



Category: Invited Talk



HEALTH AND WELLNESS THROUGH SPORTS

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As children, we delight in exercising every smallest muscle. This natural activity keeps the body fit and the musculature balanced. The patterns of modern living have a particularly deleterious effect at the tissue level. Sitting still for a long time without moving or stretching the body allows the micro-circulation and the major circulation too, to grow sluggish. We breathe polluted air, or smoke, and eat foods containing range of substances that the body cannot use, or are actually toxic. When circulation is sluggish, kidneys and liver are not kept at full efficiency, and toxins build up and clog the tissues. Meat, for instance, contains more uric acid than we normally excrete, and this can damage tissues, and is implicated in gout and rheumatoid arthritis. But as adults, our range of movements is limited by repetitive tasks. Long hours of sitting at a desk, head thrust forward and lower spine rounded, can cause the ligaments at the base of skull to shorten, so that trying to straighten up produces pain, sometimes all down the spine (as the spinal ligaments are interconnected) – Poor posture generally leads to undue stress on the lower spine and the hips and pelvis, with back ache and stiffness resulting. Even such a simple action as carrying bag always on the same shoulder can soon throw the whole frame out, with muscles overdeveloped on one side, until a vertebra may be displaced.

The body is the temple of the spirit, and we should care for it as such. Ultimately, the health of your body depends on the health of its living cells. The building blocks of the tissues and organs whose diverse functions are vital to our well being. Cells and tissues need a proper environment for health - free of toxins, rich in the necessary supplies of nutrients, and with an efficient communications system. The urgent need of every cell is to obtain oxygen to fuel its work, and to get rid of waste carbon dioxide quickly. Healthy lungs and heart are the first essential for the cells to obtain the right nutrients. By eating the right food for you, at correct times of day, you will have a healthy digestion, and the blood will absorb and excrete waste products thoroughly. The micro-circulation around the cells is the body's foundation of health and vitality.

Breathing deeply as it sends more oxygen into the cells, and removes more carbon dioxide. Increased venous return stimulates the heart to contract more firmly in response. The exercises also massage the vital organs, and stimulate the digestive muscles to increase their peristalsis.

Uncomfortable symptoms such as indigestion, varicose veins or headaches are like the warning lights on a car, telling us that the vehicle is about to break down. While specific exercises can alleviate them, treating symptoms and ignoring the proper functioning of your whole system is like disconnecting the car's warning lights, so they will not annoy you fitness teaches that you must treat the body as a whole, as every part affects the rest, and be aware of the intimate relationships of body and mind. If you think positively, every cell in your body will be affected. And if you change your pattern of living, founding it instead on the five principles of health (1.proper relaxation, 2.proper exercise, 3.proper breathing, 4. Proper diet and positive thinking), you will get your whole system working at its best, so that every function of your body operates in a healthier environment.

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Sports is an essential element in shaping human personality in maintaining sound body and mind ,in facilitating social interaction, in fostering peace ,brotherhood and National building. It is a known fact that, true personality of an individual is nurtured and developed in a planned and systematic manner by carefully selecting activities that brings desirable changes in an individual. Sports participation is one of the means amongst others to develop the potentialities of an individual to the fullest extent. Sports plays prominent role in modern society as sports have become inseparable phenomenon of our social life.

Wellness refers to the condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits. Wellness of the body occurs when all the body processes, physical and mental functioning as the peak levels. In the state of being healthy, a person not only feels good on the outside but also feels excellent on the inside. In an amalgamation of one's inner and outer well being and the feeling of being risen to a spiritual high. With the constant threat of numerous health issues caused by obesity, it is obvious that everyone should be conscious of their personal fitness and mental well-being. The only way to achieve a healthy and fit lifestyle is to make the necessary changes to everyday life. These changes do not have to be drastic to begin with, and should be things one enjoy and look forward doing. The most important thing is to make an effort at improving all areas of the personal fitness and well-being, even if changes are gradual. There are seven key components associated with the physical & mental aspects of health, fitness and mental well-being. Each contributes to overall health and fitness in its own way. The seven key physical components to overall good health fitness and mental well-being are Cardiovascular/Aerobic conditioning, Strength Training and Muscular development, Stretching- Muscles, Ligaments and Tendons, Core stability, Nutrition and Supplementation, Mental rest and Relaxation and Sleep.