



YOGA FOR PREVENTING INJURIES, HEALTH AND WELLBEING

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ABSTRACT:

Preventing injuries, good health and wellbeing has traditionally been viewed as freedom from disease. While everyone agrees that the absence of illness and injuries is one part of being healthy, it doesn't indicate whether you are in a state of wellbeing. Lack of yogic exercise is mainly responsible for much health complication in children young and old age persons. To prevent these health and injury troubles, a proper fitness is essential for everyone. Fitness should be a key component in anybody's life simply for the fact that it makes you feel better. Living a healthier life can not only extend our life, it can also improve the quality. Feeling physically better and having control over your own life can greatly increase your mental health as well. Although there are some aspects of physical and mental health that are beyond an individual's (and science's) control, there are many things that people can do to improve their quality of life.

KEYWORDS:

HEALTH, WELLBEING, YOGA, PRANAYAM AND PREVENTING INJURIES.

INTRODUCTION:

Yogic exercise is defined as physical activity that is planned, structured and repetitive and its objective is the improvement or maintenance of physical fitness. It is important to distinguish the terms yogic exercise and physical activity. In the modern push button age the involvement of physical activity become less to execute the daily routine work. This leads to less physical fitness and variety of diseases. This necessitates the human being to perform balance yogic exercise daily to avoid the health-related problems. Yogic exercise is the chief and best system to maintain good health. All parts of the body, which have function, if used in moderation and exercised become healthy, well developed and age more slowly. If unused and left idle become defective in growth, liable to disease and age more quickly. Yogic exercise of moderate intensity confers important health benefits.

People of both sex and all age groups are benefit from regular exercise. Greater health benefits can be achieved by increasing the intensity and frequency of exercise. Yogic exercise also impairs mental health. People mostly give yogic exercise for skeletal muscle and failed to practice suitable yogic exercise regiments to involved cardiac muscle, lungs and other vital organs. Regular and ideal yogic exercise reduce the risk of premature mortality in general and of coronary heart disease hypertension, diabetes mellitus and injuries in particular. Yogic exercise is one of the best systems of disease management.

HEALTH AND WELLBEING

The world health organization (W.H.O.) defines health as a state of complete physical, mental and social wellbeing and not merely the absence of disease of infirmity. Eating right, exercising and sleeping well play an equal role in the

prevention of infections, diseases and injuries. However, a good sense of self a loving support network and the pretrial for continued personal growth is also important to our overall wellbeing. Wellbeing has objective and subjective components. The objective components are relative to such concerns as standard level of living. The subjective components of wellbeing are referring to as quality of life.

OBJECTIVE OF THE STUDY:

To study the Yoga for Preventing Injuries, Health and wellbeing.

REVIEW OF LITERATURE:

Sriananda (1982) view that regular yogic exercise has been shown to reduce the morbidity and mortality from many chronic diseases. Millions of people in the world suffer from chronic illnesses and injuries that can be prevented or improved through regular yogic exercise. Despite the well-known benefits of yogic exercise, most individual lead a relatively standard life style and are not active enough to achieve these health benefits. A standard lifestyle is defined as engaging in no leisure time yogic exercise. *Swamy (2006)* reported that participation in yogic exercise can help young people make friends and gain acceptance from their peers. Regular yogic exercise, fitness are exercise and critically important for the health and wellbeing of people of all ages. He has demonstrated that virtually all individuals can benefit from regular yogic exercise, whether they participate in vigorous exercise or some type of moderate health enhancing yogic exercise. Even among frail and very old adults, mobility and functioning can be improved through yogic exercise.

RESEARCH METHODOLOGY:

Yogic exercise preparatory for preventing injuries, complete health and wellbeing

1. BREATHING PRACTICE

The yogic breathing practices are advised to practice in the first. The practices are intended to have an inner awareness and there by enhance of coordination of the body, breath and mind.

1. **Stand erect:** Bring up the arms to horizontal position, palms pressing each other, fingers pointing forward.
2. Move the arms backwards as much as possible while inhaling. The arms swing back with shoulders as hinges in the same horizontal plane. Chest is expanded.
3. Bring the arms back to front position while exhaling fully. Repeat 10 rounds.

