



# IMPORTANCE OF PHYSICAL EDUCATION & YOGA

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## **ABSTRACT**

The word “Physical” denotes the physical body of an individual. It is the knowledge about the various physical qualities of an individual, such as physical strength, physical development, physical power physical health and the physical progress. Education is to be seen as development.

**KeyWords :- Importance of Physical Education & Yoga**

**Introduction and importance of Physical Education** :-Physical education is fundamental an attitude, the way of living a point of view incidentally, it is a technique a performance of a particular skill, physical education does not confine to the physical activities only but it is more than that. It is a body of knowledge, a discipline and a profession, of an individual in respect of physical well being in intellectual capability and emotional stability,

Physical Education has been prevalent in the society during ancient times. As the civilization of the world progressed, Physical Education too progressed. Modern age is also known as Machine Age; in this age man is part of a puzzled society. These days “Machines” are taking over from man in almost every field, an individual therefore utilizes very little physical energy; he does maximum utilization of ‘Mental energy’. He now lives away from natural environments. Machine age has made muscles of man loose and weak because of disuse. Under these circumstances ‘Physical Education’ has gained more importance. Today Physical education is the need of the hour .Physical Education one Subject should be must in College curriculum, Because Physical Education gives us all round development of an individual such as, Physical development, mental development, Moral development, social development. Etc.

**Introduction and Importance of Yoga**:-Today man is not living in happy state of mind. Most of the men run after money. Money is everything, for most of them, it is mother, it is father and it is God. Some of them fall prey to lust; some consider women and wine are everything for them. Some of them keep themselves busy in unhealthy competition. They want to leave others far behind. There are people who have all material comforts and modern amenities at their command but even then, they are much worried and disturbed. The condition of poor and the farmers is always pitiable. They are victimized by the politicians and the hoarders, thus we find everyone sick having mental tension in one form or other. Under these circumstances, yoga can play vital role to reduce and eliminate mental tension, moreover it develop optimum level of health to lead happy and prosperous life.



The origin of the word 'Yoga' is from the Sanskrit word 'Yuj' which means 'to join.' According to Patanjali, (who is supposed to be the founder of yoga) the meaning of the word 'Yuj' is to be stabilize the mind for the union of Atma (Soul) and Parmatma (super controller). In simple words, yoga is a way to join God i.e., merge of soul with God and experience of oneness with him.

**Satyapal**, "Yogais derived from Sanskrit word 'Yuj' which means the union of soul with God."

**Shankracharya** Says, "Yoga is withdrawal of sense organs from the worldly objects and their control".

Practically speaking, Yoga is a life science which deals with the health of body and harmony of mind. The main purpose of yoga is to provide sound body with tension free and sound mind. The ultimate aim of yoga is 'self identification and self perfection' which comes through 'self purification and self realization' so we can say yoga is a way of life, a means to enjoy complete happy, healthy and peaceful living.

Yoga is 'science' as well as the 'art of living' for a healthy, happy and prosperous life, thus its effects are mostly internal. Regular practice of yoga develops and purifies body and mind to its optimal level. It develops proper function of glands in a balanced form, It develops proper functioning of glands in a balanced form. It develops ability to control our sense organs to function properly. It relaxes our stresses and tensions to lead a peaceful life. It cures many chronic diseases to benefit health of the individual.

The effects are under:

- i) **Improves Cardio-Vascular system:** Yoga asanas and pranayams improve the efficiency of cardio-vascular system, thus endurance a highly developed with sufficient level of strength ability. It strengthens respiratory muscles and other organs to optimum level.
- ii) **Away from Cardiac-Problem:** Yoga practice cures and improves the efficiency of heart. It keeps us away from cardiac-problems. Heart and abdominal viscera gets gentle massage by asana and pranayams.
- iii) **Controls of Sense Organs:** Yoga practices develop the ability to control the sense organs. It develops them to function properly according to the individual needs. It also relaxes the body from its pains and thus stabilise mind.
- iv) **Relaxes Stress and Tensions:** Yoga relaxes the body and mind. It removes the stresses, tensions and worries, thus freshens our mind and soul completely.
- v) **Develops Concentration:** various techniques of yoga develop the concentration to great extent thus, memory recall ability increases. The meditation techniques stabilize the deflected mind in proper direction.
- vi) **Relaxes Stresses and Tensions:** Yoga relaxes the body and mind. It removes the Stresses, tensions and worries, thus freshens our mind and soul completely.
- vii) **Good Posture:** Yogic asana tones up body and its muscles. It shapensthe body to look attractive. It reduces excessive fat from the body thus, prevents obesity. It also regulates proper diet according to individual needs.
- viii) **Improves Health and Hygiene:** Yoga practices improves the health and develop hygienical habits of the individual. Thus healthy, happy, peaceful and prosperous life can be achieved.



- ix) **Cures many Diseases:** Yoga practice prevents and cures many types of diseases like cold, asthma, gastric problems, constipation, piles, high blood pressure etc.

## REFERENCES

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