

HOLISTIC HEALTH THROUGH YOG & SPIRITUALITY FOR A HEALTHY SOCIETY & A GREAT NEW INDIA

(Yog and Spirituality must be an essential part of Physical Education)

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The development of a nation & society depends upon the right (Holistic) health of all its people and citizens. Individual forms a family, family forms a progressive society and such society forms a great nation. A healthy family is the foundation of a healthy society & nation. The meaning of Health in Hindi is swasthya (स्वास्थ्य) which consists of two words Swa(स्व)+Sthiti(स्थिति) meaning thereby 'Establishing one in 'SELF' i.e. SOUL (spiritual meaning) is Health. 'Healthy' word is also made up of two words i.e. heal + thy (Self). The state of being well in all walks of life is called holistic Health.

समदोषाः समाग्निश्च सम धातुमलक्रिया । प्रसन्नात्माचेन्द्रिय मनः
स्वस्थ इत्यभिधीयते ॥

अर्थात्, जिसकादोष, अग्नियाँ तथा धातुएँ सम अवस्था में हों तथा विसर्जन क्रिया ठीक से हो और जिसकी आत्मा, मन एवं इन्द्रियाँ प्रसन्न हों उसे स्वस्थ कहा जाता है।

"The State of being well is health and a healthy person is one who is physically fit, mentally alert, bio-chemically balanced, spiritually awakened and socially acceptable."

"स्वास्थ्य में वे सर्व सुखमूलम्" अर्थात् स्वास्थ्य ही समस्त सुखों का मूल है।

Means, health is an essence of all pleasures.

"धर्मार्थकामोक्षाणामरोग्यंमुलमुत्तमम्" अर्थात् धर्म, अर्थ, काम, मोक्ष का मूल आधार स्वास्थ्य ही है।

"A sound mind in a sound body" is universally accepted ancient proverb. So body is the vehicle, it can take you up, it can take you down and now choice is absolutely ours because Man is the Architecture of one's own illness and health. holistic

health is the natural guarantee of success in all stages of A sharm& of life." i.e.Celibary, family life , Service and Renunciation.

"Health is our birth right and we will have it" But How? By following four commandments of holistic health i.e. Right Exercise, Right Food, Right Sleep and Right Meditation.

RIGHT EXERCISE

Physical activity is an important part of good health. Never hurry: take plenty of exercise. **Health lies in exercise (labour) and there is no road to it but through toil.** The value of regular exercise & physical activity has been well proven & documented again and again for the best synergy of mind, body and soul.

- Get up before sunrise & start your day with 3 glasses of water and then go for any of the activities i.e. Jogging, brisk walking, swimming and outdoor games etc. so that sweat must welcome you even in winters. Start with warming up session followed by heavy exercises and then cooling down methods like asanas or different relaxing techniques suiting to one's own requirement body.
- The only way for a rice man to be healthy is by exercise and obstinence to live as if he were poor.
- Walk a mile after dinner and rest a while after lunch.

- Deep breathing is necessary for long & healthy life and it is the secret of long life of yogis.

RIGHT FOOD

Food must be RITAAHAAR, HITAAHAAR and MITAAHAAR. RITAAHAAR means food should be seasonal, HITAAHAAR means food suitable to requirements of our body and MITAAHAAR means food to be taken little less to our need i.e. Eat to live and not live to eat. Hunger is the best sauce in the world. More die in the world of too much food than of too little.

The food must be vegetarian, easily digestible, seasonal & balance in nutrition having all essentials i.e. protein, carbohydrates, fats, vitamins & minerals.

- **Breakfast must be like a king, lunch like a prince and dinner like a pauper.**
- Take as much as you can; sprouts, fresh vegetables, fruits, salads and water.
- **Avoid Taking; Salt, Sugar, Maida and Butter, Fast and junk food.**
- How much food you digest is more important than how much food you eat?, Eat moderate.
- **Out of total diet stomach must be filled half with food, 1/4th of water and 1/4th with air.**
- Clean your teeth regularly in the morning, after the meal and before going to bed.
- **Organic Pure food brings a pure mind and in a pure mind there is constant memory of God because $\text{^{\wedge}tSlkvUuoSlkeu^{**}}$ (As you eat so is our mind)**
- Dedicate your meal to God before consuming it.
- **Tell me what you eat and I will tell you what you are?**
- Heath in labour and there in no royal road to heath it but through toil.
- **Tiffin boxes must contain healthy & nutritious food.**
- Check what goes in and what comes out!
- **Eat only you are hungry and this is the secret of long & healthy life.**
- Eat less and chew more do not eat hastily.
- **Keep fast once in a week as it removes poisons and overhauls the internal system and gives rest to organs.**
- Eat only such kind of foods that combine well and agree with one another.
- **Do not eat when you are angry. Rest for a while till your mind becomes calm then take your food.**
- Take food as medicine. It is a tongue that deceives a person and causes much havoc.
- **Sit in Vajrasana for 19 minutes after meal.**
- Observe silence while you take food.

