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आध्निक जीवन में योग एवं व्यायाम की भूमिका



प्रकाशक - प्राचार्य, शासकीय गृहविज्ञान रनातकोत्तर अग्रणी महाविद्यालय होशंगाबाद (म.प्र.)

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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.

Pyschological 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.

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Participating in aerobic activities - such as running, cycling, or swimming - can improve your body ability to transport and utilize oxygen in the lungs and blood. Improved muscular strength and endurance. Resistance exercises challenge your muscular system, resulting in bigger, stronger muscles.

Methodology of sports 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 Running

Head

Head up

Let your eyes lead you

Arm swing forward and backward

Not across your body

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.

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

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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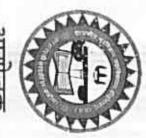


जनभागोदारी समिति

राष्ट्रीय शाध-सगाष्ट्री

18 जनवरी 2020

Kh Inlah



कीड़ा एवं योग विभाग आयोजक

प्रमाणित किया जाता है कि डॉ. /शी/श्रीमती/सुश्री/.SHRIKANT SUKHDEO RAO MAH.VIKAR....

महाविद्यालय में "आधुनिक जीवन ने वायाम की भूमिका" विषय पर आयोजित राष्ट्रीय शोध-संगोध्ती में The Late Datterfrage Pused Kas Arts College Nandgan a

effects of Sports on Health and its Various Benefits अध्यक्षाता/विशिष्ट अतिथि/विषय प्रवतक विशेष वक्ता/प्रपत्रवाचक/प्रतिशागी के रूप में सहशागिता की ।

महाविद्यालय परिवार सहशागी की सफलता एवं उज्ज्वल भविष्य की कामना करता है

डॉ. ज्योत जुनगरे

जॉ. श्रीत गोखले

डॉ. कामिनी जैन प्राचार्य प्राचाये एवं सरक्षक