

# YOGA, HEALTH AND PHYSICAL EDUCATION

## INTRODUCTION

Yoga is a way of a better living. It ensures great or efficiency in work, and a better control over mind and emotions. Through yoga one can achieve both physical and mental harmony.

Health is the greatest blessing of all. Health is not just the absence of disease. To enable the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Physical Education may provide the right direction and needed actions to improve the health of members of any community, society, nation and the world as a whole. An educational system encompassing the mental, emotional, social and physical dimensions of health becomes imperative to bring about all around development in children.

## YOGA

### MEANING

Yoga is the movement of the body through different positions, postures, and poses.

### DEFINITION

“Yoga is skill in actions.” - Lord Krishna.

"Yoga is the way or method through which internal and external facilities of man meets in totality and changes occur and by which may achieve God or feel his existence and may become the part of Him." - Sri Aurobindo

### AIM AND OBJECTIVES

The aim of yoga is control over the mind. A man who can- not control his mind will find it difficult to attain divine communion, but the self-controlled man can attain it if he tries hard and directs his energy by the right means.

The main aim of yoga is integrating the body, mind, and thoughts so as to work for good ends. Modern life style leads to diseases, which are mostly due to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body.

The main objectives of the Yogic practices are to make one free from diseases, ignorance, egoism, miseries the affiliations of old age, and fear of death etc.

### GUIDELINES FOR PRACTICING ASANAS

We have to keep in mind that while going in for asana practice we have to adhere to general conditions with regard to dress time of practice place of practice etc., so as to achieve the maximum benefits.

**Dress:** What is the dress proper for the asanas? The minimum possible dress is recommended. More area of our body should be exposed to the atmosphere. The dress should be loose and preferably elastic in nature prefer cotton materials to other kinds.

**Time:** It can be practiced both in the morning and in the evening. The morning session will be good, because during the mornings the atmosphere is pure and calm and it is very easy to focus our mind in a desired direction. '

**Place:** The place of practice is very important. While is practice you should not be disturbed by other external factors. 80 your place that your are free from disturbance and select pooja room or separate hall or better if you have open terrace. The place should have proper ventilation, free from dust ants and quite calm in nature.

**Body:** Body should be clean, particularly our stomach, and intestine should be empty. Finish your morning routines, take your bath, and after 15 minutes, practice the asanas. The important instruction, the body should be light and fresh. Hence the asanas are done during in the early morning hours or during the evening.

**Sequence:** Usually the Yogic asanas are done along with Pranayama and meditation practices in the following sequence. Complete the asanas first. then follow it with Pranayama and go for meditation the last.

**Spread:** The asana is done on a flat horizontal surface covered with a clean blanket preferably a cotton cloth.

**Age limit:** According to yoga literature, both male and female can practice the asanas right from the age of twelve. However the children should not remain in their final pose for long duration as adult's do

**Priority:** For good results asana practice should begin with Savasana. This helps the body to attain normal metabolism level which is a suitable "stage for beginning the practice.

**Concentration:** During the asana practice the concentration is a must it is easily achieved when you attempt to see the tip of the nose with your eyes or try to see with your eyes the center of your forehead

**Initiation:** Yogic asana practice needs initiation from a teacher. That is in the initial stage the learning should be from an experienced 'Guru' is essential

**Diet:** Yoga teachers insist that two quarter of the stomach volume alone should be filled with food, one quarter with water and the remaining quarter should be kept empty

## **Benefits of Yoga**

1. It develops the physical stability.
2. It keeps a person young.
3. It Strengthens the hamstring, calf, and back muscles.
4. It relieves the stiffness of joint, particularly at knee, hip and ankle.
5. it removes excess fat in the abdominal region
6. It gives more flexibility to the vertebral column
7. It is extremely beneficial to the spinal column.
8. It will enlarge the thoracic cavity.
9. It strengthens the back and abdomen muscles.
10. It helps to make the maximum range of movements in all directions in the hip joint.
11. It develops the balancing power in the body.
12. It loosens the spinal column.
13. It reduces the excess fat in the sideways.
14. It strengthens the ankles and tones the muscles of the legs.
15. It promotes the spinal bone growth

## **ASANAS**

Asanas — (Postures) Asnana means holding the body in a particular posture to bring stability to the body and poises to the mind. The Practice of asana brings firmness to the body and vitality to the body and mind.

The people of ancient Greece believed in the principle. ‘A sound mind in a sound body’. By practicing asana one frees himself from physical disabilities and mental distractions. It is a state of complete equilibrium of body, mind and spirit asanas may be of the following types

- Meditative Asanas
- Relaxation Asanas
- Cultural Asanas

## **DIFFERENT ASANAS**

Asanas are very useful and important from the view point of physical, mental and spiritual growth of an individual.

Methods of Doing Asanas

1. Sitting posture
2. Standing posture
3. Lying posture - Supine, Prone

(Write any 3 Asanas with Photos, Method, Benefits)

## **MEDITATION**

“The greatest factor for spiritual life is meditation. In meditation we feel our divine nature. We do not depend upon any external help in meditation.

