

TECHNIQUES OF KEEPING MENTALLY AND PHYSICALLY HEALTHY

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Introduction :

Health is a fundamental human right and the responsibilities of keeping the people of the nation healthy rests with the government-governing the nation. Only a physically and mentally healthy individual prove to be a good citizen. For getting success in life, it is very necessary to have a level of health.

Health is a state in which an individual is free from all kinds of diseases. Health is also related to the mental state of an individual. An individual's body and mind are in such a state that they can perform their functions properly known as health. The health provides an individual with an ability to resist fatigue, and it also provides him with body power. Regular fitness exercise not only effects the body but the mental and emotional states as well. Stress, anxiety and depression may relieved by fitness exercise.

The present paper focuses on "Techniques of keeping mentally and physically Healthy."

Objective :

- To make awareness about good Health.
- To know the Techniques to develop fitness.
- To create awareness about diet & exercise.

Concept of Health :**Health :**

It is a state of physical, Physiological, mental, social and spiritual well being. Good health enables people to enjoy life and to have the opportunity to achieve the goals they have set for themselves. Health is the key to education. Success, good citizenship and a happy life.

Mental Health :

It refers to the overall well being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of life. Our mental Health is characterized by our personal growth, sense of purpose, self acceptance and positive relationship with other people.

Physical Health :

Physical well being implies the state when human being is free from all kinds of diseases. It is very necessary to have protection from various diseases, as it is only in such state that various parts of the body can grow or develop properly. A person with good and sound physique possess of certain features which become part of his personality.

Dimensions of Health and Wellness :

The person's environment and his or her physical mental emotional, intellectual. Environmental, occupational, spiritual and social dimensions of wellness are in tune with one another to produce harmony.

Concepts of Physical Fitness and Wellness :

1. Body composition
2. Cardio vascular endurance.
3. Muscular Strength
4. Muscular endurance.
5. Balance & Flexibility
6. Speed
7. Agility
8. Co-ordinate ability

Importance of Exercise and Yoga :

Improves health, stamina, Strengthens an Tones, Enhance Flexibility, Controls Weight, Improves quality of life to increase overall strength.

Techniques to Develop Fitness :

Proper exercise will increase the intensity of your workouts, while decreasing the risk of injury to your muscles, joints and connective tissue.

Aerobics :

It is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training of improving all elements of fitness (flexibility, muscular strength and cardio-vascular fitness.)

Flexibility Exercise :

Stretching, improve the range of motion of muscles and joints.

Unaerobic Exercise :

Walking, jogging, cycling, swimming, skipping rope, rowing, running, hiking, playing tennis focus on increasing cardiovascular endurance.

Anaerobic Exercise :

Weight training, functional training sprinting increase short term muscle strength.

Indoor Fitness :

Weights, Traidmalls, leg and arm stretcher, sit-up benches.

Yoga :

It helps to control your mind, contributes to health and works as a stress-reducer.

- 1. Physical Benefit :** Increase flexibility, improve balance and strengthen the core muscles, energy, improved circulation cardio vascular conditioning.
- 2. Mental Benefit :** Concentration and focus during practice and games. Reduction of tension. Restoration of pliability.
- 3. Psychological Benefit :** Anxiety, stress reduction, self control, depression mind body connection, memory, attention.
- 4. Biochemical Benefits :** Glucose, cholesterol, sodium, red blood cells, endocrine functions.

Suryanamaskar : Provides physical health benefits along with mental, emotional & spiritual benefits.

Ahar (food habits) : Balance food - Eat, drink and get enough rest. Good & nutrition diet

help to keep healthy. Drinking enough natural water is great investment in your long term health.

Nidra (Sleep) : Early to bed, early to rise, makes man healthy, and wise.

Snan: Purify the body.

Dhan: Water purifies the body and the meditation purifies the soul.

Breathing and centering techniques : It can be valuable tools for event preparation.

Suggestions :

- Fitness is required to perform any kind of activity. It gives better health & wellness.
- By doing regular and disciplined exercise along with nutrition diet is key to maintaining healthy.
- Asanas and pranayama offers the complete health package to mind and body.

Conclusion :

- Health is a state of complete physical, mental and social well being.
- Participation in vigorous activities only can bring about significant improvement in physical fitness.
- Yogic stretching and breathing exercise effect on both mental and physical energy.

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