

# AN ANALYSIS OF PHYSICAL EDUCATION ACTIVITIES FOR THE IMPROVEMENT OF HEALTH RELATED PHYSICAL FITNESS ON B.P.Ed STUDENTS OF PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

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## ABSTRACT

*This research paper focuses on the selected activities in physical education department. It is based upon the elements of physical fitness of 21 to 25 years B.P.Ed students. Some of the exercises are obtained to find out the physical fitness. They are bent knee curl up for muscular endurance and strength, skinfold activities for body work and reach and sit for flexibility. Other activities are also assigned to find the fitness. They are naturopathy, meditation, yoga dance, yoga and mental health activities, anatomy of human body and so on. Yoga and weight training exercises are carried out on three days. An effect of physical education activities are calculated by the records of skinfold exercise, sit and reach test, Harvard step test and bent knee curl up test. There is an impact in the activity of physical education for consuming the health related physical fitness on physical education students of Pondicherry University Community College. Yoga was very helpful for maintaining and preserving one's mental and physical health. It also supports the evolution of spirit. The yoga practice was believed to initiate with the emergence of civilization. The age group from 21 to 25 years old teen age students are suffered from physical diseases like obesity, heart problem and so on. To avoid these sufferings, yoga was the only and free medicine for every youth. It enhances flexibility, strength, memory, concentration and so on. It also helps to control emotion, angry and many mental problems. So this research paper highlights the youth mentality over health related physical fitness.*

Keywords: flexibility, strength, cardiovascular disease, posture, fitness, PA, endurance

## Introduction:

Literally, yoga means “union” or “to yoke”. In recent years, yoga became a part of everyone life. It is the coming together of the individual consciousness along with the unlimited universal spirit or consciousness. It is a procedure of inquiry into the nature of mind that highlights direct or practice experience. Yoga practice was about developing balance in the body through flexibility and strength in the body. It is accomplished by analysing a series of poses or postures that are created for particular advantageous to each and every parts of the body. It was considered as science and art of living healthy life. It is also related to the spiritual life that depends upon the subtle science. This focuses on providing harmony in body and mind.

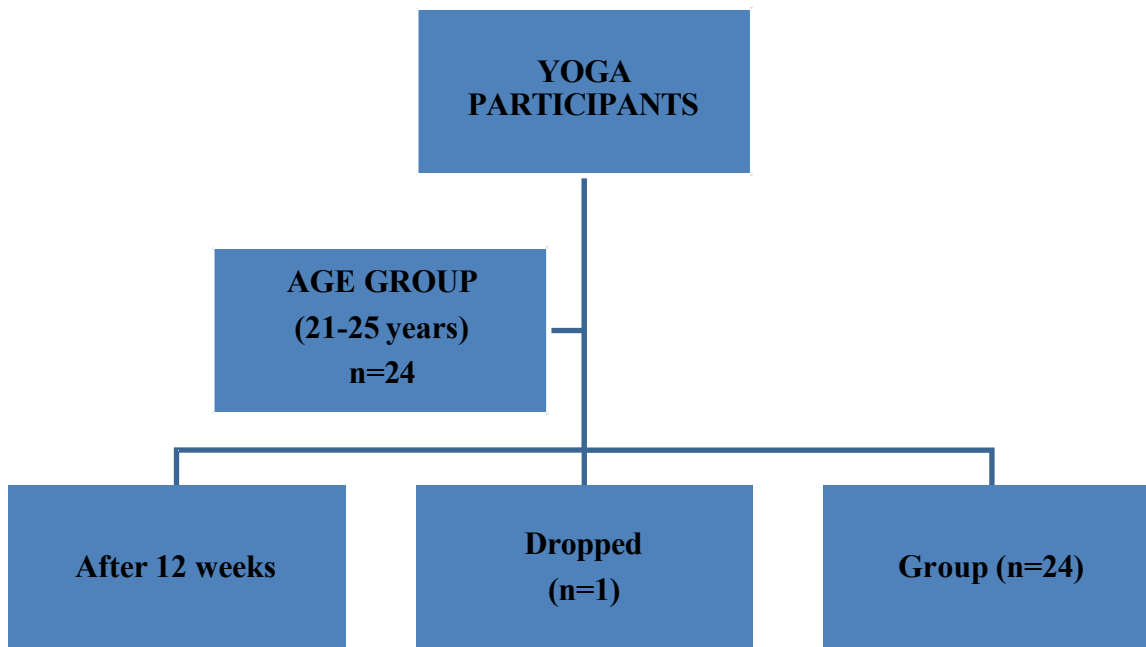
A yoga approach was established to provide harmony in everyone's life. It helps to prevent many diseases. It also promotes health and management of different lifestyle that relates to disorders. The word

