

HEALTH AND WELLNESS THROUGH YOGA AMONG ADOLESCENTS

¹Dr. RAJASHEKHAR D. BENAKANAHALLI

¹Associate Professor in Physical Education

¹Government First Grade College for Women

¹Gandhi Choke, Vijayapur-586101, Karnataka, India

Abstract: The development of the Nation lies in the hands of those people, who are healthy and physically well. Every individual should develop physical fitness for a cheerful and successful living. Obesity is a leading cause of death worldwide preventable. Health and Wellness is the topic which is widely discussed now days by everyone. At present scenario, it is the major topic of discussion in the mass-media, seminars and everywhere. Yoga is the greatest contribution of our country to the world. It is an ancient system developed over the centuries by the sages of India. To develop certain fitness several methods of training are used. In that yogic exercises training is one of them improve the health and wellness among the adolescents. This paper suggests to the parents, teachers as well as public that they need to be informed about the importance of yoga through yoga education and they should try to educate adolescents on yoga. Most people today are so busy trying to find health and wellness that they forget why they are here in the first place. Yoga is the best way for us to regain our birthrights and attain the goal of our human existence.

Keywords: Yoga, Health, Wellness, Adolescents, Fitness.

INTRODUCTION

Health and Wellness are firmly identified with way of life of a person. Health is characterized as the generally mental and physical condition of an individual or in basic words the shortfall of illness. Yet, wellness is more than that. It's tied in with carrying on with a daily existence loaded with moral duty and hence making proactive strides for one's whole prosperity. In understanding the distinction among health and wellness, to put it plainly, health is a condition, though wellness is the condition of carrying on with a healthy way of life. Health alludes to physical, mental, and social prosperity; wellness expects to improve prosperity.

Health and Physical Fitness have a crucial job in the life. The advancement of the Nation lies in the possession of individuals, who are healthy and physically fit. Each individual ought to foster physical fitness for a glad and compelling living. To acquire physical fitness, one has partaken in different physical exercises. Over many years, the general public overall has understood the requirement for staying in shape and health through coordinated physical movement program. Logical proof has made with an understood and that except if man draws in himself in coordinated enthusiastic physical action program. Resultant advantages would not be productive. Numerous specialists emphatically support those ordinary activities assists one with keeping a solid and healthy and to forestall cardio vascular illnesses.

Health

In the Oxford English Dictionary health is characterized as: "the condition of being liberated from affliction, injury, sickness, real conditions; something demonstrating great real condition."

The idea of health is wide, and the manner in which we characterize health likewise relies upon singular insight, strict convictions, social qualities, standards, and social class.

As per this definition, the individual is healthy if all the body parts, cells, tissues, and organ frameworks are working great, and there is no clear brokenness of the body.

The most generally utilized more extensive meaning of health is that inside the constitution of the World Health Organization (1948), which characterizes health as: "Health isn't just the shortfall of illness and infection yet additionally a condition of physical mental and social prosperity." This exemplary definition is significant, as it distinguishes the imperative segments of health.

Components of Health

- Mental Health
- Physical health.
- Social Health.
- Emotional Health
- Spiritual health
- Environmental Health



Wellness

Wellness is a functioning cycle of becoming mindful of and settling on decisions toward a healthy and satisfying life. Wellness is more than being liberated from ailment; it is a unique cycle of progress and development.

Keeping an ideal degree of wellness is totally urgent to carry on with a better life. Wellness matters. Wellness matters since all that we do and each feeling we feel identifies with our prosperity. Thusly, our prosperity straightforwardly influences our activities and feelings. It's a continuous circle. Accordingly, everyone should accomplish ideal wellness to quell pressure, lessen the danger of disease and guarantee positive collaborations.

Wellness is a functioning, deep rooted cycle of becoming mindful of decisions and settling on choices toward a more adjusted and satisfying everyday routine which includes decisions about our experiences and our needs that decide our ways of life.

Wellness and Its importance

Wellness is a functioning cycle of becoming mindful of and settling on decisions toward a healthy and satisfying life. As indicated by World Health Organization (WHO), Wellness is "...a condition of complete physical, mental, and social prosperity, and not only the shortfall of infection or ailment."



