



PHYSICAL AND MENTAL FITNESS THROUGH YOGA: A SHORT SUMMARY OF REVIEWS

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ABSTRACT

The Purpose of this study was to investigate as to yoga's added benefit is that it improves physical and mental fitness and encourages self-reliance. In this brief article we discuss the evidence for yoga as a form of physical and mental fitness promotion, illness prevention and natural remedies. A main concept in our article is that yoga may help sports man, physical education, yoga students, and young's with stress and thus, contribute positively to balance in life, well-being, and physical mental fitness. By practice daily yoga one can attain good mental and physical fitness this new view states, that mental health is not solely comprised of a reduction of negative symptoms, such as stress or depression, but positive experiences as well, such as emotional well-being, happiness and self-realization. We present research literature suggesting that yoga improves sports man, physical education students, and young's physical and mental well-being. Similarly, yoga helps students improve resilience, mood, and self-regulation skills pertaining to emotions and stress. To study find out the mentally and physical fitness benefits of yoga and its effects of mental and physical fitness in yoga for sports man, physical education, yoga students, and young's. The main purpose of the study was to explain the positive effects and benefits of Yoga on mental, physical health and fitness for sports man, physical education, yoga students, and young's. The paper is highlighting the yogic benefits for reaching optimum level of physical and mental fitness of an individual.

KEYWORDS: Yoga, Physical and mental Fitness, benefits, balance in life, well-being, positive effects, stress.

INTRODUCTION

The word 'yoga' means "to join or Yoke together". It brings the body and mind together to become a harmonious experience. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit". Yoga is a practice with historical origins in ancient Indian philosophy. The demonstration of yoga has been around for more than 4,000 years. Its beginning stages can be pursued back to India where even today, it is considered as a significantly regarded practice to land at a state of light. Yoga as an approach to get light is a fundamental issue in a couple of religions, for instance, Hinduism, Buddhism and Jainism. In various bits of the world, the pervasiveness of yoga is achieved by its various restorative focal points and its related use with asanas (positions) of Hatha Yoga as wellbeing works out.

PHYSICAL FITNESS:

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue.



MENTAL FITNESS:

Mental fitness is the level of psychological; well-being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioral adjustment". According to the (WHO), mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, inter-generational dependence, and self-actualization of one's intellectual and emotional potential, among others."

The reason for Yoga and Its Main Components:

When rehearsing yoga, focusing on three central matters:

- Body Positioning or Posture
- Breathing Techniques
- Meditating Techniques

The purpose of Yoga and Its Main Components:

Besides reaching a spiritual state of enlightenment, yoga can also help individuals reach a better understanding of not only their bodies but their inner selves as well. When practicing yoga, concentrating on three main points:

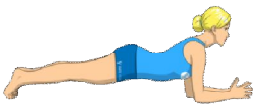
- Body Positioning or Posture
- Breathing Techniques
- Meditating Techniques

YOGASANA FOR PHYSICAL FITNESS

Yoga for fitness poses will work your entire body, burn fat, and tone muscle. Include these poses into your daily routine for overall improvements in strength and fitness.

Dolphin Plank Pose

A modification of Plank Pose, Dolphin Plank Pose strengthens and tones the core, thighs, and arms.

Benefits:

- Calms the brain and helps relieve stress and mild depression
- Stretches the shoulders, hamstrings, calves, and arches
- Strengthens the arms and legs, and core
- Helps prevent osteoporosis

Boat Pose

Deep hip flexor strengthener, Paripurna Navasana requires you to balance on the tripod of your sitting bones and tailbone.



Benefits:

- Strengthens the midriff, hip flexors, and spine
- Stimulates the kidneys, thyroid and prostate organs, and digestion tracts
- Helps diminish pressure
- Improves assimilation

Dolphin Pose

Dolphin pose strengthens the core, arms, and legs, while also nicely opening the shoulders.



Benefits:

- Calms the brain and helps relieve stress and mild depression
- Stretches the shoulders, hamstrings, calves, and arches
- Strengthens the arms and legs
- Helps relieve the symptoms of menopause
- Relieves menstrual discomfort when done with head supported
- Helps prevent osteoporosis
- Improves digestion
- Relieves headache, insomnia, back pain, and fatigue
- Therapeutic for high blood pressure, asthma, flat feet, sciatica

Extended Side Angle Pose

Find length in your side body, from your heel to your fingertips with Extended Side Angle Pose.



Four - limbed staff pose

Learn four-limbed staff pose because it is frequently practiced as part of the traditional Sun Salutation sequence.



Benefits:

- Strengthens the arms and wrists
- Tones the abdomen

Locust Pose

Salabhasana or Locust Pose effectively preps beginners for deeper backbends, strengthening the back of the torso, legs, and arms.



Benefits:

- Strengthens the muscles of the spine, buttocks, and backs of the arms and legs
- Stretches the shoulders, chest, belly, and thighs
- Improves posture
- Stimulates abdominal organs
- Helps relieve stress

Revolved Side Angle Pose

This revolved variation of Utthita Parsvakonasana requires a lot of flexibility to twist so deeply and ground the back heel.



