

HEALTH AND WELLNESS THROUGH YOGA – AN OVERVIEW

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ABSTRACT

Yoga is a powerful vehicle for change. As we build strength, we start to believe in our own potential. Yoga is not just hippies any more, it has broken through the mainstream and became a fantastic lifestyle for those that choose to practice it regularly, as someone who enjoys yoga. It is not just for stretching and flexibility, but is perfectly capable of giving a complete full body workout, thus if we looking for fitness, strength and muscle tone, along with the added benefits of mental and emotional balance. Yoga is an excellent solution for all. Integrating yoga into physical education offers more possibilities for a wider group of students than traditional sports and fitness. Children need to experience joy while participating in physical activity in order to build a foundation for lifelong skills. Since it has triangular relationship of body, mind and spirit. A physical yoga practice consists of exercise called posture or asanas that strengthen, stretch and align the body. Each posture requires combining the mind, body and breathing practices. Children are natural yogis. Taking a moment to breathe, relax or stretch will leave students calm, alert and ready to learn. Therefore, yoga can be used as a warn-up for sports. Yoga makes a difference for children when they come to play filed. Yoga practice has been a gift even for sports performer. Many elite athletes are practice yoga in regular basis. Adding yoga to a school's curriculum will help to provide a quality physical education.

Benefits of yoga for full body fitness are; Helps us achieve full body fitness and health, Good for the digestive system, nervous system, circulatory system, immune system and nervous system, Increases our level of energy and vitality, Helps tone our abdominal muscles, shape our stomach and gives us core strength and power, Tones, legs, arms, chest, shoulders and buttocks, Helps improve health and well being, Helps develop sexual fitness & virility and it helps in developing concentration. Yoga creates opportunities for Physical Education activities to explore movement with a variety of postures that can be enhancing sports performance and physical education.

KEYWORDS: *Health, Wellness, Yoga, Fitness*