

## Yoga in Sports: Empowering Indian Javelin Throwers through Yogic Exercises

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### **ABSTRACT :-**

**Aim:** The Study aimed to investigate empowering Indian javelin throwers through yogic exercises to enhance their overall athletic performance and well-being. This approach combines the physical and mental benefits of yoga with the specific needs of javelin throwers.

**Methods:** The method of data collection used quantitative survey and qualitative interview methods to gather comprehensive data.

**Significance of Study** The primary importance of this study to improve the performance of Indian javelin throwers. By integrating yogic exercises into their training regimen, athletes can develop better strength, flexibility, balance, and mental focus, all of which are essential for achieving peak performance in javelin-throwing competitions.

**Findings and Conclusions :-** Flexibility, strength, balance and mental coordination can be improved through yoga practice. By adopting yoga as a complementary training tool, javelin throwers can reach their full potential and improve their performance. Yoga is proving to be a game-changer for Indian javelin throwers, helping them unleash their full potential and compete successfully at the highest levels of the sport. By adopting the practice of yoga, Indian athletes are not only improving their physical abilities but also developing their mental abilities.

**Result:** This research highlights the potential of yogic exercises to empower Indian javelin

throwers by offering a holistic approach to their training. In light of the findings of this study, it is suggested that incorporating yoga into their routines can lead to enhanced physical and mental attributes of Javelin throwers and will help them to enhance their performance.

**Keyword :-** Muscular Flexibility, Endurance and Strength, Javelin Throw, Mental Coordination, Surya Namaskar, Core and shoulder strength.

**INTRODUCTION :-** Javelin throw is a world class highly specialized and demanding sport that requires a combination of strength, flexibility, balance, and mental focus. Athletes involved in this discipline often look for ways to improve their performance, and adding yoga to their training regimen can be a game-changer. In this article, we will explore the role of yoga exercises in enhancing the skills and performance of javelin throwers. Indian athletics has seen a surge in success in recent years, with athletes like Neeraj Chopra making the country proud on the global stage in the javelin throw. Behind the scenes, one element contributing to this success is the integration of yoga into the training regimen of Indian javelin throwers. In this article, we will discuss the importance of yoga practice for Indian javelin throwers and how this ancient practice shapes the sport's future in India. Javelin throwing is a highly specialized and physically demanding sport that demands a unique combination of skills. Javelin throwers must have strength, flexibility, balance, and accuracy to excel in their discipline. The sport puts a lot of stress on the body, especially the

shoulders, back, and lower limbs. In such a situation, the role of yoga in improving the performance and overall health of Indian javelin throwers cannot be ignored. Meditation also produces a more active, willing, and generous disposition. It quickens the life of faith, of love of God and our neighbor said by Bhunia, B.<sup>1</sup>

The Physical Demands for Javelin Throw is not just about strength; it involves a complex sequence of movements that demand precise coordination of various muscle groups. According to L Buhlmeyer, D Birer, P Rothlin, O Fouade, L Donath - Sports Medicine, 2017 - The process of providing psychological training in sports through yoga exercises is increasingly being extended A successful throw requires the athlete to generate explosive power, and maintain balance, and execute a smooth release while minimizing the risk of injury. Here's where yoga can play a pivotal role in aiding javelin throwers.

#### OBJECTIVES :-

- Assess the Impact on Flexibility: To investigate how the incorporation of yogic exercises affects the flexibility of Indian javelin throwers, with a focus on improving range of motion and joint flexibility.
- Evaluate Core Strength Enhancement: To determine the effectiveness of yogic exercises in strengthening the core muscles of javelin throwers, which are essential for generating power and stability during throws.
- Analyse Balance Improvement: To examine whether yogic exercises contribute to better balance and proprioception among javelin throwers, aiding in maintaining proper form and technique.
- Assess Mental Resilience and Focus: To measure changes in mental resilience, stress management, and concentration levels in athletes practicing yogic exercises, as improved mental attributes can positively impact performance under pressure.
- Explore Injury Prevention: To investigate whether yogic exercises can help prevent common injuries associated with javelin throwing, such as strains, sprains, and overuse

injuries, by enhancing overall body awareness and reducing muscular imbalances.

