



BENEFITS OF YOGA AND PHYSICAL EDUCATION FOR COMMUNITY HEALTH DEVELOPMENT

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ABSTRACT:

Community health refers to the health status of the member of the community, to the problem affecting their health and to the totality of health care provided to the community. Physical Education is an integral part of the total education process. The focus of the program is to prepare and motivate all students to engage in activities, which promote health and physical well being and contributes to the growth and development of each child primarily through movement experiences. "Yoga" a spiritual science, finds its roots in the ancient scripts, meaning "to join." It is a very inclusive way of spiritual self discovery. In total, it has a holistic effect and keeps body, mind, conscious and soul into equilibrium. The physically healthy body needs a stress free, clear and focused mind. There upon you get the ability to associate yourself with your environment. Finally, you can hear and speak to your surrounding and inner self and maintain a healthy interaction. Past moving society has developed some ill habits along the side lines of the blind development. Inviting uncounted bugs like stress, anxiety, pains, heart and cardiovascular diseases. Here in this paper we will evaluate how yoga can be useful in treating the adverse call of modern age. Research on yoga is witnessing an unprecedented proliferation currently, partly because of great interest in yoga's health utility. However, yoga research does not seem to be sufficiently public health oriented, or its quality corresponding to its quantity. Yoga is practical aid not a religion. Yoga is ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well - being, and also a feeling of being at one with their environment. In the paper the author tries to relate how physical education and yoga help or contribute towards the community health.

KEYWORDS: Yoga, Physical, meditation, Public health, Community Health, Stress, Well being.

INTRODUCTION

Public health is broadly and uniquely focused on population health and all that it entails. Because a population's health and well-being is greatly influenced by having safe, healthy, "livable" places to reside, work and stay active and engaged, a major focus of public health is to help support and create livable communities.

The Role for Mindfulness in Public Health:

Mindful modalities like yoga and meditation have been studied at length and praised for their ability to provide relief from the toll stress takes on our health. They can decrease work-related stress, improve bone health in as little as 12 minutes, and positively impact mental health. Chronic stress has been shown to impact a wide range of hot topic health outcomes, including premature

birth, reducing our inflammatory response, which contributes to the health in America and comparing it with the laundry list of benefits attached to mindfulness, it looks more and more like something public health should take seriously.

The link between community-based programs and clinical services is where mindfulness can have the most impact. We have community-based programs that help people with arthritis establish a walking regime, teach diabetes prevention, and provide people with counseling and tools to quit smoking. We use public health nurses, home visiting staff, community health workers, and community pharmacists to provide a range of services like medication adherence counseling and education to new parents. Why not incorporate a little mindfulness into the mix?

Yoga and mindfulness are both a practice of noticing. What could be more helpful than developing an awareness of your stress level, and learning to approach those stressors with a different mindset than overwhelmed? To notice when a trigger to smoke or engage in another harmful behavior arises with curiosity, to forgive an impulse decision that is counter to a goal, to observe the outcome of a behavior without judgment...these are all lessons we can learn from a mindfulness practice.

Network wellbeing is a part of general wellbeing which spotlights on individuals and their job as determinants of their own and other people groups' wellbeing rather than natural wellbeing which spotlights on the physical condition and its effect on individuals' health. Community wellbeing is a significant field of concentrate inside the therapeutic and clinical sciences which spotlights on the maintenance, protection, and improvement of the wellbeing status of populace gatherings and networks. It is a particular field of concentrate that might be educated inside a different school of general wellbeing or ecological wellbeing. The WHO characterizes network wellbeing as:

There are a number of social factors to address to improve conditions for health and development. Some of the more common factors to be addressed are:

Economic Factors:

The unemployment rate, for example, has a great influence on such issues as domestic violence, substance abuse, depression, or physical illness. Economic inequality affects people's stress levels, exposure to violence and toxins, educational prospects, access to services, high-risk Behavior, And Mortality Rates.

Social Inclusion:

Social connectedness and the attachment of the network have been appeared to have an immediate relationship to great wellbeing and lower death rates. These components can likewise empower urban support in changing conditions that influence bunch objectives.

Education:

More education means not only better jobs and more affluence, but also a greater sense of control over one's life. People with more education have more choices in health, housing, careers, and other areas that affect the quality of their lives.

Racial or Ethnic Bias:

Social exclusion can be the result of prejudice, which results in different access to health care, education, or other services.

Social Norms of Acceptance of Particular Behaviors or Practices:

Smoking, or even alcohol abuse, may be an accepted part of the culture of a community. In that case, many more people will adopt it than in a community where it is frowned upon.

Cultural Factors:

There are many elements of culture that might have a bearing on social inclusion, efficacy, and income inequality.



WAYS TO YOGA IMPROVES HEALTH

Table - 1

<ol style="list-style-type: none"> 1. Improves your flexibility 2. Builds muscle strength 3. Perfects your posture 4. Prevents cartilage and joint breakdown 5. Protects your spine 6. Better your bone health 7. Increases your blood flow 8. Drains your lymph and boosts immunity 9. Ups your heart rate 10. Drops your blood pressure 11. Regulates your adrenal glands 12. Makes you happier 13. Founds a healthy lifestyle 14. Lowers blood sugar 15. Helps you focus 16. Relaxes your system 17. Improves your balance 18. Maintains your nervous system 19. Releases tension in your limbs 	<ol style="list-style-type: none"> 20. Helps you sleep deeper 21. Boosts your immune system functionality 22. Gives your lungs room to breathe 23. Prevents IBS and other digestive problems 24. Gives you peace of mind 25. Increases your self-esteem 26. Eases your pain 27. Gives you inner strength 28. Connects you with guidance 29. Helps keep you drug free 30. Builds awareness for transformation 31. Benefits your relationships 32. Uses sounds to soothe your sinuses 33. Guides your body's healing in your mind's eye 34. Keeps allergies and viruses at bay 35. Helps you serve others 36. Encourages self care 37. Supports your connective tissue 38. Uses the placebo effect, to affect change
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CONCLUSION

The success of community health programs relies upon the transfer of information from health professional to the general public using one -to- one or one too many communication. 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. In conclusion it can be said that Community and society is a growing 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. It is an established fact all over the world that Yoga has potential to develop this sense of responsibility and a person can live a meaningful, healthy and happy life when both aspects of yoga (practical & theoretical) are adopted not as a 'view of life' but as a 'self disciplined way of life'. The regular physical exercise combined with yogic practice certainly helps the individuals to minimizing health illnesses and lead the healthy lifestyle. Ultimate, community health can be improved through physical education and yoga.

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