yoga derives from the Sanskrit „YUJ“ which means to unite, yoke or join. The yoga practice leads to the blending of individual consciousness to universal consciousness. This indicates a correct harmony in body &

mind and man & nature. An important goal of yoga was to overcome the problem of self-realization which leads to the state of liberation. This state of liberation was considered as the oldest science of the world. It was initiated in India. It was very helpful for maintaining and preserving one's mental and physical health. It also supports the evolution of spirit. The yoga practice was believed to initiate with the emergence of civilization. In mythological stories, the Lord Shiva was determined to be the guru of yoga. Yoga was widely considered as an outcome of immortal culture. It has proved catering to spiritual and material of humanity. The fundamental human values are the identity of yoga. The no. of fossil and seals are resided in the Indus valley civilization with motives and morals. Yoga also recommends the healthy life and spiritual life.

In recent years, many researchers try to explore the yoga effect in educational department on youth. It has shown many potential advantages in different fields. An activity of brain was linked with various cognitive methods. It plays an important role in various practices of yoga. It is the best lifestyle changer that aims to have the unity of spirit, mind and body by mediation, pranayama which helps to have good breathing and asana i.e. exercise. Many studies have verified the significance of yoga in youth that was better than exercise to increase psychological results.

There are researches that correlated yoga and physical education. Yoga has more benefits especially in the age of 21 to 25 years while comparing to the physical education. Two main elements of cognition which can be easily assessed are working memory and attention control. Here working memory creates an important element of the executive process of the brain. It creates a part of the main executive process with the coordination of task, planning and abstract thinking. Both prolonged physical action and single session of exercise are identified to impact both executive process and cognition. Nowadays yoga was practicing in every school and colleges as part of the extracurricular activities. It has an important part in the enhancement of a cognitive task of concentration and attention. It has marked out that yoga reduces distractibility and enhancing concentration ability. The main objective of this paper was to study the impact of yoga on memory, attention and concentration of the 21 to 25 years age group students in Pondicherry University. These days stress, anxiety and mental tensions have become unavoidable companions of students. The negative effect of this mental tension leads to lack of memory, attention and concentration. These lacks was only achieved by yoga. Yoga was a traditional science and life that adds pranayama, physical activities, postures and mediation. It also reveals that yoga practice should enhance the students focus on their information analysing, mental resources more accurately and quickly. It always revealed a positive effect on well-being and mental health, physical fitness, memory, attention and concentration especially in the life of students.



### Literature Background :

Ross et.al [2] proposed about the physical fitness. For him, it is the important to survive in our life. He investigates that youth nowadays are about 20% less fit while comparing to their fit parents. There was a critical requirement for nurturing yoga participation and enhancing physical fitness. The age groups from 21 to 25 years students are suffered from obesity. Regular health related exercise and physical exercise are the important indicators to fight against obesity. It was well-noted that regular physical activity supports to maintain a healthy body weight, decreases the diabetes level, controls BP and enhances stress control and emotion.

Evans, Subhadra, et al.[5] identified that cardiovascular ability was strongly combined to referring a healthy profile in cardiovascular and more negatively linked with diseases related to cardiovascular risk factors correlated to calculated physical activity in teen age students. e risk factors compared to objectively measured PA in children.

