

Yoga session for Indian players at conditioning camp

A yoga session coupled with a regular fitness regime and extensive net practice marked the day Friday for the Indian team at a conditioning camp here ahead of the Bangladesh tour.

Yoga guru Sukhdev Kumar, who flew in from Singapore Wednesday evening, worked extensively with the cricketers. But the focus was mainly on stretching and other fitness regimes. The players did sit for a meditation session in batches, but that was for 15 minutes.

Once again Sukhdev gave special attention to Sachin Tendulkar, helping him with his stretching to see that the master blaster regained his complete fitness. Sachin Tendulkar, who hurt his ankle on the opening day of the conditioning camp, did not take part in the fitness drills Thursday.

Sukhdev has worked with athletes in different sports, including the likes of Jyoti Randhawa and Rajyavardhan Singh Rathore.

Sukhdev stressed the relaxation factor and performed various methods of pranayam. The players were reminded about the importance of taking care of the mind along with the body.

It is believed the players were impressed with his methods and felt it would help in improving their focus and concentration.

Sourav Ganguly has requested him to show a few stretching and cooling down techniques after the nets and Sukhdev happily obliged, spending some good 15 minutes with him.

All the players actively took part in the nets. From Virender Sehwag to Robin Uthappa, Ganguly and Yuvraj Singh, all batted at the nets and enjoyed their stay at the centre pitch.

The players had quite a stint with left arm spinners as they are bound to meet them in the Bangladesh team once they set out for the tour.

Towards the end of the nets, Sachin Tendulkar walked in and knocked about the ball for about 20 minutes.

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