- Social Wellness is the capacity to identify with and interface with others on the planet.
- Emotional Wellness is simply the capacity to comprehend and adapt to the difficulties life can bring. The capacity to recognize and share sensations of outrage, dread, pity or stress; trust, love, satisfaction and joy in a useful way adds to our Emotional Wellness.
- Spiritual Wellness is the capacity to build up harmony and agreement in our lives. The capacity to foster congruency among qualities and activities and to understand a typical reason that ties creation together adds to our Spiritual Wellness.
- Environmental Wellness is the capacity to perceive our own obligation regarding the nature of the air, the water and the land that encompasses us. The capacity to have a constructive outcome on the nature of our current circumstance is it our homes, our networks or our planet adds to our Environmental Wellness.
- Occupational Wellness is the capacity to get individual satisfaction from our positions or our picked vocation fields while as yet keeping up with balance in our lives. Our longing to contribute in our vocations to have a constructive outcome on the associations we work in and to society all in all prompts Occupational Wellness.
- Intellectual Wellness is the capacity to open our psyches to groundbreaking thoughts and encounters that can be applied to individual choices, bunch association and local area improvement. The craving to learn new ideas, further develop abilities and look for difficulties in quest for deep rooted learning adds to our Intellectual Wellness.

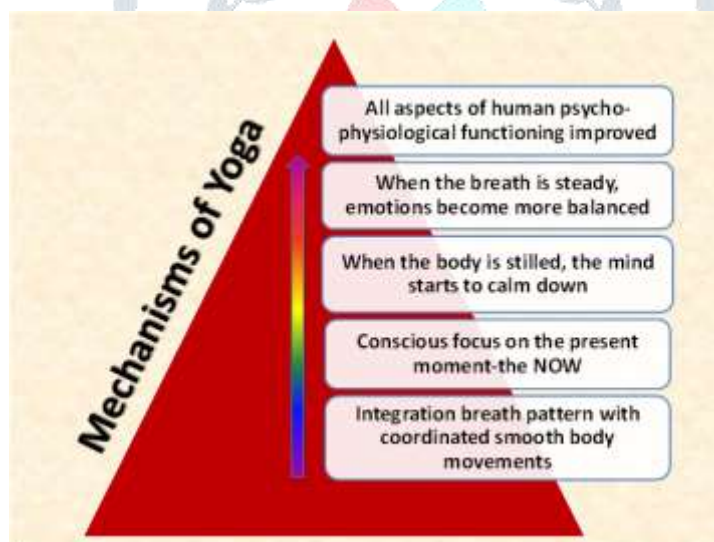
- Physical Wellness is the capacity to keep a healthy personal satisfaction that permits us to get past our day by day exercises without unnecessary weariness or physical pressure.

Yoga and its importance

Yoga is a craftsmanship, science and reasoning, which impact the existence of a person at each level. In the current day, the entire world is seeking yoga for the response to different issues of present day man is confronting. Yoga is the specialty of living and yoga asana is a logical strategy. Yoga fosters the character of an individual, physically, intellectually, ethically and mentally. Yoga is the specialty of science which helps in keeping up with physical and mental prosperity. It has its starting point in India. It is the most antiquated at this point lively living customs that are getting progressively well known today. Asana implies holding the body in a specific stance to carry solidness to the body and balance to the brain (Aggarwal, 2006).

Yoga is a discipline to improve or foster one's inborn force in a decent way. It offers the way to accomplish total self-acknowledgment. The strict significance of the Sanskrit word Yoga is 'Burden'. Yoga can along these lines be characterized as a method for joining the individual soul with the general soul of God. As indicated by Maharishi Patanjali, Yoga is the concealment of adjustments of the psyche.

Yoga is perhaps the oldest social legacies of India. The word yoga in Sanskrit signifies "to join together", thus yoga can be said to indicate a unitive discipline. In this sense, it is an activity in upright and mental development that produces great health (arogya), adds to life span (chirayu), and the complete inborn discipline finishes into positive and perpetual joy and harmony. Accordingly, yoga is the supposed to be key to a definitive achievement throughout everyday life. It is a science that influences the cognizant self as well as the psyche also. It is a viable physiological preparing (kriya yoga), which] whenever rehearsed, can lift up man to the 'supra commonplace level'.



