

**VORONEZH N.N. BURDENKOSTATE MEDICAL UNIVERSITY**

# **GLOBALIZATION ENGLISH THROUGH MEDICINE: PRE PERFORMANCE ROUTINE AND YOGA ACTIVITIES**

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# RIGHT HABITS TO MAINTAIN A HEALTHY LIFESTYLE





# STRENGTH AND CARDIO EXERCISES



# **SPIRITUAL (MORAL) STATE OF THE BODY**





# **PRE-PERFORMANCE ROUTINE(PPR)**

**PPRs** include covert (mental or psychological) and overt (physical or behavioral) elements – procedures to promote optimal mental and physical states of readiness.

# **PRE-PERFORMANCE ROUTINE(PPR)**

readying

imaging

focusing

executing

evaluating

# THE EMPIRICAL RESEARCH HAS DEMONSTRATED

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positive impact on performance  
maximizing attentional control  
regulate anxiety  
promote self-control and  
resilience



# YOGA





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**Yoga** is another type of activity that helps a person maintain his spiritual activity.

**Yoga** is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

# SUBTLE BREATH- PRANA



**Prana  
(Vata)**



**Tejas  
(Pitta)**



**Ojas  
(Kapha)**

*Creative  
Enthusiastic  
Adaptable  
Inspired*

*Confident  
Motivated  
Fulfilled  
Radiant*

*Relaxed  
Content  
Stable  
Joyful*

**BALANCED** ↑ ↓ **UNBALANCED**

*Weak  
Anxious  
Ungrounded  
Disorganised  
Overwhelmed  
Dull and heavy*

*Hypersensitive  
Passive  
Tense  
Stressed  
Over-critical  
Irritable*

*Fearful  
Weak  
Hyperactive  
Heavy  
Unmotivated  
Lethargic*

# **PREVENTION OF INJURIES**

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alters muscle tone

potential reduction of  
musculoskeletal injuries

stress reduction



# **REMOVING STRESS**

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**Distress(emotionally draining) -**

Harmful or unpleasant stress

**Eustress – Useful Stress**

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**Thanks for attention!**