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EFFECTS OF YOGASANA ON PHYSICAL FITNESS OF COLLEGE FEMALE STUDENT'S

Prof. Madhuben S. Thakor*

ABSTRACT

The most significant thing parents can provide to their female progeny (child) is the “Physical Fitness” or an involvement at organized sports activities. The “Physical Fitness” (P.F.) has slithered at the priority within last few decades, particularly at school and college levels. Some institutes suggest playing in recess too. They're creating female progeny which can pass the standardized tests at academic level. But the question is that “what good is an education program that educates female progeny on academics if those students won't live a productive, healthy life using their academic skills even at the college level?”

That's why the author thinks “Physical Fitness” required being as a top priority in schools and colleges. Only college competition or occasional class is not enough, beyond to it, the parents have to get their female children involved at the additional “Physical Fitness” programs, like after-college activities or the organized sports - which involves moving of the body, like running track, basket-ball, soccer, cricket, Kabbadi, Kho-Kho, practicing gymnastics... etc. which are excellent for female progeny.

Key Words: Education, Fitness, Female Progeny, Growth, Healthy.

INTRODUCTION

Why are such activities so valuable? Along with the physical growth of the female progeny's body such activities also makes them healthier at immune function, strength, circulation, flexibility as well as at the hand to eye coordination and also greatly increase the female progeny's self-image.

*Prof. Madhuben S. Thakor, Associate Professor, Dept.of Physical Education.Maniben

mahila arts college, kadi Dist- Mehsana

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Their participation at the sports can noticeably boost for female progeny's self-esteem.

HEALTHY BODY IS A WAY TO HEALTHY MIND

Some schools and colleges are running an excellent program for female progeny which tests them at certain basic areas, like running, sit-ups and doing the pull-ups, and also awards them the badges of various levels at the physical achievement. The motto of such programs is, "A sound body is a way to the sound mind."

Such programs are right to the mark as the physical fitness is quite more than to be just a physical. "Physical Fitness" (P.F.) delivers many benefits to one's mind and alters the personality at positive path. Also even changes person towards the better as well as being involved at organized sports gives female progeny many social skills, a teamwork manner and other socially - oriented skills which give a huge benefit your female progeny as they progress towards the adulthood.

TERRIFIED AT TRAILING!

The parents say: Their female progeny should not be the losers, they everybody wants to be the parent of a winner child, and are terrified of their female progeny if ever they lose or miss any award and appear as the trailer. Such attitude can be based to a kind of overprotection bizarre syndrome, as at the actual world, yes, there are the winners and the trailers. These are the consequences of doing your job poorly, though it is at the sports, personal relationships, real estate, and business or may be anything else which they choose to trail.

Interestingly, everybody has not to be the winner for gaining benefits at any physical activity. In fact, the necessity is their participation. One can come at the last place at the track team at every time and even they are still ahead to the other female progeny who even don't exercise at all.

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EXERCISES: BOOSTS THE MOOD & INTELLIGENCE

Majorly parents don't even realize that their female progeny participating at the physical activities are having healthier brains & the nervous systems and commonly are not diagnosed with any type of Attention Deficit Disorder or depression or any other so-called mental disorder. Female progeny participating at the sports found healthier - physically, mentally, socially and emotionally. Such benefits are due to the training as well as the chemical changes which takes place at brain due to such training, whereas the other benefits derived by receiving the direct sunlight & fresh air.

FLUORIDE: A POISON TO YOUR FEMALE PROGENY

Strong bones are necessary for the female progeny. The one of the major reason for the weak bones is fluorosis, the overdose of fluoride. The classic signs of it are – “most notably the discoloration of the front teeth and the broken bones”. The excessive exposure towards fluoride may cause such effects. Parents are brainwashed to expose their female progeny on the path of too much fluoride by these dental industries, which is far behind to the real safety and actually it promotes to put mercury into female progeny's mouths and expectant mothers by using the dental fillings. It is necessary to check your female progeny's fluoride intake. Too much fluoride may cause of weakening the bones as well as the dental fluorosis.

CONCLUSION

Getting back at “Physical Fitness”, the involvement at the sports or at the regular physical activities is the greatest gift any of the parents gives to their female progeny. So dear parents, even if the sports costs you to pay money or even if the sports training to your female progeny cause an inconvenience to you to pick up and to leave your female progeny at sports practice, just do it. It's worth for the bright future of your female progeny in both way of the physical and mental health. The cost and effort parents put for the sports of their female progeny today will be the future investment for your female progeny's good health cut off to

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their medical bills and to the fact, they will be far healthier than the other progeny who had never participated at any physical activity.

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