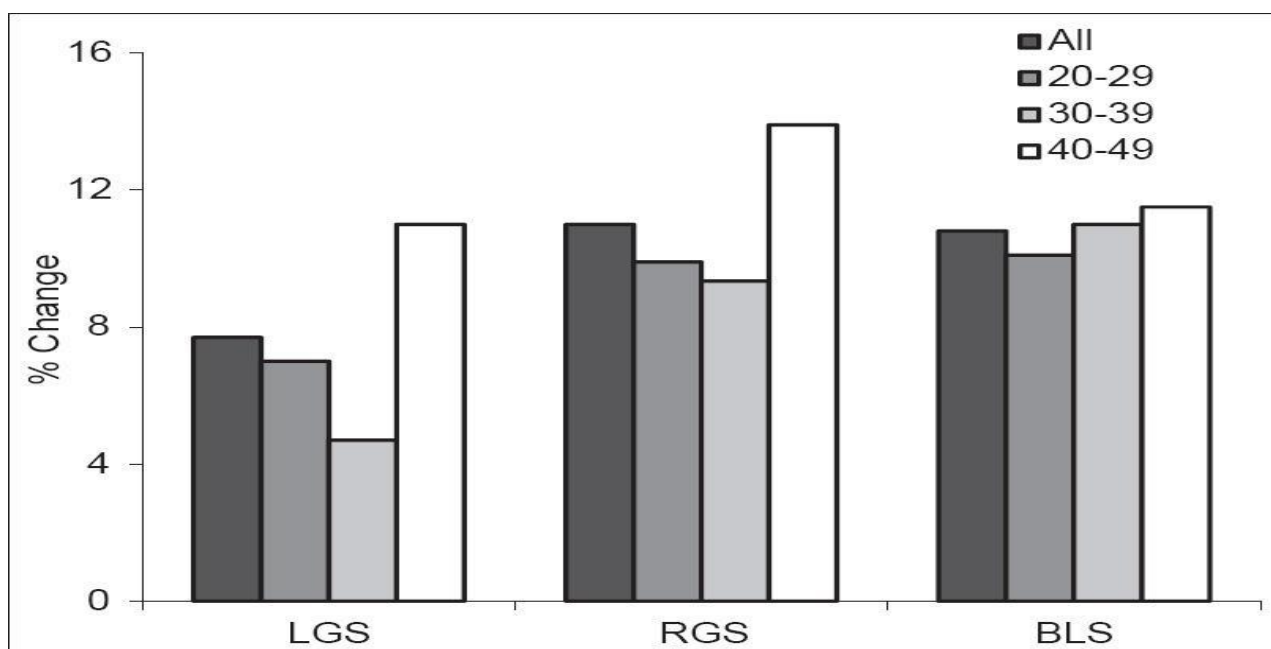
Sivanda et al. [1] noted that muscular endurance and strength was linked with emerging and established cardiovascular problems factor. An enhancement in muscular endurance, flexibility and strength had a positive impact on skeletal health while comparing to the endurance of cardiovascular. Mainly, physical fitness in youth and children tends to follow into old age and consuming and maintaining physical activity which was a main stone for providing an active lifestyle by youth.

Lamb, Trisha. et al.[6] proposed that youth are physically fit and have the basic physical condition needed for valuable participation in different stages of physical activity. Hence, youth are likely to enhance physical activity and consume their interest in physical activity. He also noted that health related physical activity and fitness are reciprocally enhanced and linked each other.

Khalsa, Sat Bir S [3]The main purpose of this paper was to investigate link physical activity and fitness. It also investigates the gender variation in the link between physical activity and fitness in various settings. He hypothesized that an endurance of cardiovascular was associated to the physical activity participation in different settings while comparing to other fitness elements.

### Methods Participants:

This research analyzes the description of the procedure and various levels used for gathering and conducting information for the process. It adds the description of the research model, approach, setting of study, sampling criteria, data collection method and data analysis. This paper was done to examined the impact of yoga on flexibility among the age group from 21 to 25 years from Pondicherry University Community College . The research model used in this paper was Quasi experimental non-equivalent model. The following graph shows the statistical reports of LGS,RGS and BLS in yoga.



**Fig 1 STATISTICAL REPORT OF LGS, RGS AND BLS**

### Benefits of Yoga:

There are many benefits in yoga but many people think that yoga was a fancy form of widening. Yoga can enhance strength, flexibility, lung capacity, breathing and posture. It is apply to both women and men. Some of the benefits of yoga are,

**Yoga improves flexibility.** Yoga provides widening muscles and all soft tissues in the body. It improves flexibility in the body. Our body feels elasticity because of regular yoga practice. Everyone gain flexibility within a short period of time. [4]

**Yoga improves strength.** All yoga poses are not suitable for everyone. Some yoga than others. Some asana helps to enhance strength in our body. It is very useful for everyone life especially for teen age people.