**RESEARCH METHODOLOGY :-** The secondary data has been collected through journals, books, state and national newspapers, and magazines for the present study.

#### Yogic Exercises for Javelin Throwers

**Impro-enhanced Flexibility :-** Yoga is renowned for enhancing flexibility. By regularly practicing yoga, javelin throwers can increase the range of motion in their joints and muscles, which is crucial for achieving the optimal throwing position and reducing the risk of muscle strains or injuries during training and competition. Javelin throwers need exceptional flexibility to execute their throws effectively. Yoga helps improve the range of motion in joints and muscles, enabling throwers to achieve the optimal throwing position and reduce the risk of injury.



**Core and shoulder Strength:** A strong core is vital for javelin throwers as it provides stability and power transfer during the throwing motion. A strong core is the foundation of power and stability in javelin throwing. Yoga asanas (poses) like Plank, Boat Pose, and Navasana strengthen the core muscles, resulting in more powerful and controlled throws.



Variety of Yogic exercises that can help develop core and shoulder strength. A strong core and shoulders are essential for maintaining stability, balance, and overall physical well-being. Here are some yogic exercises to strengthen your core and shoulders:

**Plank Pose (Phalakasana) :-**

1. Start in a push-up position with your hands shoulder-width apart and wrists aligned under your shoulders.
2. Keep your body in a straight line from head to heels, engaging your core and glutes.
3. Hold the plank position for as long as you can, aiming to increase your time gradually.
4. To add shoulder strength, you can transition into a side plank (Vasisthasana) by turning to one side and balancing on one arm with the other arm raised toward the sky.

**Dolphin Pose (Ardha Pincha Mayurasana) :-**

1. Begin in a forearm plank position with your elbows under your shoulders.
2. Press your forearms into the mat and lift your hips upward.
3. Keep your head relaxed, and your gaze is directed toward your feet.
4. Hold for 30 seconds to 1 minute, engaging your core and shoulders.
5. Four-Limbed Staff Pose (Chaturanga Dandasana):
6. Start in a plank position with your wrists aligned under your shoulders.
7. Slowly lower your body by bending your elbows, keeping them close to your ribcage.
8. Hover a few inches above the ground, maintaining a straight line from head to heels.
9. Engage your core and shoulder muscles.
10. Hold for a few seconds before releasing to the floor.

**Boat Pose (Navasana) :-**

1. Sit on the floor with your knees bent and feet flat on the ground.
2. Lean back slightly and lift your feet off the ground, balancing on your sitting bones.
3. Extend your arms forward, parallel to the ground.
4. Engage your core to maintain balance and stability.
5. Hold for 20-30 seconds, gradually increasing the duration.

**Shoulder Stand (Sarvangasana):**

1. Lie on your back with your arms along your sides and palms facing down.
2. Lift your legs and hips off the ground, bringing your feet overhead.
3. Support your lower back with your hands and bring your elbows close together.
4. Engage your core and shoulder muscles to maintain the pose.
5. Hold for 30 seconds to 1 minute.

**Balance and Stability :-** Yoga focuses on balance and stability through poses such as Tree Pose and Warrior III. These poses improve proprioception and can help javelin throwers maintain their equilibrium during their throws' approach and release phase. Yoga emphasizes balance and stability through poses such as Tree Pose and Warrior III. These exercises enhance proprioception and help javelin throwers maintain their balance during the demanding phases of their throws.

**Here are some yogic exercises for balance and stability for throwers :-**

**Tree Pose (Vrikshasana) :-**

1. Stand on one foot and place the sole of the other foot against your inner thigh, calf, or ankle.
2. Maintain balance while keeping your hands in a prayer position at your chest or raising them overhead.
3. Focus on a point in front of you to help with balance.
4. Hold the pose for 30 seconds to 1 minute on each leg.

