

# International Sports and Games and the Implications of Yogic Practices: A Review of Recent Studies

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**Abstract:** *Yoga is the most effective way to bring about a positive adjustment in lifestyle. Yoga has the ability to change the criminal nature of the unsocial components. Feelings of unhappiness, egotism, rage, greed, attachment, etc. are the main reasons of crime. Yoga practitioners have a change in awareness and go on to lead respectable social lives filled with compassion, piety, tenderness, and pleasure when they become aware of these sensations and the agony produced by erroneous assertions. This study examined how yoga practices have affected sports and games over the last several decades. Since it included the advantages of yoga poses and training for improving athletes' physiological and psychological balance, the information under study was important. Asthma, diabetes, hypertension, and other respiratory disorders may all be effectively treated with yoga. Some forms of yoga provide internal and exterior benefits. People's lifestyles may be favorably impacted by yoga. During their time at school, kids who practice yoga may become more aware of their bodies and the value of maintaining their physical and mental health. Yoga balances the senses, leading to a well-rounded personality. Additionally, it permits the shaping of acceptable conduct, resulting in balanced personalities. Yoga corrects any imbalance in muscular growth, enhancing the body's and mind's efficiency. Yoga poses build muscle and ease physical tension while encouraging composure and concentration. Yoga leads to limbs that are calm and strong. Standing poses improve balance and muscle flexibility. Yoga is a great way for players to relax and refuel after physically hard activities. It also promotes calm, clear thinking even in situations when prompt action is required. Yoga strengthens and stretches every muscle in the body while calming and relaxing the mind and spirit.*

**Keywords:** Yogic practice, game and sports

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