



## THE ROLE OF YOGA & SPORTS IN SOCIAL HEALTH

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### Introduction -

The theme of social health through yoga & sports development is not only the trend but this is the need of our social life in present in the modern time peoples have no time to do some exercises or physical fitness, like daily yogic practices or Gym & fitness , have not a play some sports & games, not doing any physical activity and for that they are call from some life time diseases in our body for this reason today some health conscious peoples are look from all over the world to learn something better through body and mind in specific & scientific way generally people are looking towards natural ways of approach in health & happiness, yoga and sports is an ancient science .after his scientific practice you can take a naturally benefit to physical, mental , social , & emotional.

Yoga helps improve sleep quality, enhance spiritual well being ,improve social function and reduce symptoms of anxiety , depression, mental stress, hypertension, overweight & obesity.

### Definition & types of Yoga & Sports -

Yoga is a true sense yoga means union of our individual consciousness with the universal divine.

Consciousness in a super consciousness state known as Samadhi, according to patanjali yoga consists of Eight steps or limb which are all equally important and are related as part

### 1) Objective -

Purpose of the subject is a yoga & sports are the part of human life. , without this activity the peoples are cannot live physically, mentally, & socially healthy life. We all are known that the physical education & sports are most popular in school & colleges depend largely upon public interest spectator approval & media popularity yoga and Suryanamaskar is the traditional gift in India for all physical education & sports is a basic need of society which is the need of physical fitness & social responsible citizens. You can common of every long

hard diseases after that the yogic practices & social & self-wellbeing of a whole, The purpose of these Eight Limbs is discriminative enlightenment or self-realization , that is Yama, niyama, asana, Pranayama, Pratyahara, Dharana, Dhyana, and samadhi.

Yoga is a way of better living it ensure great or efficiency in work and better control over mind and emotions through yoga one can achieve physical ,mental, social, emotional harmony. Yoga is the movement of the body though different positions, postures & poses. Yoga is skill in action - Lord Krishna.

" Yoga is the way method through which internal & external facilities of man meets in totally and changes by which may achieve God & may become the part of him "- Shri Arvondo.

1) Asanas - Asana means holding the body in a particular posture to bring stability to the body and the mind the practice of asana brings firmness to the body & vitality to the body and mind , The people of ancient Greece believed in the principle." A sound mind in a sound body " by practicing Asanas, it is a state of complete equilibrium of body , mind & spirit.

**Types of Asanas** - 1) Meditative Asanas 2) Relaxation Asanas 3) Cultural Asanas

Asanas are very useful & important from the point of view of physical , mental , spiritual , & social growth of a individual method of doing Asanas.

1) Sitting Asanas 2) Standing Asanas 3) Lying Asanas a) Supine Asanas b) Prone Asanas

Meditation - is the greatest factor for spiritual life is meditation . In meditation we feel our divine nature. We do not depend upon any external help in meditation, it can bring about a true personal transformation, as you learn more about yourself. regular practice is necessary for meditation it takes only a few minutes every day into the daily routine, meditation becomes the best part of your day, meditation is like a seed when you cultivate a seed with love the more it blossoms.

Pranayama - is the science of breathing techniques.

Pratyahara - withdrawal of the senses of cognition and action from both the external world and the images or impressions in the mind.

Dharana - It is holding or fixing the attention of mind in to the object.

Samadhi - trance or a state of bliss reaching a state of absorption in a subject or in the Divine.

The aim of sports is to increase every individuals physical , mental , and social performance & increase the physical activities like, Speed, Agility, Coordination, Flexibility, Strength, Power, etc. and to develop healthy life style skills, behavior & attitude, sound mind in a sound body there is the ability to experience sensation of Plato & this is perfect applicable of sports & health.

Play sports contribute to muscle growth coordination less hypertension obesity ,anxiety & osteoporosis play can contribute to chronic diseases, as well as to prevent them. Play sports help reduce body factor control your weight. You will gain the satisfaction of developing your fitness & skills. Sports can help you fight depression & anxiety sports allows you to challenge yourself & set goals. It promotes regular physical activity ,it foster a healthy relationship with exercise for years to come it develop motor & cognitive skills, It teaches the concept and importance of team work & develop the social skills.