**Warrior III (Virabhadrasana III) :-**

1. Start in a standing position with your feet hip-width apart.
2. Extend one leg backward while leaning your upper body forward to create a T-shape with your body.
3. Reach your arms forward or keep them at your sides.
4. Keep your hips square to the ground and engage your core for balance.

5. Hold for 30 seconds to 1 minute on each leg.

**Half Moon Pose (Ardha Chandrasana) :-**

1. Begin in a standing position with your feet hip-width apart.
2. Shift your weight onto one leg and lift the other leg off the ground.
3. Place your hand on the ground or a block on the same side as your supporting leg.
4. Open your chest and extend the other arm upward, creating a straight line with your body.
5. Focus on a stable drishti (gaze point) for balance.
6. Hold for 30 seconds to 1 minute on each leg.

**Plank Pose (Phalakasana) :-** Start in a push-up position with your hands shoulder-width apart and wrists aligned under your shoulders. Keep your body in a straight line from head to heels, engaging your core and glutes. Hold the plank position for as long as you can, aiming to increase your time gradually.



**Breath Control :-** Breathing is essential for endurance and focus in the javelin throw. Yogic breathing techniques, such as Pranayama, can help javelin throwers control their breath, reducing anxiety and improving concentration during competition. Breathing is also essential for any athlete. Yoga emphasizes the connection between breath and movement. By learning to control their breath, javelin throwers can improve their endurance and maintain composure during high-pressure moments.



**Mental Focus :-** Yoga is not only about physical postures but also about cultivating mental discipline and resilience. The ability to stay calm and focused under pressure is invaluable for Indian javelin throwers competing on the global stage; it also cultivates mental discipline and focus. Yoga meditation is a valuable asset for javelin throwers during competitions. Yoga can be a valuable practice for throwers, such as shot put, discus, or javelin athletes, seeking to improve mental focus, concentration, and overall performance. Here are ways in which yoga can benefit throwers in terms of mental focus. So Yoga promotes a heightened awareness of the body, its movements, and its sensations. This increased body awareness can be especially beneficial for throwers, as it helps improve the precision of movements and the understanding of body mechanics, both of which are crucial in throwing events. Yoga often incorporates practices that enhance concentration and visualization skills. Through mindfulness meditation and focused breathing techniques, throwers can develop the mental discipline required for visualizing successful throws and maintaining concentration during competitions. Yoga is well-known for its stress-reduction benefits. Reducing pre-competition anxiety and managing stress can help throwers stay calm and focused during their events.



**Injury Prevention and Recovery :-** Yoga can also assist in injury prevention and recovery for javelin throwers. The gentle stretching and strengthening exercises can alleviate muscle tightness and imbalances, reducing the risk of overuse injuries. Additionally, yoga promotes better posture and alignment, which can help athletes maintain proper form throughout their training.



**Integration into Training :-** Javelin throwers can incorporate yoga into their training regimen in various ways:

**Warm-Up and Cool-Down :-** Include yoga poses as part of your warm-up and cool-down routines to prepare the body for training and aid in recovery.

**Regular Practice :-** Dedicate specific sessions to yoga practice, focusing on flexibility, balance, and core strength.

**Visualization and Mental Training :-** Incorporate mindfulness and visualization techniques from yoga to enhance mental focus and concentration during competitions.

**Conclusion :-** Yoga offers javelin throwers a comprehensive approach to enhancing their performance by addressing their athletic journey's physical, mental, and emotional aspects. The flexibility, strength, balance, and mental resilience gained through yogic exercises can translate into improved throws and a reduced risk of injuries. By embracing yoga as a complementary training tool, javelin throwers can unlock their full potential and take their performance to new heights. Yoga is proving to be a game-changer for Indian javelin throwers, helping them unlock their full potential and compete successfully at the highest levels of the sport. By embracing yogic exercises, Indian athletes are not only improving their physical capabilities but also developing mental resilience, which is crucial for success in javelin throwing and any other sport. As Indian athletics continues to rise on the world stage, the role of yoga in the training of javelin throwers remains a cornerstone of their success.

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