



YOGA AND HEALTH: FIT INDIA MOVEMENT

Jitendra Bahadur Singh

E-mail: jitendrasuryavansi86@gmail.com

Received- 27.02.2021, Revised- 28.02.2021, Accepted - 01.03.2021

Abstract: *Fit India Movement, a world-wide movement launched by the Prime Minister Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019, encourages people to stay healthy and fit by including physical exercises and games in their daily routine. Physical fitness is the ability to complete routine tasks with ardor and alertness without fatigue and having ample energy for emergency works. Wellness is the state of being healthy in body and mind and yoga is the most perfect health and wellness module as it is comprehensive and holistic in nature. Yogic principles help to strengthen and develop positive health enabling us to withstand stress better. Yoga is a practice that connects body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. This paper discusses how Yoga can prove beneficial to stay healthy and fit. Yoga being a subject of varied interests, has gained worldwide popularity. Yoga not only causes physical, mental and spiritual enfoldment in an individual but also contributes to self satisfaction and personality development. The whole world, at present, recognizes the positive impacts of Yoga on human beings and the International Day of Yoga has been celebrated annually on 21 June since 2015.*

Key words- fitness, wellness, yoga, comprehensive, movement.

Physical fitness is a state of health and well-being and, more specifically, it is the ability to carry out various aspects of sports, occupations and daily activities. Physical fitness can be achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.

Before the industrial revolution, fitness was defined as the capacity to perform the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hyperkinetic diseases (also called diseases of affluence) and to have ample energy for emergency works.

The important components of physical fitness are strength, endurance, flexibility, co-ordinating ability etc. Strength is the ability

to overcome any obstacle or to work against obstruction. It is an important element of physical fitness which depends on the length of the muscles, the muscular cross section, the size of the body and constipation, combination of different muscles, the total number of muscles, and muscle coordination.

Endurance is turbulent continuous long-term ability to overcome a specific obstacle. It is the ability to perform an action and remain active for a long period of time, as well as the ability to resist, withstand, recover from, and have immunity to trauma, wounds, or fatigue. It is usually used in aerobic or anaerobic exercise. It depends on the body's ability to take oxygen, energy oxygen carrying capacity, oxygen performance, and body strength.

Flexibility is the movement around the joints. Flexibility is a kind of physical fitness that promotes the maximum contraction and dilation ability of the body's various orbital absences without muscle and gravitationally. The chances of progression and injury are largely dependent on flexibility. Flexibility depends on age and gender.

Co-ordinating ability is the ability to properly organize the necessary coordination between different parts of the body due to an interaction between body and mind (neuromuscular co-ordination) for success in any work. For example, there is a need to coordinate between the speed of the hand and the movement of the feet, depending on the movement of the body while running.

All these components contribute to keep the body fit and healthy for a long period of time. The whole world, at present, recognizes the positive impacts of Yoga on human beings and the International Day of Yoga has been celebrated annually on 21 June since 2015.

Fit India Movement, a world-wide movement launched by the Prime Minister Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019, encourages people to stay healthy and fit by including physical exercises and games in their daily routine. The

Assistant Professor (Physical Education) M.G.M. (P.G.) College, Sambhal (U.P), India

Corresponding Author

ASVP PIF-8.005 /ASVS Reg. No. AZM 561/2013-14



World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." It asserts that physical and mental well-being is a human right, enabling a life without limitation or restriction. The goal of today's health care system is generally to bring people who are sick, out of illness. This takes them from negative health to a state that is neutral-free from health problems but not necessarily thriving.

Positive Health is the scientific study of health assets. A "health asset" is a factor that produces stronger health, over and above risk factors for disease. Positive Health works to discover which specific health assets produce longer, healthy life, and which health assets lower disease risk and health care costs. The goal is to strive for optimal health- beyond the mere absence of illness. Potential assets include subjective factors like optimism, functional factors like stable marriage, and biological factors like low blood pressure. It is observed that they influence health outcomes either independently or jointly. If health assets can be scientifically linked to positive health outcomes, the ultimate goal would be to design interventions that can help build and sustain these assets to help people increase their chances of living a healthier, longer life. Positive Health has the potential to change the way we think about health and health care.

