

Yoga and Health: Fit India Movement

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Abstract

Introduction: As we all know very well that the yoga plays a very important role to make ourselves fit, healthy, (mental, physical, social, spiritual, as well as intellectual wellness) and calm in any situation considering yoga as a catalyst to improve health, our prime minister SHREE NARENDRA MODI took a step to make movement for healthy body of Indian people, he started a campaign FIT INDIA MOVEMENT on 29th of August 2019. **Purpose:** The purpose of this study was to assess the need and importance of yoga and health for fulfil the objectives which was required for the campaign "FIT INDIA MOVEMENT". **Methodology:** Different types of literature reviewed related to yoga, health and fit India movement were reviewed to collect the information. Literature from the different online sources was also taken into consideration. **Conclusion:** The study revealed that the campaign FIT INDIA MOVEMENT serves India for bettering the health issues of the Indian child and elders too, with the help of yoga and health programme running by Indian government and Ayush Mantralaya Bharat Sarkar. The fit India movement will be so beneficial for the all Indians because of the Indian Government put his all effort in this direction.

KEYWORDS: Fit India Movement, Nirodha, Yoga, Health,

"Yogas chitta vritti nirodha"

—Patanjali

The great sage Patanjali, in the system of Raja Yoga, gave one of the best definitions of yoga. He said, 'Yoga is the blocking (*nirodha*) of mental modifications (*chitta vritti*) so that the seer (*drashta*) re-identifies with the (higher) Self. Patanjali's system has come to be the epitome of Classical Yoga Philosophy and is one of the 6 or 7 major philosophies of India.

According to Patanjali, yoga consists of eight steps or limbs, that are all equally vital and are connected as elements of a full. The aim of those eight limbs is discriminative enlightenment or self-realization however here the stress is going to be on health edges. The eight steps or limbs of yoga are as follows:

1. Yama: Codes of restraint, abstinences, self-regulations
2. Niyama: Observances, practices, self-training
3. Asana: Meditation posture
4. Pranayama: enlargement of breath and prana, regulation, control
5. Pratyahara: Withdrawal of the senses, delivery inward
6. Dharana: Concentration

7. Dhyana: Meditation

8. Samadhi: Deep absorption, meditation in its higher state, the state of formed concentration

The 5 yamas

The 5 yamas are thought-about codes of restraint, abstentions, self-regulations, and involve our relationship with the external world and others. These apply equally to thought, word, and action. The 5 yamas are as follows:

1. **Ahimsa:** nonviolent resistance, nonharming, noninjury

2. **Satya:** honesty, honesty

3. **Asteya:** Nonstealing, to the extent that one shouldn't even need one thing that's not his own. It additionally means we must always think about that no matter resources are offered to us are borrowed from the character. mistreatment them or getting them over minimum needed for living amounts to stealing as these are then not offered to others.

4. **Brahmacharya:** Walking in awareness of the best reality, memory the divine, active the presence of God. As a sway it results in celibacy or what one usually suggests that by brahmacharya.

5. **Aparigraha:** Nonpossessiveness, nonholding through senses, nongreed, nongrasping, austerity, nonacquisitiveness.

The 5 niyamas

The 5 niyamas are the observances or practices of self-training and alter our personal inner world. These are a way for self-training in reference to body, senses, and mind. The 5 niyamas are as follows:

1. **Shaucha:** Cleanliness and purity of body and mind. It leads to purification of the refined mental essence, brings pleasantness, mastery over the senses, and capability for self-realisation.

2. **Santosha:** happiness or comfy acceptance of what one presently has. It brings joy and happiness from inside.

3. **Tapah:** Through self-control or coaching of the senses, there comes a destruction of mental impurities and an succeeding mastery over the body and also the mental organs of senses and actions.

4. **Svadyaya:** Self-study, reflection on sacred words, and study of the scriptures. Through this one attains communion with the underlying natural reality.

5. **Ishvarapranidhana:** Surrender and dedication to the supernatural being or causative supply, devotion, and surrender of fruits of apply. It helps in achieving the state of formed concentration (samadhi).

Asana

Practice of postures to form body suited long sittings for meditation. For meditation any posture could also be used, that is steady (head, neck, and chest should be aligned, exploit the natural curve within the spine), stable, motionless, and cozy. it's achieved by quiet attention or loosening of effort to sit down in an exceedingly specific posture and permitting attention to merge with the infinite.

Pranayama

Practice of breath management and respiratory techniques with awareness, creating respiratory slow and refined. Exhalation is prolonged. The pause

between inhalation and exhalation is eliminated. It helps up to the mark of mind and concentration (dharana). There are alternative forms of pranayama additionally.

Pratyahara

Withdrawal of the senses of noesis and action from each the external world and also the pictures or impressions within the mind. Once the mental organs of senses and actions (indriyas) stop to urge engaged with the corresponding objects in their mental realm, they assimilate or flip into the mindfield from that they arose, this is often known as pratyahara.