RIGHT SLEEP

Sleep is a condition of rest in which eyes are closed, muscles are relaxed and consciousness suspended.

- Good sleep leads to good health.
- 5 to 8 hours deep sleep is must for good health varying from person to person.
- **Early to bed and early to rise, makes a man healthy, wealthy and wise.**
- Going Early to the bed can cure almost half of one's ills and getting up the other half.
- Eat three hours before sleep.
- If you can't sleep get up and work or read until you feel sleepy.
- If someone wants plenty of sweet dreams remembrance of Almighty before sleep in a must. An hour's less sleep per day will add four years to your working life.
- Check before sleep how was the day.

RIGHT MEDITATION

The method of controlling the mind by the body is called meditation. The impossible is achieved through the process of self perfection called meditation. Meditation is the simplest and surest way to the attainment of peace and bliss and eventually aims at the merger of the self with cosmic self.

- We feed the body several times in a day but we starve the mind.
- **Think positive, be positive, do good and behave good.**
- Meditation kindles life. It fills the personality with new vitality, strength in order to achieve success.
- One who is striving to learn the art of meditation must slowly and carefully develop in himself an attitude of holding himself neutral in all situations.
- Meditation is the path in which ego learns to withdraw itself.
- If you give your heart to God, you will never get a heart attack.
- Meditation through Yoga is nothing but meeting of body, mind, soul with Asana, Pranayama, Pratyahara, Dhyana, Dharana and Samadhi. Practice it.
- "योगाश्चित्तवृत्तिनिरोधः"—चित्त की वृत्तियोंकानिरोध ही योग है।
- **Right Yoga is not a religion but it makes you religious.**

Meditation is the surest way to solution of all the problems of life. It makes a person calm, composed and courageous and it is the quickest remedy for all the disorders and disturbances of mind and their repercussive effects on the body. Meditation can bring person face to face with the Supernal Divine. It enables to lead a purposeful and happy life.

Another four commandments of wellness for daily living are Vibrate love, Live gratitude, Care mother Earth and Live stress free life.

At last but not the least Prayer should precede Meditation. A man of prayer never feels lonely and helpless because he constantly feels the supernal presence of Divine with himself. Commitment for wellness and wellbeing and integral part of everyday living of every human being is our Mission and Vision.

We can begin our daily routine with this Prayer 'O Master this healthy body is the most beautiful gift to me for which I am grateful. This body is the temple of soul. May Almighty! Illuminate my intellect and strength which leads me to righteous path and my life be pleasant song.'

SOME TIPS FOR A HOLISTIC HEALTH ARE

1. Taking full responsibility for a healthy life is the beginning of a successful journey on the life's path.
2. If we have to win over disease, which are going to destroy the majority of population in near future, it's you and me, who has to do the groundwork. Be a part of the "Care Our health" movement. "Prevention is the future of medicine"
3. Our body is a wonderful creation of God. It has all the software pre installed, which can be used to reboot ourselves, whenever in need. Only we have to be literate enough to operate this machine, called human body.
4. For a purposeful life, we have to have a vision of a healthy body and mind, with a mission to create a wonderful and happy world.
5. We all are born healthy, but the bitter truth is that, none of us will remain healthy, until and unless we sincerely work towards a healthy lifestyle by adopting good habits and following certain rules.

6. Let's take care of the bacterial ecosystem of our gut, known as microbiota, by taking food which helps them to grow, or else our body is going to react in the same manner as our planet is reacting today by weather changes.
7. The power to lead a Healthy life forever is always within our reach. Only need is to align ourselves into that mode. A burning desire, self-commitment, a learning mindset and an attitude of self-love will lead us there comfortably.
8. It is a shame for a man to grow old without ever seeing the strength and beauty of which his body is capable.
9. How long we are going to be healthy will depend on, how much time we are spending with ourself every day, How regularly and How sincerely we are doing it.
10. We all live a borrowed life. The air we inhale and the food we eat is a gift from the plant kingdom. The microorganisms residing in our body provide half of the genetic instructions of our survival. It's a paradox that in our everyday living we ignore them, underestimate them and destroy them.
11. We are rewarded with a healthy body and mind, when we find the purpose of our life and work towards its fulfilment. That is the time when each and every cells of our body dances in harmony with nature, which brings healthy.
12. Think and practice healthy rituals, health will follow. Health is our creation.