**Yoga improves posture.** Due to the enhancement of strength and flexibility improves posture. Everyone have good posture look, only by practicing yoga in every day. Because of good posture, everyone have self-confidence regarding ourselves. A good posture surely helps to have successful interview in our life.

**Yoga Increases blood flow:** Because of yoga, there is an improvement in blood flow. A daily exercise helps our blood circulation in the feet, hand and full body. Yoga gets oxygen to our cells to function our body in a healthy way. A difficult poses are believed to twist out blood from inside organs and permit oxygenated blood to pass in the body.

### Maintains nervous system

Scientists have monitored yogis who could induce unusual heart rhythms, generate specific brain-wave patterns, and, using a meditation technique, raise the temperature of their hands by 15 degrees Fahrenheit. If they can use yoga to do that, perhaps you could learn to improve blood flow to your pelvis if you're trying to get pregnant or induce relaxation when you're having trouble falling asleep.

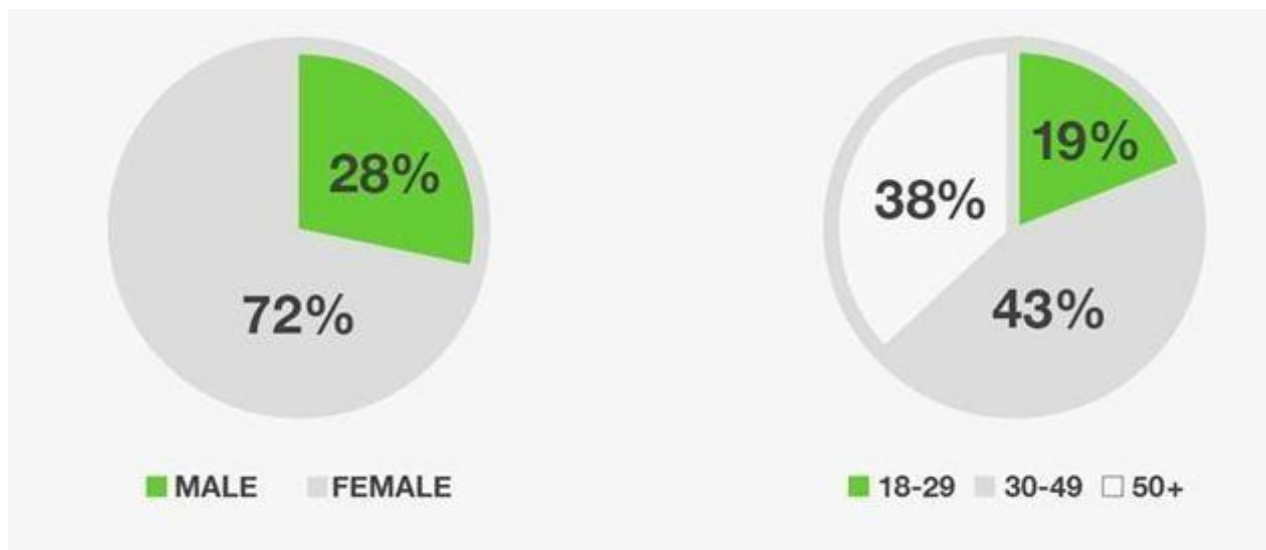


**FIG 2 BENEFITS OF YOGA**

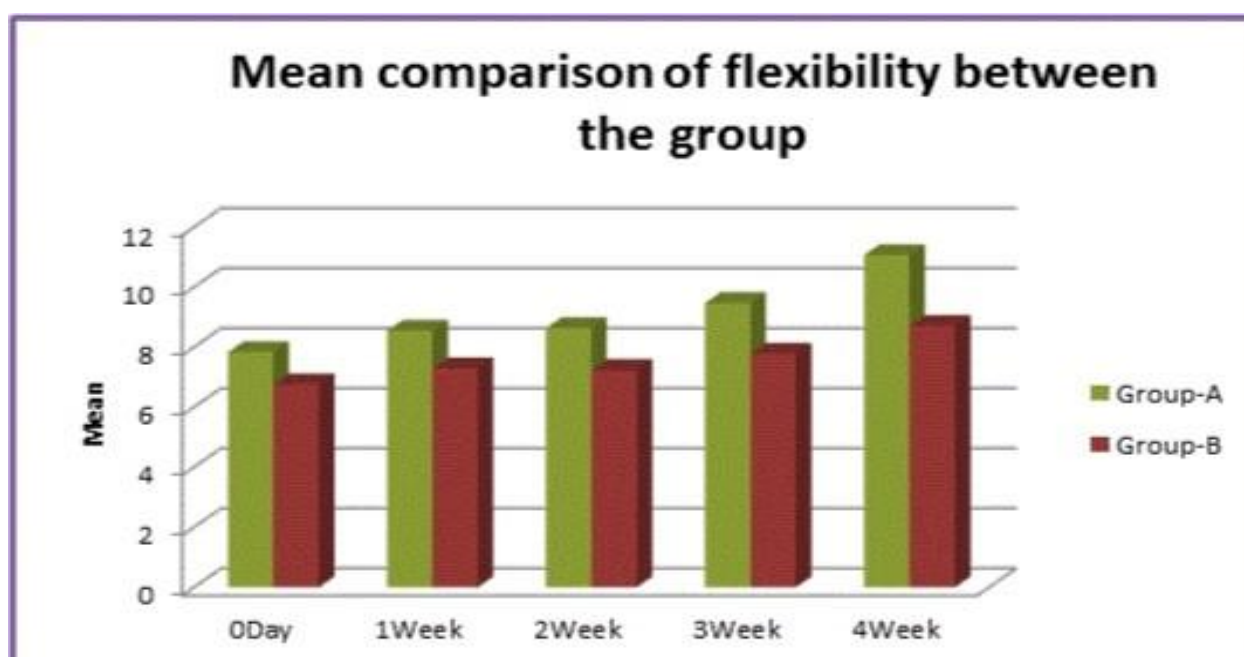
### SCOPE OF YOGA

Yoga was more than dominating its physical exercises and postures to increases the flexibility and strength of the body. It denotes towards remedy of body and mind and achieving the self- enlightenment. In early

years, yoga was initiated only for healing and acts as the spiritual mediators. The co uncertain but gathering the little pieces together to have a valid end.[7] At first, everyone says that yoga originated into the west and 1<sup>st</sup> signal comes from traditional shamanism (3000BC). The word yoga gives a peace that derived certainly from the word etymology. The word has taken from the Sanskrit which means join or unite. A unite has been denoted as the symbol of unity. It unites the individual from unwanted consciousness. The yoga practice adds the ancient