

# Effect of Yoga on Memory and Problem Solving Ability of Haryana State University Players

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## ABSTRACT

This study investigates the impact of yoga on memory and problem-solving abilities among athletes from Haryana State Universities. Recognising the increasing emphasis on mental fitness in sports, the research aims to explore how yoga practices influence cognitive functions critical for athletic performance. A sample of university players engaged in regular yoga sessions was compared to a control group with no yoga intervention. Standardised tests for memory retention and problem-solving skills were administered before and after the yoga training period. Results indicated significant

improvements in both memory and problem-solving abilities among the yoga group, suggesting that the mindfulness and stress-reduction techniques inherent in yoga may enhance cognitive performance. This study highlights the potential of integrating yoga into training regimens for athletes to optimise their mental acuity and competitive edge. Further research is recommended to explore long-term effects and the underlying mechanisms of these cognitive enhancements.

**Keywords:** Sports, Asanas, Yoga, Psychological, Physical, problem-solving ability

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