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Dr. Parvez Aslam**

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Editor

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Physical education and yoga for the benefit of the society

Nisar Hussain

SK Md. Ataulah

Introduction:

In the present world of space age & automation era, all human beings appear to be living a more and more inactive life. They ride instead of walk, sit instead of stand & watches instead of participates. Such type of inactivity or sedentary life is detrimental to mental and physical health. Thus, there is great need for physical education & yoga as a part of balanced living.

Both yoga & physical education in their origin use the body as a tool for developing attitudes & abilities that are important to achieve physical and mental health. Physical education & Yoga build the physical, social, emotional & mental characteristics of people, ultimately helping in the welfare of the society.

What is Physical education?

Physical education is about instruction in the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics, & the performance and management of athletic games. Physical education plays an vital role for the welfare of the society as it creates awareness among people on different aspects of health & fitness, develop skills in organizing the physical education program, people understand the nature of injuries during any unfortunate accident and provide first aid, learn good health habits, acquire knowledge of common communicable diseases, understand the diet modification in the treatment of underweight & obesity, acquire the knowledge of exercise.

What is Yoga?

Now-a-days the concept of yoga is much popularized. Yoga is also a part of the physical education training. Yoga is a physical, mental & spiritual discipline, originating in ancient India. The goal of yoga, or of the person practicing yoga, is the attainment of a state of perfect spiritual insight & tranquility while meditating on the Hindu concept of divinity. Yoga means "Union". It is the merging of the individual with the universal. It is the oneness of all consciousness. People are rediscovering this. Yoga is a path that assists people in knowing in their being this universal truth.

Benefits of physical education & Yoga:

Physical education & Yoga can have a great impact on the society. Some of the common benefits are peace building, health promotion, educating youth, social inclusion, and promotion of living condition. Many researches have resulted that common health problems & diseases such as obesity, mental illness, cancers, diabetes, can be prevented or risk of getting them can be lowered by experiencing proper amount of physical activities or yoga. Physical education provides opportunities for health education. As it is well known, spread of AIDS is very serious issue which is likely resulted because of lack of physical education. Secondly, it helps you to develop better balance, muscle tone, & strength. Third you learn the best ways to exercise & know how to do sports. Finally, physical education is a good way to socialize with others & develop teamwork, sportsmanship & communication skills.

Physical education & Yoga for the benefit of the society:

Coming on to the benefits of Physical education & Yoga for the welfare of the society,
Physical education

- 1) Is needed because due to advanced technology the lifestyle of the people become sedentary & they become passive entertainer,

- 2) It is needed during elementary and secondary education for proper growth & development.
- 3) It is beneficial during adulthood to maintain good health and fitness.
- 4) During old age physical education is important to prevent and treat various ailments & diseases.
- 5) It is important as it provides us the knowledge of our body from musculoskeletal, physiological & biochemical point of view.
- 6) It teaches us various physical activities that can be practiced now in later life such as motor skills for the games & sports of volleyball, tennis, swimming & so on.
- 7) It also teaches us the value of ethical behavior in sporting situations. It teaches us the value of physical fitness & how to become physically fit.
- 8) It is important for aesthetic reasons as by participation in physical activities programs like gymnastics and dance, beauty & grace is cultivated in the movement.
- 9) It is also important for catharsis reasons with mean releasing of energy, emotion, tension or frustration & some people let off their extra steam by participating in various games and sports which are part of physical education.

Physical education solves various problems of the society. Weight concern is always on the minds of people; enhancing people to take part in physical activity will help them to stay on a healthy weight, for e.g.: a 30 min physical activity on daily basis maintains a healthy weight and lifestyle.

Physical activity:

- 1) Reduces the risk of cardiovascular disease,
- 2) Reduces the risk of diabetes,
- 3) Reduces the risk of metabolic syndrome & risk of some cancers,
- 4) Controls weight,
- 5) It strengthens the bones and muscles,
- 6) Improves your mental health & mood,
- 7) Improves your ability to do daily activities & prevent falls,
- 8) Increases your chances of living longer,
- 9) People get a emotional lift, energy, high amount of oxygen, good sleep &
- 10) It is fun to exercise.

A state of total well being is not just a healthy body, but a healthy mind & spirit too. Yoga works on all the facets. Yoga & yoga postures are beneficial as they bring a harmonious balance within your system. It provides a simple & practical solution to all your daily problems. Physically, the yoga postures improve the flexibility of the muscles and the joints. They also massage the organs, thus improving their functionality. Yoga heals various chronic illnesses in a natural & a simple way & improves the body's immunity. Meditation being one of the main aspects of yoga, it's essential that you sit for meditation after practicing yoga. In meditation one develops into the self. In an extreme subtle & effortless manner, yoga & yoga postures make you more contented & happy. Overall the body feels healthier & more energetic. It is less prone to diseases & effects of day-to-day stress. When the yoga poses are co-ordinated with the breath, the practice becomes effortless. The benefits of yoga vary for society's welfare. Just as with any form of exercise, player's practice or diet, the efforts made by the practitioner & the willingness to approach all things with a positive attitude greatly affects the results. Physical benefits of yoga as reported by millions of people who perform various types of asanas are many. For e.g.

- 1) Better flexibility of the spine & joints,

- 2) Increased flow of blood & oxygen,
- 3) Stronger balance & straighter posture,
- 4) Improved digestion, toned & strengthened muscles,
- 5) Reduction of toxins built up in body,
- 6) Heightened immune system response. Through a dedicated a disciplined approach to yoga, people can experience;
- 1) Relief from stress,
- 2) Improved ability for concentration,
- 3) Greater capacity for joy,
- 4) Contentment & peace,
- 5) Deeper relaxation & sleep,
- 6) Expanded consciousness & awareness,
- 7) Increased desire to live & eat more healthfully.

The very core of yoga is enhanced spirituality & the pursuit of a higher state of being, although it is the hardest yoga benefit to evaluate. As with most things worth attaining, the spiritual benefits of yoga will not happen overnight. But your dedication to practice & respect for the gradual awakening of your body & mind will help you see the path more clearly.

Conclusion:

The aim is about providing best opportunities for people to get involved in physical education & yoga, giving them the skills & the inclination to be physically active for life. We cannot force people to be active. We can, however, help them to enjoy being active & ensure that they do it in life & for life.

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