aspects such as controlling mind or thoughts, breathing habit, observing the correct way, mantra chanting and various poses with the support of meditation. But nowadays, it has been practiced for flexibility, strength, controlling emotion, fitness and for healthy body. The important purpose of yoga practicing was to have control over the emotion, body and mind aspects. The termination of bad mind develops a positive thought around us and others to have healthy relationship. Figure 4 shows the yoga practitioners from the year 2012 to 2016.



**FIG 3 YOGA PRACTITIONERS**



**FIG 4 MEAN COMPARISON OF FLEXIBILITY BETWEEN THE GROUP**

**The main goals of “Yoga in Daily Life” are:**

1. Physical Health
2. Mental Health
3. Social Health
4. Spiritual Health
5. Self- Realization or realization of the Divine within us

**Physical Health**

The main significance of life was the body health. There is a proverb, “Health isn't everything, but without health everything is nothing”. To restore and preserve health, there are some exercises, relaxation methods and breathing technique through exercises.[8] A traditional physical exercises and pranayama are classified into 8 levels initiated with serve hit exercise that means exercises are good for every human being. The other seven parts follow this progressive level and leads by the practice of pranayama and physical exercises. Many programs are conducted from the fundamental asanas such yoga for teen age, yoga for back pain, yoga for joints and yoga for children. [9] To have good health, daily yoga was the only option. Apart from yoga, correct diet also helps to have physical strength. The quality of food increases our physical strength as well as our age. Healthy and balanced food such as milk products, grains, nuts, pulses, vegetables, fruit , honey, salads, herbs, sprouts and so on.[10] Foods like denatured or reheated foods, old food must be avoided. Drugs, nicotine and alcohol should be avoided to have great physical strength.