Meditation can bring about a true personal transformation. As you learn more about yourself, you'll naturally start discovering more about yourself

### **Benefits**

To experience the benefits of meditation, regular practice is necessary. It takes only a few minutes every day. Once imbibed into the daily routine, meditation becomes the best part of your day! Meditation is like a seed. When you cultivate a seed with love, the more it blossoms.

Busy people from all backgrounds are grateful to pause and enjoy a refreshing few minutes of meditation each day. Dive deep into yourself

# HEALTH EDUCATION

## MEANING

Health education is concerned with promoting health as well as reducing behaviour induced diseases. In other words health education is concerned with establishing or inducing changes in personal and group attitudes and behaviour that promote healthier living.

## DEFINITION

"Health Education like general education is concerned with changes in knowledge, feelings and behaviour of people. In its most usual forms it concentrates on developing such health practices as are believed to bring about the best possible state of well being" -W.H.O. Technical Report (1954)

## OBJECTIVES OF HEALTH EDUCATION

1. To enable the students to develop a scientific point of view of health with reference to traditional and modern concept of health.
2. To enable the students to identify health problems and understand their own role on health and to medical agencies in meeting those problems.
3. To enable the student to take interest in current events related to health.
4. To enable the students to arrive at suitable conclusions, based on scientific knowledge, and take action as an individual, member of the family and community protecting, maintaining and promoting individual and community health.
5. To enable the students to set an example of desirable / health behaviour.
6. To enable the students to understand the causes of the pollution of air, water soil and food as well as their ways and means of prevention.
7. To enable the students to gain sufficient knowledge of First-Aid.
8. To provide desirable knowledge about marriage sex and family planning to the students.
9. To help students to understand the importance of physical training sports, games, yogic exercises as well as their relationship with health education programme.
10. To emphasize students on the bad effects of smoking and taking alcohol etc.
11. To acquaint students with the functioning of various organizations working for the maintenance of health.
12. To help students understand how the present day rapid development of science and technology as increased the hazards of life and health problems; and also how to face and prevent them.

## IMPORTANCE OF HEALTH EDUCATION

1. Health education provides information to the students and the teachers about the function of the body. the rule of health and hygiene and precautionary measures for keeping of diseases.
2. Health education helps in discovering physical defects / of children and discovering various types of abnormalities of children.

3. Health education develops health habits like need of fresh / air, hygienic feeding and various class
4. Health education provides knowledge regarding good health habits
5. Health education develops better human relations between school, home and community.
6. Health education provides knowledge regarding prevention and control of various diseases.
7. Health education proving first aid training essential for everyone as emergency may come to any one and at anytime.

## **FIRST AID**

(You can paste the First Aid Photos)

First aid is the immediate treatment given to the victim of the accident or sudden illness, before medial help is obtained.

### **THE AIMS OF FIRST AID:**

First Aid has three main aims:

- To preserve life.
- To Promote recovery
- To prevent worsening of the causality's condition until the victim receives the services of a doctor or arrangement transportation to hospital.

First Aid is based on scientific medicine and surgery. It is skilled assistance. But the First Aider need not be a doctor. After the doctor takes charge the First Aider's responsibility ends. He can then stand by, to help the doctor.

The first Aider should observe carefully, think clearly and act quickly. He should be calm, cool and confident. He should not get excited. He should ask someone to call a doctor inform hospital immediately by giving details about victim. While waiting for the doctor, he should give First Aid methodically.

### **THE SCOPE OF FIRST AID**

1. The First Aider should examine the causality to know the details of injuries and their nature. This is known as diagnosis.
2. The Diagnosis will give him an idea of the Treatment to be given until the doctor takes charge.
3. The next step is to-send the causality to his house or to a hospital, as the case may be in a suitable atmosphere.

### **NEED AND IMPORTANCE OF FIRST AID**

1. If an accident happens the work place, you cannot be a helpless witness, since simply standing by can potentially worsen the situation. This is why it's important to have at least a basic knowledge of first aid.
2. First aid is the initial assistance given to a victim of injury or illness.
3. Providing quick medical treatment until professional assistance arrives.
4. It affords people with the ability to provide help during various emergency situations
6. First aid helps ensure that the right methods of administering medical assistances are provided.

7. Knowledge in first aid also benefits the individual themselves.

## **FOOD AND NUTRITION**

(You can paste the healthy food habits photos)

Food is a substance which produces heat and energy in the body, builds and repairs tissues. It also contains some rough-age which adds quantity or bulk to our diet.

### **FUNCTIONS OF FOOD**

- Food builds up new tissues.
- Food repairs the worn out tissues
- Food produces heat and energy in our body
- Food supplies material for growth and nourishment to all the parts of body
- Food helps in the production of compounds that regulate body processes.
- Food is very important for life

### **FOOD OBTAINED FROM VEGETABLES:**

Vegetable foods contain a large proportion of carbohydrates and almost all proteins, fats and vitamins. These foods are i) Cereals, ii) Pulses. iii) Roots and Tubers. iv) Green Vegetables, v) Fruits, vi) Nuts, and Vii) Fungi.

