

## THE IMPACT OF YOGA ASANAS ON COLLEGE WOMEN'S PHYSICAL FITNESS

Dr MAHAVIRSINH BANESANG DABHI

Shir S R BHABHOR ARTS COLLEGE SINGVAD

### ABSTRACT

The best thing that parents can do for their daughters is to encourage them to take part in extracurricular activities like “Physical Fitness” classes and team sports. This will help their daughters in the long run. Over the course of the past several decades, “Physical Fitness” (P.F.) has steadily become more of a priority, especially in educational institutions such as high schools and universities. This trend is expected to continue. During playtime, children at a number of schools are encouraged to engage in physically active play. They are contributing to society by having intelligent children who are eager to test themselves. Nonetheless, “what good is an education programme 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?” As a consequence of this, the author is of the opinion that “Physical Fitness” need to receive a large amount of attention and stress in the settings of educational institutions. Parents should encourage their girls to take part in ‘Physical Fitness’ programmes such as after-school activities and structured sports that keep the body moving (such as jogging on a track, playing basketball, soccer, cricket, Kabbadi, Kho-Kho, doing gymnastics and so on). These types of activities may be found at <http://www.physicalfitness.org/>. In addition to taking occasional sessions and competing at the collegiate level, parents should urge their girls to take part in “Physical Fitness” programmes.

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

### INTRODUCTION

Why are occurrences of this kind thought to have such a profound impact on society? Girls who take part in activities of this kind not only experience positive changes to their bodies, such as a growth in height and muscular mass, but also see improvements to their immune systems, blood flow, flexibility, hand-eye coordination, and an overall sense of well-

being in their lives. When mothers encourage their daughters to take part in sports, it may have a big and beneficial effect on how their girls feel about themselves.

## **A HEALTHY BODY CONTRIBUTES TO A HEALTHY MIND**

As part of a fantastic programme that has been designed by a number of educational institutions, including universities and colleges, specifically for the female students of those institutions, badges are given out to female students who successfully complete fundamental fitness tests (including running, sit-ups, and pull-ups). These tests include running, sit-ups, and pull-ups. The proverb “A sound body is a way to a sound mind” serves as the mission statement or motto for a number of these distinct initiatives. Because one’s health and fitness encompasses a lot more than just their physical state, activities of this sort is an imperative need because of this. “Physical Fitness” (P.F.) may have a wide variety of positive effects on a person’s mental health as well as the development of their character. These effects can help a person in a variety of ways. Participating in organised sports can help your daughter acquire a variety of qualities that will serve her well as she grows into a woman, including increased social skills, a more positive attitude towards working with others, and other people-oriented abilities. This will be of great advantage to you as she matures into a woman.

## **TERRIFIED OF TRAILING!**

People have expressed their worry that their girls would be coerced into playing the part of a caravan in the event that they are unable to win a trophy or finish in second place during a competition. These people believe that this will happen if their daughters do not come in first place. This is due to the fact that everyone has the same objective, which is to one day raise a healthy, happy, and accomplished kid of their own. Given that there are winners and losers in the real world, it is probable that this style of thinking is the result of an unhealthy preoccupation on creating a safe environment for oneself. Given this, it is likely that this way of thinking is the product of an unhealthy fixation on creating a safe environment for oneself. If a person performs poorly in any activity, whether it be a sport, a relationship, a property sale, a business transaction, or any other activity that they would choose to participate in, these are the ramifications that they would experience as a result of their poor performance. It is crucial to bear in mind that having success in a physical activity is not required for a person to experience the benefits that come from taking part in that activity. A person can still benefit from participating in an activity even if they are not

successful. In point of fact, the existence of both of them is necessary in order for the statement to be finished. Even if you finish in last place in every single one of the track team's competitions, you will still be light years ahead of the other young women who do not participate in any type of physical exercise at all. This is because those other young women are not even trying.

