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## YOGA IS A VEHICLE TO PROMOTING GOOD HEALTH

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### ABSTRACT

*The strength of a nation rests upon the health of its people and the future of the health of the people depends, to a large extent, on what is done to promote, improve and preserve the health, as health is a fundamental human right. To be a good man is the first requisite to success in life and to be a nation of healthy citizens is the first condition to national prosperity. The natural question that arises is what health is? And on what does it depend. Health is a state of physical, mental, emotional and social wellbeing. Good health enables people to enjoy life and to have opportunity to achieve the goals they have set for themselves the real purpose of health is to develop and maintain and vitality, to acquire interests and habits in ways of living that are whole some and to meet the demands put upon the individual with energy and satisfaction. "A healthy body is a guest chamber for the soul and sick body is a prison.*



**KEYWORDS:** speed, endurance, agility, explosive power, Football School.

### INTRODUCTION:

"Evolution "the most natural phenomenon occurred in this material world through thousands, millions or corers of years. From the unicellular living organism, man only has achieved this biped position among the mammals through this evolution, all though the internal physiological organs maintain the earlier states. The change of anatomical position of different parts of body creates the physiological imbalance. In this biped position to carry out Delhi tasks, a very basic level of fitness is required. However when defining physical fitness, it may be best to know two types of physical fitness. Heath related and performance related fitness. Both types require exercise, proper nutrition, adequate rest, relaxation and good habits. Body position, cardio vascular endurance, muscular strength muscular endurance and flexibility are the health related components of fitness while as power, speed and quickness, agility balance and motto skills are the components of performance related fitness.

Most health problems in our life today are not caused by bacteria or viruses. They are caused by neglect and abuse of our bodies, sedertendry and inactivity life styles, height fat diets, hazardous smoking and drinking, in effective ways Of dealing with inevitable and un avoidable stresses at home and work places, and our exercise workouts or recreational life and help us enjoy an optimal level of health fitness and wellness along with balanced nutrition and Pollution free environment. We exercise our bodies our muscles, bones, heart, lungs and nerves adequately in scientifically right way through right means. Health and fitness are Siamese. Twins and yoga is a medium of maintain and sustaining

them both quantitatively and qualitatively. yoga is a separate system of philosophy and is regarded as an act of fixing or concentrating the mind in abstract meditation .oxford dictionary regards it "as a Hindu system of philosophic meditation and asceticism designed to affect the re-union of the devoted soul with the universe soul ' '.even then yoga seems to mean many things to many people because it has been used in a variety of ways through the ages. Lord Krishna believes that yoga is a way by which a person can discharge his duties efficiently without mental equilibrium and body poise. It is a strange compound of mental and bodily exercises consisting of unnatural restraint forced and painful postures, twisting and contraction of limbs, suppression of breath and utter abstinence of mind. Excavation at Mohenjo-Daro reveals that yoga was practiced in India has early as 3000b.c.in Vedic literature yoga has been referred to as a way of life. During epic age much has been written on the yogic exercises and concentration of mind. Yoga is considered as a universal philosophy which originated in India and was practised as a religious duty for every Hindu, worth the name, at a certain point of time in history. It is often seen the side of various yogic experts calming yogasana as a means for weight loss, controlling sugar cholesterol , fat etc in support of yoga, A , Ross and S Thomas states that yoga may be as effective or as better than the exercise in improving the variety of health related outcomes measures.(Ross A and Thomas. S .2012). It has also been stated that yoga intervention may be helpful to control oxidative stress in pre- diabetes subjects. It is beneficial in reduction of BMI, waist circumferences, systolic blood pressure and fasting glucose (Hedge eT. Al. 2013) yoga practices enhance muscular strength and body flexibility, promote a recovery and treatment of addiction, and reduce stress anxiety, Depression and chronic pain. Improves sleep patterns and enhance overall wellbeing and quality of life. (Wood yard C.2011).

## CONCLUSION

Work related stress, physical injuries are significant risk factors for various health related which include anxiety — depression, Cardiovascular and metabolic diseases. Particularly when compounded by a sedentary work environment. Allied therapies for preventive treatment offer possible options for fitness related problems. On this basis of literature it can be concluded that there is a need of yogic exercise to rebalance the bodies, energetic system.

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