Dharana (concentration) It is holding or fixing the eye of mind onto one object.

Dhyana (meditation)

It is sustained concentration.

Samadhi (absorption within the infinite)

Trance or a state of cloud nine, reaching a state of absorption in an exceedingly subject or within the Divine.

As mentioned earlier, the eight steps of yoga are meant primarily for self-realisation.

However, apply of Yamas leading to higher relations with external world

would facilitate in promotion of social health. It helps build up a

society, wherever there's self-regulation in nonharming others and in maintaining

honesty instead of counting on external controls or policing, that definitely can't

be gift all the time. Asteya and aparigraha encourage conservation of natural resources.

Their apply can guarantee access of those resources to all or any. It'll additionally avoid

the peril of an excessive amount of exploitation of nature resulting

in issues like warming and resultant catastrophe.

The 5 niyamas coping with our personal inner world through practices of self-

training facilitate in psychological state promotion. Someone whose mind is evident and

has positive thoughts (shaucha), someone United Nations

agency is contented (santosha), United Nations agency has mastery over his body, its

senses and actions, and mastery over his mind (tapah) is definitely a mentally healthy

person. Continuing self-examination and reading of scriptures

(svadhyaya) can facilitate in rising someone. The apply of surrendering fruits of action

to supernatural being (ishvarapranidhana) helps develop angle of humility and repair.

The primary goal of yoga "self-realization or union of self-consciousness with the

supreme consciousness" could be a goal steered for humanity in distinction to pure

economic and material development as a goal of contemporary civilization. We have a

tendency to be all conscious of what the latter has given to the globe and also

the humanity. It's brought temporary happiness, followed by any wishes and

ultimately discontent. It's brought in an excessive amount of competition and

compulsion to realize terribly high targets resulting in nerve-racking lives. It's brought

social inequities and unrest. The social strife and ecological destruction by

this supposed fashionable model of development is clear to US.

Therefore, it are often ended that apply of yoga is helpful for all the scale of health, i.e.

physical, mental, social, and non secular and at constant time promotes harmony with

nature and helps in protective atmosphere.

Fit India {Asian country|Bharat|Asian country|Asian nation} Movement may be a nationwide movement in India to encourage folks to stay healthy and match by as well

as physical activities and sports in their daily lives.[1] It was launched by Prime Minister of India Narendra Damodardas Modi at Indira Gandhi sports stadium in Indian capital on twenty nine August 2019 (National Sports Day).

Fit India was based by Shri Suparno Satpathy in year 1993 and it had been incorporated as an organization in year 2000. The campaign contains a "Fitness Pledge" that reads [2]

I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation.

Government

A committee has been shaped to recommendation for government on this campaign. it's composed of assorted establishment, members of Indian Olympic Association (IOA), national sports federations, personal bodies and fitness promoters. As per union HRD department directive states and union territories will request for funds as per pointers to obtain listed fitness things for kids learning in government colleges. The instrumentality purchased from the grants are to be maintained in executable condition by the authorities involved. it's additionally mandated to stay record of operating, serviceable and broken on the far side repair instrumentality. the colleges also are allowed to incorporate their ancient and regional games.

Private

In Nov 2019, the PM proclaimed match Republic of India grading for schools/colleges that may rank them so as of the fitness. Eligible schools/colleges will apply for ranking and once confirmed they'll be allowed to use the match Republic of India brand and flag. fashionable Public schools/college has taken constant steps to create the scholars match. the varsity hebdomadally build the scholars jog and gave session on " a way to be fit? "

Going

- Just like PM Modi took Yoga to the state and to the planet with revived vigour, these videos can bring the wonders of Yoga to you, in your mother language.
- Currently, the videos are in the market in English and Hindi. However, soon, these videos are going to be created on the market in multiple Indian languages and additionally in multiple international languages.
- Attention is being paid even to the accents of the person speaking the language, in order that it's tuned to the sensibilities of that specific language.

Fit India- a movement that's the requirement of the hour:

- In modern times of stress and way diseases, fitness may be a key a part of eudaimonia and plays a vital role to keeping ourselves healthy, preventing diseases and making certain a more robust quality of life
- The 'Fit India' movement provides a novel and exciting chance to figure towards a healthier India. As a locality of the movement, people and organizations will undertake

numerous efforts for his or her own health and well-being likewise as for the health and well-being of fellow Indians.

- Fitness doesn't mean solely good shape, however additionally means that mental strength and emotional temperament. the simplest to attain all 3 along, as Prime Minister Narendra Damodardas Modi has usually said, is Yoga.
- Internationally likewise as inside the state, Yoga has scaled the heights of recognition within the previous few years. This has been spurred by each the private attractiveness of PM Modi as a Yoga practitioner himself and his world initiative that resulted in thousands of individuals across the planet celebrating the International Yoga Day on 21 June each year now.

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