## **EXERCISE: IMPROVES ATTITUDE AND COGNITION**

Women who take part in sports have a lower risk than their counterparts who do not participate in sports of being diagnosed with Attention Deficit Disorder (ADD), depression, or any other so-called mental ailment. This is the case regardless of the type of activity. This is due to the fact that women who take part in sports are more likely to have brains and nervous systems that are in better health than their peers who do not participate in sports. Men also have a larger tendency than their female counterparts who do not participate in sports to have stronger brains and neurological systems. This is due to the fact that men are more likely to engage in physically demanding activities. It was shown that female youngsters who participated in sports were in generally better shape than their counterparts who did not participate in athletics as a whole. These advantages are an immediate consequence of the chemical alterations that take place in the brain as a consequence of engaging in physical activity. Being exposed to the natural elements, including the sun and the air, can also be beneficial to one's health. The most important contributor to these advantages is engaging in physically active pursuits.

## **A DANGER TO YOUR FEMALE CHILDREN: FLUORIDE**

It does not matter the gender of the offspring; in order for them to have a chance at surviving, both male and female children need to have strong skeletal systems. This is the case regardless of the gender of the kids. Fluorosis, which occurs when a person is exposed to an unusually high quantity of fluoride, is thought to be one of the most major factors to the formation of weak bones. Fluorosis may be prevented by limiting a person's exposure to fluoride to a safe level. When looking at the victim's mouth, two of the most obvious indications are "most notably the discoloration of the front teeth and the broken bones." These are two of the most obvious indicators that may be identified. In addition to these symptoms, you may also experience what are commonly referred to as "the broken bones." It is highly possible that the initial appearance of these problems was brought on by an exposure to fluoride that was excessive in its nature. This is a theory that has been put up.

Patients who go to dental practises that use amalgam fillings are at a higher risk of mercury poisoning than patients who go to practises that do not use amalgam fillings. This is especially important for patients who are under the age of 18 as well as women who are pregnant. In addition, many in the dentistry industry intentionally disseminate false information to parents, which compels the latter to subject their children to fluoride in quantities that are unsafe. This is particularly risky for preteen and teenage girls. Everyone who is employed in the field of dentistry ought to accept responsibility for the choices they make and the activities they participate in. It is of the utmost significance that you keep a tight check on the amount of fluoride that your female progeny intake on a daily basis. Consuming an excessive amount of fluoride can result in Fluorosis, which is a staining of the teeth, as well as a decrease in bone density. Fluorosis can also be caused by drinking too much fluoridated water.

## CONCLUSION

To circle back around to the original subject of “Physical Fitness,” the best gift that a parent can give their daughter is the opportunity to take part in sports or other sorts of continual physical activity. This is the best present that a parent can give their daughter. This is due to the fact that a person’s level of activity directly correlates to her overall level of health. This is the most beautiful present that a mother or father could offer to their daughter, and it is something that the parents themselves might give to their daughters. Parents, please encourage your daughters to participate in sports, even if doing so requires more effort or expense on your part in the form of bringing them to and from their athletic events and practises. This is something that they will benefit from tremendously in their adult lives. If you do so, you will be assisting your girls in the development of positive habits that will serve them well throughout their entire lives. It is absolutely necessary for this to take happen if one wishes for youngsters to develop positive patterns of behaviour that will serve them well for the entirety of their life. It is helpful for the health of your female descendants, both physically and emotionally, which will assist to secure a successful future for their children and grandchildren. The time and money that parents invest in their daughters’ athletic endeavours will, in the long run, pay off for them in the form of reduced medical expenditures and an overall improvement in their health. These benefits will accrue to the parents themselves. This will be the case irrespective of the activity in which their girls choose to participate. This is a major difference in terms of the health of women when

contrasted with the health of women who were brought up in homes where there was less emphasis placed on the requirement of the need for physical exercise. This is because girls who do not grow up in households where there is regular physical activity are less likely to participate in physical exercise themselves. This is due to the fact that girls who do not grow up in families where there is regular physical activity. This is because women who do not grow up in homes where there is regular physical exercise are less likely to participate in physical activity themselves as adults.

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