Mechanisms of Yoga (Giri, 1976; Bhavanani, 2013).

Yoga gets health and prosperity as a unique continuum of human instinct and not a simple 'state' to be achieved and kept up with. The absolute bottom on the continuum with the least speed of vibration is that of death though the most elevated point with the most elevated vibration is that of eternality. In the middle of these two limits lie the conditions of ordinary health and infection. For some, their condition of health is characterized as that 'state' in which they can work without prevention while in actuality, health is important for our developmental cycle towards Divinity. The absolute bottom on the powerful health continuum with least speed of vibration might be likened with most reduced types of life and mineral matter while the most elevated point with most noteworthy speed of vibration might be compared with Divinity.

Effects of Yoga on Health and Wellness

Yoga is extremely compelling in tossing out the entirety of our body squanders and bring authority over the body and organs are legitimate working of which depends our health and satisfaction. The yogic activities work on mental force and health in controlling the receptors. It expands the versatility of the body and makes the body more dynamic and flexible. The blood

dissemination happens all the more easily and appropriately and the body becomes able to do more work. It further develops opposition power against infections and don't permit any outside issue to aggregate in the body. They keep the body liberated from illnesses. The various asanas keep up with and sanitize the blood dissemination, channel of the body and flows blood openly to all pieces of the body and helps keep the body liberated from contaminations. Yogic activities are the best way to keep organs in legitimate working request. It's difficult further developing body health, yet in addition effectly affects the psyche. The brain becomes balance and serene. The act of yogic activities is extremely powerful initiating on different organs, with the goal that they conceal their juices in the necessary amount and capacity appropriately. Yoga is the specialty of science which helps in keeping up with physical and mental prosperity. A sound brain in a sound body is most valuable ownership of an individual. Present day masterminds in instruction accentuation that best individual is one who is physically fit, intellectually solid, sincerely adjusted and socially balanced. One part of yoga's advantages is to investigate the connection among health and magnificence. Yoga makes young people solid.

Benefits of a regular yoga practice:

- Stress reduction
- Increased self-awareness
- Less anxiety and depression
- Improved concentration
- Inner peace and calm
- More positive view of self/others
- Increased body awareness and acceptance; Increased energy and vitality
- Heightened sense of control of one's body and mind
- Decline in self-destructive patterns
- Improved self-confidence
- Increased mental clarity
- Improved reaction time
- Improved learning ability and memory
- Increased ability to be present in the moment
- Greater creativity
- Improved sleep
- Increased emotional stability

Health and Wellness through Yoga

Yoga is the best commitment of India to the World. Yoga is the most agreeable movement everybody can partake. Yoga the craftsmanship and study of keeping up with physical and mental prosperity that has its starting point in India, is among the most old yet energetic living practices that is getting progressively famous today. Yoga helps improving and keeping up with wellness. Partaking in physical training and sports helps a youngster in the advancement of allround character by working on the physical fitness, and physical fitness is the pre-essential of any remaining fitness, for example, mental, passionate and so forth Yoga helps in fostering all the health related fitness parts.

- Suryanamaskar and yogic asanas help in working on solid strength and strong perseverance.

- Pranayama increments crucial limit helps in assimilation of oxygen with expanded productivity of trade of gasses and work on the cardiovascular effectiveness all in all.

Yoga is an aloof and static action. Suryanamaskar and most yogic stances include twisting forward, in reverse and sideways and standing firm on the foothold for some time. Yoga stances help in extending and loosening up the muscles and skeletal framework accordingly helps in further developing adaptability.

CONCLUSION

Presently a-days yoga rehearses are the need of great importance for the inside and out advancement of the youths. Yoga assists us with taking the proper mentality towards our difficulties and consequently tackles them adequately and effectively. Yoga is really a healthy and indispensable study of life those arrangements with multidimensional parts of health in both the individual and society. A great many people are distracted in their work and wishes that they will in general disregard their health and wellness. Yoga is the most ideal way for us to recover our inheritances and achieve the objective of our human life.

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