**Mental Health**

Every human being is led by mind and senses. Our mind controls our whole body. To gain control of the mind, everyone first put it under internal analysis and clean it. Negative fears and thoughts develop an imbalance in our body function. This may leads to sorrows and illness. Internal freedom, healthy self-confidence, thought clarity and contentment are the fundamental for mental things. So everyone slowly overcome the negative thoughts and qualities and aim to have positive behaviour and thoughts. To have positive thought, everyone should take yoga in everyday life. This is the only free medicine to develop our inner behaviour and thoughts. A main tool in self-knowledge and self-examination was the method of self-inquiry mediation and self-analysis. [11] In the mediation method, everyone should have contact in subconscious, prejudices, behaviour, difficulties and desire sources. The yoga practice leads to have accustomed nature. These methods surely helps us to fight against negative habits and qualities and have courage to face our problems by own.

**Social Health**

Social Health is the capacity to be happy inside one and also to make others happy. This means to promote genuine communication and contact with everyone, to nurture responsibility inside society and working



place. Social health was the capacity to experience and relax life in all its beauty.

addiction was the growing issues in the world.[12] It is a sign of social issues or illness. The method of yoga in every day may support to overcome the illness and promote a positive and purpose in life. It gives a new life. The significance of having positive and good company has a correct effect upon our mind problems and develops our character and personality in a perfect way. Positive surrounding provides a spiritual and healthy life. Yoga in everyday refers to do in each and every day for the benefits of ourselves and others. Yoga makes us active in all our works and provides positive vibes for us and our surroundings.

### **Spiritual Health**

An important principle of spiritual life of mankind in yoga is

#### **Ahimsa – Paramo- Dharma-**

This principle holds the opinion of non-violence in action, feeling, thought and word. Tolerance, positive thinking, prayer, meditation and mantra leads to spiritual life.[13] Humans must be protectors and not destroyers. These qualities make really us human being. These are the ability to forgive, give and understand. To respect the individuality and protect life are the fundamental practices of the yoga preaching. [14]

### **Self-Realization or realization of the Divine within us (Healthy Life)**

1. Nurture indomitable will
2. Do not argue to anyone
3. Kill the little ego
4. Self- realization
5. Confidence
6. Develop independent prediction
7. Have pure love
8. Rise above all differentiations like colour, caste and creed

### **Conclusion:**

This research paper focuses on the selected activities in physical education department. It is based upon the elements of physical fitness of 21 to 25 years B.P.Ed students. Some of the exercises are obtained to find out the physical fitness. They are bent knee kurl up for muscular endurance and strength, skinfold activities for body work and reach and sit for flexibility. An important goal of yoga was to overcome the problems, sufferings and have self-realization which leads to the state of liberation. This state of liberation was

considered as the oldest science of the world. It was initiated in India. It was very and preserving one's mental and physical health. It also supports the evolution of spirit. Other activities are also assigned to found the fitness. They are naturopathy, meditation, yoga dance, yoga and mental health activities, anatomy of human body and so on. Yoga and weight training exercises are carried out on three days. An effect of physical education activities are calculated by the records of skinfold exercise, sit and reach test, Harvard step test and bent knee kurl up test. There is an impact in the activity of physical education for consuming the health related physical fitness on physical education students of Pondicherry University Community College. Yoga was very helpful for maintaining and preserving one's mental and physical health. It also supports the evolution of spirit. The yoga practice was believed to initiate with the emergence of civilization. The age group from 21 to 25 years old teen age students are suffered from physical diseases like obesity, heart problem and so on. To avoid these sufferings, yoga was the only and free medicine for every youth. It enhances flexibility, strength, memory, concentration and so on. It also helps to control emotion, angry and many mental problems. So this research paper highlights the youth mentality over health related physical fitness.

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