Benefits:

- Strengthens and stretches the legs, knees, and ankles
- Stretches the groins, spine, chest and lungs, and shoulders
- Stimulates abdominal organs
- Increases stamina
- Improves digestion and aids elimination
- Improves balance

Warrior I Pose

Learn the basics of this foundational yoga pose, Virabhadrasana I.

**Benefits:**

- Stretches the chest and lungs, shoulders and neck, belly, groins.
- Strengthens the shoulders and arms, and the muscles of the back
- Strengthens and stretches the thighs, calves, and ankles.

Warrior II Pose

Named for a fierce warrior, an incarnation of Shiva, this version of Warrior Pose increases stamina.

**Benefits:**

- Strengthens and stretches the legs and ankles
- Stretches the groins, chest and lungs, shoulders
- Stimulates abdominal organs
- Increases stamina
- Relieves backaches, especially through second trimester of pregnancy
- Therapeutic for carpal tunnel syndrome, flat feet, infertility, osteoporosis, and sciatica

Warrior III Pose

Step-by-step instructions on moving from High Lunge to Warrior III.

Benefits:

- Strengthens the ankles and legs
- Strengthens the shoulders and muscles of the back
- Tones the abdomen
- Improves balance and posture



MEDITATION FOR MENTAL FITNESS

Yoga nidra

Yoga nidra is a deep relaxation practice that begins in savasana, or corpse pose, which is practiced often to close an asana practice. Yoga Nidra is a guided meditation while in savasana to deeply relax the body. It starts with a prolonged body scan, to release tension and holding in the body, followed by a guided visualization for healing of the heart, head and body. Often affirmations are used to reinforce the healing. This is an effective and powerful practice that has been found to produce profound healing and stress reduction. The workshop begins with gentle asana, and soothing pranayama to calm the nervous system, then moves into the Yoga Nidra practice.

Benefits:

Yoganidra is that condition of yoga which ends the stress of the body and brain and provides satisfaction to the mind if it is practiced daily by a person. The person remains healthy by the regular practice of yoganidra and he gets long life. A person can stop his breath whenever he wants by the regular practice of yoganidra and he can live inside the ground too without air, water and food for many months.

Method of Yoganidra Practice:

- First, lay down on the ground in shavasana posture and make the body loose so that there is no type of movement in the body.
- Thereafter, concentrate on the process of inhaling and exhaling breath. Thus, breath will become deep and long.
- After that, concentrate on the big toe of foot and come towards heart slowly. In the same way, this process should be repeated with other foot.
- Now, concentrate on the fingers of hand and come towards heart. Thus, do this process with the fingers of the second hand to the heart like before.
- In the same way, come towards the heart by concentrating on other parts of the body one by one.
- The body becomes loose completely by yoganidra and the body gets relief too.

Advantages of Yoga:

- Treating Back Injuries – yoga can recover back injuries that you may have by growing the blood scattering for your hurt tissues to patch snappier and fortifying your lower back muscles; yoga may moreover in a couple of cases recover various types of wounds too
- Counteractive activity – Yoga also can diminish chances of re-hurting yourself, curtail the time expected to recover from wounds and fill in as a standard exercise technique to hinder insufficiencies
- Mental Clarity and Improved Stress Control – The quiet and significantly releasing up strategies used in yoga would help you with having a predominant point of view reliably at work and better control of your sentiments of nervousness
- Greater Self-Understanding and General Well-Being–Find yourself surprised with what amount settled you feel with yourself when you start practicing yoga ordinarily
- Generally Better Physical Health – Besides understanding that ideal molded figure you've been going for, yoga will in like manner help in empowering your kidneys and keep up a predominant position
- Better Sleep – Rediscover the direct delights of setting down with the help of yoga.

OBJECTIVES

- To improve focus and sports performance.
- It transforms negative energy to positive energy.
- To develop discipline and self-regulation for sports man, physical education, yoga students, and young's.
- To improve the impact of yoga on healthy way of living and mental and physical wellbeing.

- To the study of mental, physical, and spiritual benefits of yoga for sports man, physical education, yoga students, and young's.
- To improve the Sports Health, physical fitness and emotional stability
- To reduce stress and anxiety and improve fitness and physical health.
- To study find out the mentally and physical fitness benefits of yoga.
- To the study of Physical fitness is the capacity of an individual to perform a given task at a particular time.
- In this investigation the impact of Yoga Nidra and seated meditation on the anxiety and depression levels of college students and players.

CONCLUSION

This is a very general summary of the benefits that students report from their yoga practice. I wish all Yoga practitioners and those still to become practitioners much happiness, success, health, harmony; joy in life and God's blessing. Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and selfacknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities. Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities. In conclusion it can be said that sports man, physical education, yoga students, and young's is a growing and developing age and if proper understanding, guidance (in the form of road map) is provided to teenagers in the initial stage they can be saved from various psychosomatic diseases like stress, depression, anxiety etc and various physical diseases like Asthma can be allergic, Obesity & Type 2 Diabetes and they can grow in an integrated manner. This, in turn, may give them a sense of responsibility of their role towards family, society, nation and the world.

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