

Yoga and Health Education

Handa Amita

Shivaji College Assistant Professor, University of Delhi, India

Abstract

In Yoga, the body, breath and mind are seen as a union of these multi-dimensional aspects of each and every human being. The system and various techniques of Yoga cultivate the experience of that union, leading to greater integration of being, internal peacefulness, and clarity of the mind. It is a system that is designed to cultivate health and happiness, and a greater sense of self-awareness and higher consciousness. Whereas, health education is the profession of educating people about health. Yoga is an effective tool for a better living. Daily practice of **yoga** definitely makes a healthier and happier person.

KEYWORDS: yoga, education, Well -being, health

INTRODUCTION: Most of us are accustomed to looking outside of ourselves for fulfillment. We are living in a world that conditions us to believe that outer attainments can give us what we want. Yet again and again our experiences show us that nothing external can completely fulfill the deep longing within for "something more." Yoga, an ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body .It is a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception no longer dependent upon the fallible senses but capable of actually experiencing truth. The word yoga itself means "union" of the individual consciousness or soul. Yoga cultivates health and well-being (physical, emotional, mental and social) through the regular practice of a range of many different techniques, including postures and movement, breathe awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation. The most popular form of yoga today is an integration of several yoga practices, primarily body movement, traditionally known as postures or asana. They serve to strengthen and invigorate the body, helping all physical systems to work properly. The postures are performed with awareness, with a focus on the breath and the internal experience. Yoga is a remarkably effective practice on its own or can be part of other physical training such as aerobics, weight training, running, swimming or other sports.

HEALTH EDUCATION: Education for health begins with people. It hopes to motivate in improving their living conditions. Its aim is to develop a sense of responsibility for health conditions for themselves as individuals, as members of families, and as communities. In communicable disease control, health education commonly includes an appraisal of what is known by a population about a disease, an assessment of habits and attitudes of the people as they relate to spread and frequency of the disease, and the presentation of specific means to remedy observed deficiencies.

Health education is the profession of educating people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health. It can be defined as the principle by which

individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance, or restoration of health. Health education is an effective tool that helps improve health in developing nations. It not only teaches prevention and basic health knowledge but also conditions ideas that re-shape everyday habits of people with unhealthy lifestyles. Moreover, besides physical health prevention, health education provides more aid and help people deal healthier with situations of extreme stress, anxiety, depression or other emotional disturbances to lessen the impact of these sorts of mental and emotional constituents, which can consequently lead to detrimental physical effects.

HEALTH EDUCATION THROUGH YOGA: Yoga is a science of right living and as such, is intended to be incorporated in daily life. It works on all aspects of life. Yoga releases the stress from every cell of our body leaving us peaceful. This increases our capacity as one can grasp more in less time and get better grades. Practice of yoga also helps us to be focused, in the moment and feel calmer. Yoga has succeeded as an alternative form of therapy in various diseases such as asthma, diabetes, blood pressure, arthritis, digestive disorders and other ailments of a chronic and constitutional nature where modern science has not been able to successfully treat. For most people, yoga is simply a means of maintaining health and well-being.

Asanas remove the physical discomfort accumulated during a day at the office sitting in a chair or at computer. Relaxations techniques help maximize the effectiveness of ever diminishing time-off. Beyond the needs of the individuals, the underlying principles of yoga provide a real tool to combat social malaise. At a time when world seems to be at loss, rejecting past values without being able to establish new ones, yoga provides a means for people to find their own way of connecting with their true selves. It also teaches you how to make better decisions. Everything about practicing yoga involves intention—you set apart time in your day to do it, you move in a specific manner, breathe in a specific way. The practice of yoga prevents and lessens the severity of various health conditions.

CONCLUSION: Yoga is more than poses and movement. It is a combination of beliefs and practices that govern how to move through life. The practice includes breathing, thinking without judging, focus and compassion. Anyone of any age or skill set can experience yoga's many physical benefits, which include improved flexibility, balance, breathing, strength and posture. In addition, it can lower blood pressure, boost your immune system, aid in relaxation and improve focus and thus improving the overall health of a person.

REFERENCES

www.yogananda-srf.org

www.yogaaustralia.org.au

en.wikipedia.org

Human kinetics, 'Dimensions of leisure for life'