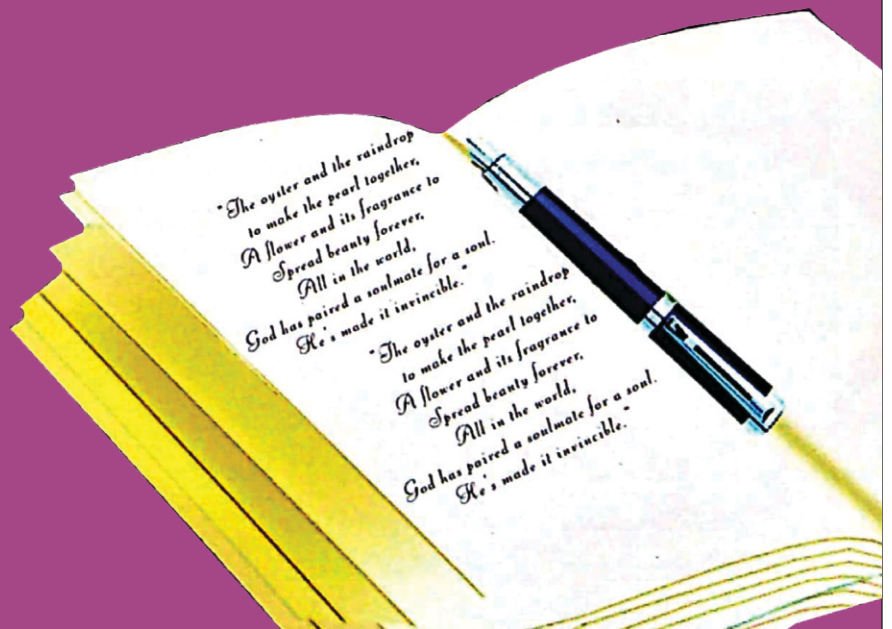


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# VIBGYOR

Bi-annual Multi Disciplinary Research Journal  
Special Issue : April 2018



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Bi-annual Multidisciplinary Research Journal  
**SPECIAL ISSUE - APRIL 2018**

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# Physical Fitness: The need of the Era

□ **Asst. Prof. Aditya Sarwe**

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Bhiwapur Mahavidyalya,  
Bhiwapur

## **Keeping fit - Universal Problem**

Though, we have entered in automatic age. Still the use of automatic energy is limited only to the few for advanced nation. We can rightly call it advanced it a machine age. This is an age in which even in this country, more and more people go everywhere in wheels. The works which was done by hands is now been done by machines, reducing the labour of the man and increasing its licence. Absence of hard works, non-utilisation of leisure in health recreational or constructive activities, and general bent of the mind of the people towards secondary professional have resulted in a loss of hard care in men. To this may be added in the apathy on the parts of young generation of men and women for exercise, games and sports. The results in general lack of velocity, endurance and prevalence of numerous attempts keeping fit has thus become a universal problem.

## **Why Physical Fitness?**

To create an urge for physical fitness is the main task before India Today. We need Physical Fitness not only for the development of sports at International Level but also for the enhancement of the human being of the country and hard core of a man. There are many persons who are not willing to spend their money at Gymnasium and have no motivation to Body Beautiful nevertheless worried today about their figures and their general state of health. Especially the sense of keeping the figure is most conspicuously seen among the women.

## **Exposure for Researches:**

Researches have shown that the physically fit person is able to maintain his form and figure for a longer time than the unfit. That means,

physically fit person is better equipped to tolerate physical stress and that he has a strong effective heart. Physically fit person is not tired premature even he is fatigued. He reinforces his energy comparatively within a short span of time than unfit person. Researchers also found that, there is a relation between mental alertness and physical fitness. Organic development is one of the most important purposes of physical education. Without healthy condition of body, development of brain is impossible. In a word, healthy physical growth is essential to intellectual growth.

## **Physical Fitness has to be attained:**

Physical Fitness is the natural outcome of well planned of physical education. Physical fitness cannot pass-over to others also it cannot conquer within short time. One has to work for it rather hard and regularly. Regular exercise can improve sense of well-being and your presence. Also, it can help to maintain physical form and fatigue fitness which is needed for the fullest satisfaction of activeness and for carrying out the repetitive responsibilities.

## **Weight Control:**

To be physically fit, it is very necessary the amount of fat in the body is under control. The control can be exerted by the functional dietary programme and regular exercises. Rest, relaxation and revitalization are very much important physical fitness. More work and no rest will result in the deterioration of health and fitness.

## **Misconceptions:**

There are many misconceptions about the effects of exercises on heart specially about women as compare to men. Many people think

that, exercise is harmful. But there is no proof to support this charge. Exercise is always helpful to human being if we perform daily in a inadequate level. Exercises are only harmful to sick persons and pregnant women. But by the opinion of medical expert and under the physiotherapist observation, it also beneficial to them. As per age, if people do exercise daily then it should be helpful on latter life span. Exercise are also helpful to cardio vascular system. Many researches have shown that, heart of the routine exercise person is shrinking more compare to normal person. His bloop pressure, pulse rate controllable under stress. Risk of heart failure, brain stroke will be lesser.

**Regular exercise for fitness:**

Bodies Strength and endurance can be increase only by regular exercise. Muscle exercise can be

helpful in increasing strength while endurance is depended upon the functioning of heart and neuro muscular and respiratory system. When person exercise daily then his muscle strong enough. So routine exercises always helpful in physical and mental fitness.

**Yogasana best remedy for all:**

Yogasana offer the best remedy for attorning physical fitness. Yogasana is such a good activity that every one can participate irrespective of age sex and weight without any fear of damage especially for the women. Yogasana is a boon without exhausting the body revitalise all the system and keeping physically fit.

It is very necessary that yogasana, surya namaskar and breathing exercise should form a vital of the training of youth at school and college level for Physical fitness.

☆☆☆