- Cereals are in the form of grains such as wheat, rice, maize. They have high nutritive values.
- Pulses include Pease, beans. They are a rich source of protein. They contain vitamins A. B and C when fresh. They also have sugar and minerals but little starch
- Roots and Tubers include beetroot, carrot, radish, turnip, arrow root.
- They contain a high percentage of starch and proteins but no fats.
- Green Vegetables consist of buds, leaves, leaf-stalk or the whole plant. They contain a high percentage of water and some protein, starch and fats. They are also rich in vitamins A.B.C.E and K.
- Fruits are rich in sugar salts, acids and vitamins.
- Nuts possess a high percentage of proteins and fats but less carbohydrates. They are also rich in vitamin B.
- Fungi are the mushrooms which contain over 90% of water and little protein. They have no food value.

### **FOOD OBTAINED FROM ANIMALS:**

These foods include: i) Meat. ii) Fish. iii) Egg. iv) Milk.

- Meat usually means mutton or pork. It is rich in protein, iron and some vitamins of B group.
- Fish consists mainly of protein, fat and water. The fat content amount varies widely in different kinds of fish
- Eggs have a high nutritive value. They are rich in iron. Phosphorus and vitamins A and D.
- Milk is obtained from the cow, buffalo, goat and reindeer. Milk contains all the nutrients. It is generally given to babies and children as complete food. Milk is rich in proteins, minerals and vitamins A and B Milk products like cream, Butter, Curd, cheese and ghee are also rich sources of energy.

# PHYSICAL EDUCATION

## MEANING

The word "Physical Education" comprises of two separate words. "Physical" and "Education". The plain dictionary meaning of word physical as "relating to body", which may mean any one or all body characteristics of a person such as physical strength, physical endurance, physical fitness, physical appearance or physical health. The word 'education' may mean "the systematic instructions or training or preparation for some particular task".

## DEFINITION

"Physical Education is an education 'of and through human movement where many of the educational objectives are achieved by means of big muscle activities involving sport, games, gymnastics, dance, and exercises".

- Harold M. Barrow

## OBJECTIVES

1. Development of Organic Fitness
2. Development of Mental health
3. Social Development
4. Development of Neuro muscular co- ordination
5. Development of Desirable Habits:
6. Development of Personality
7. Providing for Mental Hygiene
8. Development of Functional Knowledge
9. Development of qualities of a good Citizenship

## SCOPE OF PHYSICAL EDUCATION

### 1. Corrective Exercises:

Corrective exercises help to remove the deformities in the body of a child. Sometimes these defects are there because of defects in muscle development. We use light corrective exercises.

### 2. Games and Sports:

Various team games like hockey, football, cricket, basketball and volley ball etc, and individual events like athletics, wrestling, boxing judo and archery are included in the programmers of physical education. Swimming, diving, canoeing etc. are related to water sports.

### 3. Rythmics:

Gymnastics, Leziiums, Dance, Mass physical training and Dumb bell etc. are rhythmical activities necessary for rhythm and balance Rhythmical activities are also included in the progmmees of physical education.

#### **4. Self defence activities:**

Hiking, Trekking, judo, karate and self defence activities are included in the programmes of physical education.

#### **5. Recreational Activities:**

Recreational activities like minor games, chess, carom, horse riding, education camps, hunting, folk dance, fishing etc. are included in the programmes of physical education.

#### **6. Yogic activities:**

Yogic activities such as Asanas, Pranayama, kriyas etc. are included in physical education.

### **IMPORTANCE OF PHYSICAL EDUCATION**

- Physical education develops the alertness of mind.
- Physical education provides knowledge about health and, its hazards, and communicable and non communicable diseases.
- Through physical activities, leisure time can be utilized properly.
- Through physical education human body can be developed in good proportion. The Physical beauty also improves.
- A good sports man is a good citizen. He knows how to adjust with others.
- Physical education helps in developing and maintaining of good relations among human beings. It develops social traits, like cooperation. sympathy, loyalty, fraternity, courtesy and other traits of leadership.
- Aggressiveness can be eliminated through physical activities. By participating physical activities we can overcome stress, tension and sensitiveness.
- Physical education helps in creating discipline through games and sports.
- Physical education provides a number of opportunities to enhance the power of tolerance.
- Physical education enhances all the essential traits required for development of the personality.
- Physical education leads to happiness efficiency and character building.

### **MAJOR GAMES**

(Write any 3 Games in detail with photos)

### **CONCLUSION**

Most people are in opinion that yoga refers to performing exercises to keep the body fit and trim. But it is more than that. The systematic yogic practices not only eliminate and control several diseases but also keep the mind perfect, clean and peaceful. That means the yogic practice gives both physical and mental perfection.

### **REFERENCE**

- YOGA, HEALTH & PHYSICAL EDUCATION, Dr. T. KRISHNAMMAL , Dr. D. GRACE NIRMALA  
PRIYAKAMAL PATHIPAGAM
- HEALTH & PHYSICAL EDUCATION, Biranchi Narayan Dash  
NEELKAMAI PUBLICATIONS PVT. LTD