**Role of sports in society or social values of sports:-**

Watching & playing sports provide way to escape the stress of our daily lives & come together as a community, sports in society can even influence our understanding of gender roles & socio - economic issues & they can help frame city - state - national identity.

**Importance of sports in our Social life:-**

sports helps a person develop a healthy body to lead a healthy life, a healthy body is necessary , A healthy body helps you depend yourself against people who want to harm you physically, sports are important part of lives of people as they are necessary for a healthy community in both physical & mental aspects.

Sports improve physical wellbeing, it respect our seniors and others, it helps to each other, Tolerance, improve patience, improve co - operative natures, It improve physical, mental & social health. It develops self & group, social discipline etc. Sports have not the option to maintain your health and personal social values. People said that playing sports, lead to the growth of strong bones, bigger muscles & better tissues , developed need of sports - sports required you to move your body & it's a commonly known fact , that exercise is good for your health . Physical activity helps control weight, combats health conditions & diseases improve moods, boost energy and promotes better sleep.

**Yoga through Health Development -**

Health is a state of complete physical mental & social well being & not merely the absence of disease or infirmity W H O.

Types of Health- 1) Social Health 2) Mental Health 3) Physical Health 4) Spiritual Health  
5) Emotional Health

Health Education is concerned with promoting health as well as reducing behavior induced diseases in other words health education is concerned with establishing or inducing changes in personal & group attitudes and behavior that promote healthier living.

**Yoga & Social Values:-**

Social values are a set of philosophy that an individual carries throughout his life it great power to build those values that go a long way in making a person complete with the help of yoga , you can face & tackle every situation in your daily life . The biggest virtue of yoga in that the individual is in. Full command of his own he is in love with himself as well as others, he is admired by every one for his social values & positive behavior which comes from yoga.

1) Development of social Norms - the social effect of person change behavior upon colleagues, clients, superiors, inferiors, public officers & service specialist could be awesome Thus, the universally accepted social norms of society can be developed in an individual with the help of yoga.

2) Change in personality - Yoga accelerate the sense of duty in us and also make us responsible human being Hatha yoga has such a strong power that after some weeks of practice, everyone notice a change in practitioners attitude & behavior in fact the practitioner fails to recognize himself as the change is so big & fast.

3) Get spiritual Knowledge - Yoga help an individual to understand the issues around him. continuous yoga practice increase self-knowledge, yoga practice including with Pranayama & Asanas help breathing techniques & maintain relaxation, physical & mental health it gain spiritual knowledge making his understanding vast about the nature related to society.

4) Know yourself - Yoga has the power not only to increase your physical but also mental attribute & toughness.

5) Genetic Changes - Every human being have come of some genetic changes, But it's not carrying everything sometime some of the health and physical related changes are carry on as like as family health & physical structure & it after your physical & mental health yoga is the best solution in this changes. 6) Obesity / Overweight - It is common problem in our society and reason of the nature of insufficient physical work, junk food, & food habit.

7) Mental & physical Stress - Yoga and sports practice is the best solution of stress in human life & society.

**Yoga Benefits of Health -**

Yoga is beneficial to a athlete as it positively contribute to the health & vitality of the body strengthens internal organs such as the heart, lungs & liver & helps to maintain fitness agility & flexibility, yoga also helps to reduce stress & anxiety, cultivate self-confidence & self-belief.

**Conclusion -**

The peoples common thinking is never really wanted to any hospitalize treatment or not interested to take any type of drug & tablets. They want to priority of natural sources like yoga and sports, physiotherapy, Massage, games, Suryanamaskar, Pranayama, Dhyan dharna, meditation. Because they know natural & physical exercises. is not only physically but also mentally socially & emotionally than drugs so you just to love your body & do yoga & sports because anything is possible after your health.

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