Yog

Yog means Addition i.e. Value Addition in life. SriMadBhagwat Gita consists of eighteen chapters that is all yog. There is a full chapter on Dhyana Yoga in SriMadBhagwat Gita.

DHYANA -YOGA IN SRIMADBHAGWAT GITA

Krishna begins the Sixth Chapter by explaining that the neophyte yogi engages in fruitive sitting postures while the advanced yogi, the true 'sannyasi', works without attachment. Ashtanga-yoga, a mechanical meditative practice, controls the mind and senses and focuses concentration on Paramatma (the Supersoul, the form of the Lord situated in the heart).

When Karma-Yoga increases in knowledge and renunciation, the stage is called Jnana yoga, when Jnana-yoga increases in meditation on the Supersoul by different physical processes, and the mind is fix on the supreme, it is called astanga-yoga or dhyana-yoga. In the yoga practice, with firm faith & determination, one should abandon all material desires (desire for sense enjoyment), without thinking anything else one should engage his body, mind & soul in the service of Lord.

The mind is most difficult to control and one has to conquer it otherwise lust, anger, avarice, illusion etc always deviate him. A conqueror of mind automatically follows the dictation of Supersoul. (Paramatma, the form of Lord in the heart).

In order to execute the process of astanga-yoga by carefully controlling his mind and engaging his body, and his self in Krishna's service, one has to live in a secluded place, and sitting on a sacred place, he has to meditate on the Paramatma (Supersoul). One should hold one's body; neck and head erect and stare steadily at the tip of nose with an unagitated and subdued mind. One should regulate the habits of eating, sleeping, recreation and work, to free oneself from material desires. Like a lamp in the windless place, one has to steadily meditate on the Supersoul with a controlled mind. Fixing his mind on the self and on Krishna, he attains transcendental happiness in the kingdom of God.

If the mind wanders, one should bring it back under the control of the self. This continuous practice culminates into samadhi, the stage of full consciousness of Supreme. The perfection is characterized by one's ability to see the self by the pure mind and relish and rejoice in the self. The natural boundless transcendental pleasure is the

highest perfection or ultimate goal of Yoga. Even if, one abandons this process after practicing or fails he is never in loss, he again gets a chance in a future life to start from the point where he left the process.

Arjuna then points out the main difficulty in practicing yoga is controlling the mind. Arjuna knowing the restless, unsteady, strong nature of his mind, expresses his inability to practice this system of yoga. Krishna responds by saying that one can overcome the obstinate mind through constant practice and determination. This practice culminates in samadhi, full consciousness of the Supreme. Such a yogi liberates, not degrades, himself by his mind's activities.

In responding to Arjuna's about the fate of an unsuccessful yogi, Krishna answers that one unsuccessful in his practice will still take birth in a family of wise transcendentalists and automatically become attract yogic principles.

Krishna finally states in the last two verses of the chapter that the yogi is greater than the ascetic, the jnani and the karmi. And the greatest of all yogis is he who always thinks of Krishna and with great faith worships Him in loving service.

The goal of astanga-yoga can also be achieved in Bhakti-yoga by engaging mind, body, soul, and senses in the service of Krishna. A perfect yogi sees Visnu or Krishna as the same as Supersoul (Paramatma). Of all yogis, one who always remembers Krishna & renders devotional service to Him, is the best. Today's so called yoga practices, which involves various sense pleasures, is contradictory to Krishna's explanation of this process.

PATANJALI'S EIGHTFOLD PATH OF YOG

Sutra 2.28 - yoga-anga-anusthanad-asuddhi-ksayejnana-diptir-a-viveka-khyateh.

By practicing the limbs of yoga, impurity is destroyed and the radiance of jnana (wisdom) leads to viveka (discernment).

Sutra 2.29 - yama-niyama-asana-pranayama-pratyahara-dharana-dhyana-samadhyostav-angani

The eight limbs of yoga are: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi.

