chandler TJ. Physiology of Aerobic Fitness and Endurance. Instr Course Lect. 1993; 43: 11-5.
2. Kumari Sheela, Rana Amita, Kaushik, Seema. Fitness, Aerobics and Gym Operations, Khel Sahitya Kendra, Ansari Road, Daryaganj, New Delhi, 2009.
3. Kansal DK. Test and Measurement in Sports and Physical Education, D.V.S. Publications, New Delhi, 1996.

4. Iyengar BKS. Yoga The Path to Holistic Health, Great Britain. Dorling Kindersley, UK, 2001.
5. Laurence E. Morehouse, Augustus Miller T. Physiology of Exercise, 7th Ed., Saint Lovis: The C.V. Mosby Co., 1976.