2. HANDS-STRETCH BREATHING

1. Interlock the fingers, in front of the chest, palms inwards.
2. Inhale slowly, stretch the arms straight out while twisting the interlocked hands, palms, facing outwards.
3. Exhale. Bring the hands back. Palms on the chest with relaxation. repeat 10 times.
4. Repeat the same movements in oblique (45°) and vertical planes.

3. ANKLE-STRETCH BREATHING

1. Stand erect keep the hands straight down, palms facing forward.
2. While inhaling, raise the hands and stretch up the body on the toes. The hands with interlocked palms facing upwards and the arms stretched.
3. While exhaling bring the hands down completely retracing the steps stand on the soles. Repeat 5 times.

1. STRETCHING PRACTICES (LOOSENING EXERCISE)

1. JOGGING

1. Stand erect and place the fists loosely on the chest. Start skipping on the toes and touching the heels at the back in a relaxed way.
2. Increase the speed gradually and come to a steady jogging speed.
3. Carry on deep rhythmic breathing and relax the whole-body during jogging. Continue for a while.
4. Switch over to the forward jogging by raising the knees to the chest level. Repeat for a while.
5. Continue the practice with side jogging by spreading the leg sideways and rising the heels upwards by bending the knees. Stand a while and perform Mukha Dhoti relax in standing position.

2. MUKHA DHOUTI (CLEANING THROUGH A SINGLE BLAST BREATH)

1. Stand with a slight forward bend of the trunk, palms on the thigh and legs about a meter apart.
2. Inhale deeply and expel the air forcibly as in a jet through the mouth continuously. This is done by the help of the diaphragm by prolonged exhalation.
3. Repeat several times.

3. FRONT AND BACK BENDING OF WAIST

1. While inhaling, stretch up the hands and bend backwards.
2. Return to the vertical position and bend forward while exhaling.
3. Touch the ground with palms, if possible. Comes up and bend backwards during inhalation. Repeat 4 or 5 times. With practice, you can touch the ground at the back with hands as in Chakrasana and come up.

4. SIDE BENDING

1. Deep the legs about a meter apart.
2. Raise the hands sideways parallel to the ground while inhaling.
3. Bend to the right till the right hand touches the right heel while exhaling. Bend in the same plane.
4. Look at the palm of the left-hand directing forwards. Come up with inhalation. Repeat 4 or 5 times.
5. Repeat the same on the left.

5. TWIST

1. Stand erect with hands spread out parallel to the ground, feet about ½ meter apart.
2. Keeping the legs firm on the ground twist to the right, right hand straight and left hand bent at the elbow touching the chest.
3. Exhale continuously during the twist.
4. Come back while inhaling.
5. Repeat on the left side.
6. All twisting should be above the waist. Below the waist, maintain the body straight and firm. No bending at the knee joints.
7. Repeat with increase speed.

CONCLUSION:

The benefits of preventing injuries, fitness and wellness make us to live much healthier life. It helps us to deal successfully with the difficult situations arising in our day-to-day life. Today everyone knows that life because faster and if we want to go with that speed we should be fit physically as well as mentally. Stress, obesity, diabetes, acidity and much more diseases are the gift of our unhealthy lifestyle. Due to lack of yogic exercise not only elders but youngster are also facing plenty of problems in their life. If we want to avoid it then the only answer is yogic exercise and wellness.

RECOMMENDATIONS:

Regular yogic exercise is a lifesaving activity. It improves immunity, prevent injuries, keeps the cardio-vascular system always healthier and protects from the effect of hyperglycemia or hyperlipidemia in diabetics patients. Daily quality and quantity of yogic exercise is an important part of a citizens comprehensive, well-rounded program and a means of positively affecting lifelong. Health and well-being. Daily yogic exercise may be incorporated into the whole day in a variety of ways. For instance, twenty minutes or more of yogic exercise during a scheduled health would meet the daily yogic exercise requirement. Since yogic exercise is only one component of a complete health program. Integrating yogic exercise into other working areas is one appropriate strategy.

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