These limbs are sequential steps on the path to enlightenment through yoga. Holistic Health and Bliss in life can be had through Maharshi Patanjali - eightfold path and they are :

(I) Yam (self-restraint) -The first limb, yama, explains the codes of ethical behavior and how we conduct ourselves in life. Yama remind us of our responsibilities as social beings and has 5 principles: Truth (Satya), Nonviolence (Ahimsa), Chastity (Brahmacharya), Nonhoarding (Aparigraha- freedom from desire) & Nonstealing (Asteya).

(II) Niyam-(right observance) -The second limb, *niyama*, prescribes the self-discipline that moulds our morality and behaviour. This code of conduct has 5 principles: Sauch (physical & mental cleanliness), Santosa (Contentment), Tapas (Austerity), Svadhyaya (Self-Study) - study of one's own self including body, mind, intellect, and ego & IsvaraPranidhana (Devotion) - Surrender to Almighty God.

(III) Asana(right alignment)-sthira-sukham-asanam -The third limb, asana (as = to sit), is where we develop the habit of discipline and the ability to concentrate. The posture (asana) for Yoga meditation should be steady, stable, and comfortable. Control on body parts through Asanas (body postures). Through a steady and comfortable sitting position, Patanjali describes that we loosen the tension in our bodies allowing us to merge our attention with the infinite.

2.47 prayatnashaithilyaanantasamapattibhyam -The means of perfecting the posture is that of relaxing or loosening of effort, and allowing attention to merge with endlessness, or the infinite.

(IV) Pranayama (Regulation of Breath)-The fourth limb, pranayama, is generally described as breath control. Regulation of Breath Control on breathing pattern (vital force) is Pranayama. This master this regulation we begin to direct our energy inward to our breath as a means of expanding and extending our energy or life-force (prana = vital energy, ayama = stretch, expansion and expansion). Patanjali encourages that pranayama should only be attempted after the asanas are mastered so that we can more easily direct our energy inward.

2.49 tasmin sati

shvasaprashvayohgativichchedahpranayamah- Once that perfected posture has been achieved, the slowing or braking of the force behind, and of unregulated movement of inhalation and exhalation is called breath control and expansion of prana (pranayama), which leads to the absence of the awareness of both.

(V) Pratyahara (Withdrawal of the Senses)-2.54 svavishayaasamprayogechittasyasvarupeanukarahi vaimindriyampratyaharah-When the mental organs of senses and actions (indriyas) cease to be engaged with the corresponding objects in their mental realm, and assimilate or turn back into the mind-field from which they arose, this is called pratyahara.

2.55tatahparamavashyataindriyam-Through that turning inward of the organs of senses and actions (indriyas) also comes a supreme ability, controllability, or mastery over those senses inclining to go outward towards their objects. With a comfortable and steady posture (asana), as well as with our energy directed inward through pranayama we can begin the fifth limb, pratyahara, or withdrawal of our senses. This withdrawal allows us to objectively observe our cravings and attachment to senses. As our mind is released from the power of the senses it turns inward and becomes passive.

Patanjali groups the last three limbs under the term samyama- the integration of the body, breath, mind, intellect, and self.

(VI) Dharana (Concentration)-Concentration and focus of mind on a desired point. The controlled mind that is gained in pratyahara gives rise to our ability to intensify our attention on a single point which is dharana.

3.1 deshahbandhahchittasyadharana- Concentration (dharana) is the process of holding or fixing the attention of mind onto one object or place, and is the sixth of the eight rungs.