Sushruta, an ancient Indian physician, has defined health as "sama dosha sama agnischa sama dhatu mala kriyaaha// Prasanna atma indriya manaha swastha iti abhidheeyate" meaning "One is in perfect health when the three doshas Vata (Digestive fire- digestion, assimilation and metabolism) , Pitta (Dhatu- the entire physical body) and Kapha (all the excretory functions- the physiological functions of urination and defecation) are in perfect order with a pleasantly disposed and contented mind, senses and spirit."

Now-a-days we have mainly two ways to achieve sound body and good health: Yogic activities and physical exercises. Yoga is first and foremost a moksha shastra meant to facilitate the individual to attain the final freedom, liberation or emancipation. One of the important by-products of the Yogic way of living is attainment of health and well being. This is brought about by right use of the body, emotions and mind with awareness and consciousness. Yogic principles help to strengthen and develop positive health enabling us to withstand stress better. Yoga is a practice that connects body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga can prove beneficial to stay healthy and fit.

In addition to the benefits of exercise, yoga promotes peace, contentment and happiness. We are all becoming

increasingly aware about the importance of physical fitness. Gym memberships, runners groups and cycling groups are quite common. Yogais also becoming popular but is commonly misunderstood as a form of physical exercise.

In fact, the physical aspects of yoga, the asanas, are an auxiliary part of the practice. Moreover, these asanas differ greatly from regular physical exercises both in their mode of performance and in the results. Yoga focuses more on steady postures and relaxation of muscles. Patanjali defines an asana as, "a steady and comfortable state." The movements are slow and controlled; the breathing is synchronized. In regular exercise, the emphasis is on movement and stress on the muscles. Exercise usually involves repetitive movement where synchronized breathing is absent, even though we may try to control the breathing pattern. As a result the effects of yoga and exercise differ. Yoga can be an ideal method of warming up/ cooling down when taking part in other sports and, more importantly, a great tool for recovery post-injury. When practiced safely, the risk of injury in yoga is significantly less in comparison to other forms of exercise. In fact, yoga has proven to be beneficial in the healing process of injuries, such as repetitive strain and many others. Yoga is beneficial for various reasons. It helps improve flexibility, works your core muscles, and it allows you to perform cardio-centric exercises in a way which is not as obviously taxing as other forms of cardio training. Yoga is well-known for its stress reducing advantages, and a relaxed body is a better body: when high levels of the "stress hormone" cortisol are present in the body, this contributes to weight gain-particularly encouraging fat to be stored in the abdominal area. That's why the cardio benefits and relaxation from a regular yoga practice, in unison with a sensible diet, can effectively aid in weight loss.

In a nutshell we can say that yoga being a subject of varied interests, has gained worldwide popularity. Yoga not only causes



physical, mental and spiritual enfoldment in an individual but also contributes to self satisfaction and personality development. Yoga makes us disciplined as it requires us to practice it regularly. Meditation, the practice of breathing techniques, and physical practice should all be practiced regularly and with discipline. Through regular practice, the benefit is achieved and this encourages us to use discipline in other areas of our life. The understanding of Yoga philosophy also helps in making relationships stronger as the philosophy of Yoga talks a lot about uniting and connecting with people. It talks about humility and letting go of the Ego. This paves the way for the forging of strong relationships.

REFERENCES

- 1) Buchha, Abhay N. Health Education and Sports Nutrition. New Delhi: Sports Publication, 2018.
- 2) Sharma, M.C. Drugs in Sports. Delhi: Khel Sahitya Kendra, 2018.
- 3) Tiwari, Sandhya Exercise and Physiology. New Delhi: Sports Publication, 2019.
- 4) en.wikipedia.org/wiki/Physical_fitness
- 5) positivehealthresearch.org/about
- 6) en.wikipedia.org/wiki/Yoga
- 7) www.icyer.com/documents/yogic:20concepts:20of:20health:20and:20disease.pdf
- 8) www.doyou.com/the-benefits-of-yoga-for-physical-fitness-36232/
- 9) www.whiteswanfoundation.org/article/yoga-vs-exercise/
