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आधुनिक जीवन में योग एवं व्यायाम की भूमिका



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Abstract

Sport includes all forms of competitive physical activity or games which, through casual or organised participation, at least in part aim to use, maintain or improve physical ability and skills while providing enjoyment to participants, and in some cases, entertainment for spectators. Many sports leagues make an annual champion by arranging games in a regular sports season, followed in some cases by playoffs. Sports play important role in health of humans.

Introduction

Sport is generally recognised as system of activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition, and other organisations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports. Sport is usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first. It can also be determined by judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression.

Benefits of Sports for health

Sports and other physical activities have innumerable physical health benefits, including improved cardiorespiratory and muscular fitness, bone health, increased life expectancy, and coronary health. Sports can also help prevent various types of cancer and weight gain and have positive effects on mental health by reducing depression and improving cognitive function.

Weight Maintenance

Sports can help promote long-term weight loss and help avoid weight gain. Sports increase metabolic rates and can help increase lean body mass while burning calories and getting rid of excess fat. Although the amount of physical activity needed varies by body type and caloric intake, sports can help a person maintain a healthy weight. According to the U.S. Department of Health and Human Services, between two and half to five hours of moderately-intensive physical activity can help achieve weight stability. High-intensity sports can help people who want to lose weight or maintain a significant amount of weight loss.

Cardiorespiratory Health

Sports can help people of all ages maintain and improve the health of their heart, lungs and blood vessels. Physical activity can significantly reduce the risk of coronary disease and stroke. According to the British Parliamentary Office of Science and Technology, approximately 40 percent of deaths related to coronary heart disease are related to inadequate physical activity, obesity, stress and raised blood pressure. Sports can help with all of these physical issues, decreasing the risk of coronary disease by about 50 percent.

Muscle and Bone Health

As you grow older, physical activity becomes increasingly important for the health of bones, muscles and joints. Building bone, muscle and joint strength is important for children.

Cancer

Sports can decrease the risk of colon cancer by as much as 300 percent, according to the British Parliamentary Office of Science and Technology. It can also significantly decrease the risk of breast cancer, and might decrease the risk of endometrial and lung cancer.

Psychological Health

Sports can be a form of mental therapy for people with psychological disorders and depression. Sports may promote self-esteem in the form of positive perception of body image and self-worth. By participating in sports with others, people can also enter in positive social environments to promote psychological health. Physical activity can also decrease the risk of cognitive decline that comes with aging and can reduce anxiety in adolescents.

Advantages of sports for Health

Improved cardiovascular health.

The heart is a muscle, it needs to be worked out! Regular exercise can help improve the overall health of your entire cardiovascular system.

Lowers risk of heart disease, stroke, and diabetes.

A healthier heart means reduced risk of cardiovascular disease, stroke, and diabetes.

Helps manage weight.

Not only does physical activity burn calories, it also improves your metabolism in the long run.

Reduced blood pressure.

Physical activity keeps your heart and blood vessels healthy, helping to prevent hypertension.

Enhanced aerobic fitness.

Participating in aerobic activities — such as running, cycling, or swimming — can improve your body's ability to transport and utilize oxygen in the lungs and blood.

6. Improved muscular strength and endurance.
Resistance exercises challenge your muscular system, resulting in bigger, stronger muscles.

Methodology of sports

1. Jumping

Take off

- Eyes looking in direction of jump (forward or up)
- Take off from one or both feet
- Bend knees
- Swing arms back behind body
- Push up from heel to toes
- Forceful forward motion, swing arms upward Flight
- Legs straighten in the air
- Control your body movement Landing
- Keep both feet pointing straight for landing
- Land on balls of both feet
- Knees bent and directly over toes to absorb landing
- Control landing with no more than one small step

2. Running

Head

- Head up
- Let your eyes lead you

Arms

- Arm swing forward and backward
- Not across your body

Torso

- Running tall, stretch yourself up
- Don't bend Legs
- High knee lift for short distance fast running
- Smaller knee lift, shorter strides for distance

Ankles and Feet

- Feet should land under your body
- Don't slap the ground, running is quiet.

3. Throwing

Prepare your body

- Head up eyes on target
- Stands with side of body facing the target
- Show ball to your toes (start with ball low)
- Backswing (1. nose 2. shows)
- Bring the ball to your nose (ball up beside head)
- Show to someone behind you (stretch arm far back)
- Forward Motion (3. throws)

- Step with foot opposite of throwing arm
- Arm moves forward forcefully
- Shoulder and hip follow the arm

Release

- Let the ball go in the direction of target
- Follow through
- Throwing arm continues to move across your body

Conclusion

Playing sports contributes to muscle development, coordination, cardiovascular health and numerous other benefits associated with disease prevention; physical activity can help ward of chronic diseases including cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis.

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“आधुनिक जीवन में योग एवं व्यायाम की भूमिका”

शास्त्रकीय गृहविज्ञान स्नातकोत्तर अग्रणी महाविद्यालय, हीशंगाबाद (म.प्र.)



राष्ट्रीय शोध-संज्ञोष्ठी

18 जनवरी 2020

प्रमाण पत्र



आयोजक
क्रीडा एवं योग विभाग

प्रायोजक
जनभागीदारी समिति

प्रमाणित किया जाता है कि डॉ. /श्री/श्रीमती/सुश्री/.....SHRIKANT SUKHMEDO RAO MAHLIKAR.....

पद.....संस्था *Lead. Dattatraya Purod. Ksh. Arts. College. Nanduguan. Peth.*

महाविद्यालय में "आधुनिक जीवन में *शारीरिक व्यायाम* की भूमिका" विषय पर आयोजित राष्ट्रीय शोध-संज्ञोष्ठी में
अध्यक्षता/विशिष्ट अतिथि/विषय *सर्वक/विशेष* बचता/प्रपत्रवाचक/प्रतिभागी के रूप में सहभागिता की ।
शोधपत्र का विषय *"Effects of Sports on Health and its Various Benefits"*

महाविद्यालय परिवार सहभागी की सफलता एवं उज्वल भविष्य की कामना करता है।

शुभ
डॉ. ज्योति जुनगरे
संयोजक

शुभाक्षर
डॉ. श्रुति गोखले
सचिव

शुभ
डॉ. कामिनी जैन
प्राचार्य एवं संरक्षक