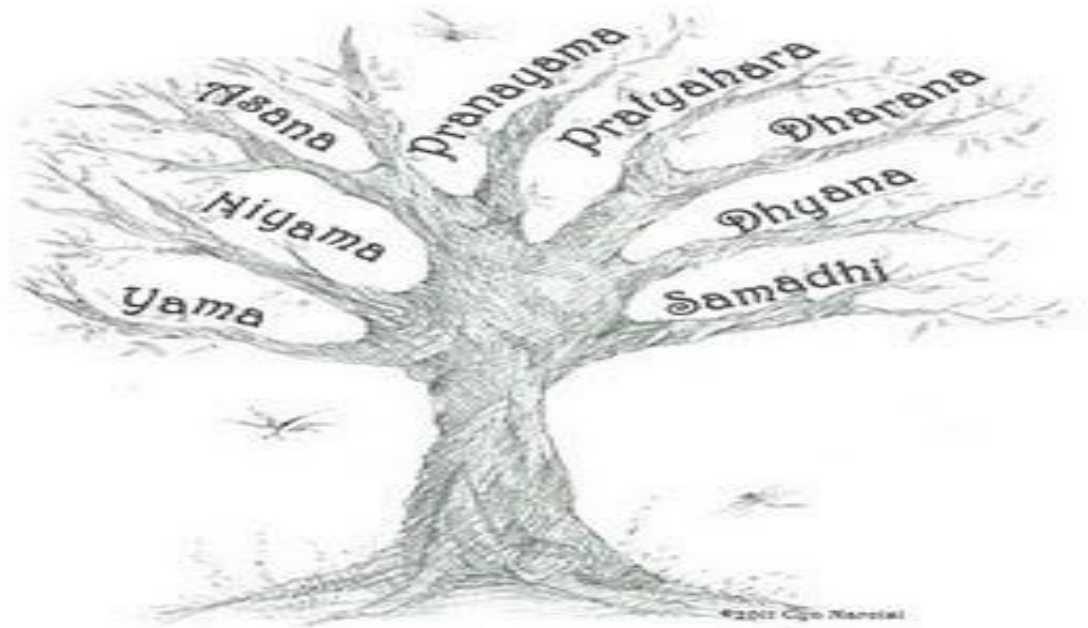
(VII) Dhyana (meditation)- Concentration and focus of mind on a particular point for a longer period of time.

3.2 tatrpratyayaekatanatadhyanam- The repeated continuation, or uninterrupted stream of that one point of focus is called absorption in meditation (dhyana), and is the seventh of the eight steps. When this concentration is prolonged through an uninterrupted flow, it becomes dhyana. In dharana, we experience release, expansion, quietness and peace, freeing us from attachment. This freedom results in the indifference to the joys of pleasure or the sorrows of pain.

(VIII) Samadhi (free attention)-Equanimity for blissful state of mind. The final limb of yoga, samadhi (sama = level or alike, adhi = over or above), is achieved when the object of meditation engulfs the meditator and self-awareness is lost. **In this state the knower, the knowable, and the known become one. This is the final stage on the eightfold path and is ultimate fruit of yoga.**

3.3 tad

evarthamatranirbhasamsvarupashunyamivasama dhih - When only the essence of that object, place, or point shines forth in the mind, as if devoid even of its own form, that state of deep absorption is called deep concentration or samadhi, which is the eighth rung.



The path to self-realization that is yoga is described by ancient sage Patanjali as an eightfold path in his fundamental classical philosophical work Yoga Sutras beginning in the second chapter:

BUDDHA'S NOBLE EIGHTFOLD PATH FOR BLISSFUL LIFE

Buddhism is mainly based on the principle of Dharma & Compassion. It encompasses various traditions, belief and practices which are based on the teachings of Lord Buddha. When Lord Buddha achieved Enlightenment in Bodhi Gaya, he set out on a journey to help all sentient beings end their pain and free from all suffering known as Dukkha. Buddha gave his first preaching in Sarnath to Kaundinya and four other scholars who previously followed him thinking he would attain enlightenment. In Isipatana of Sarnath, he

preached about Dhammacakkappavattana Sutta which includes Four Noble Truths and Noble Eightfold Path.

The Noble Eightfold Path is one of the principal teachings of Buddha which is about ending the suffering of life and achievement of self-awakening. The Noble Eightfold Path is the fourth truth of Noble Four Truths of Buddha teachings. It is also known as Middle way or Middle Path. The Noble Eightfold Path is represented by means of Dharma wheel which is also known as Dharmachakra.

THREEFOLD DIVISION OF NOBLE EIGHTFOLD MIDDLE PATH

A. WISDOM

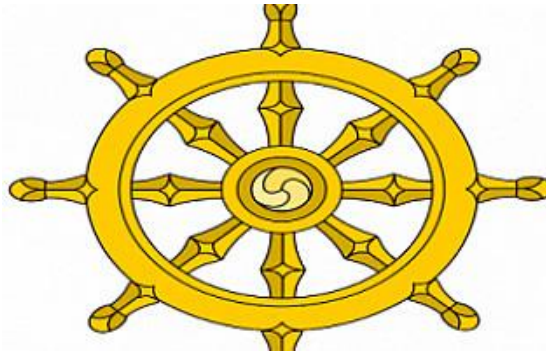
1. Right View

2. Right Intention

B. MORAL CONDUCT

3. Right Speech-

4. Right Action



5. Right Livelihood

C. CONCENTRATION

6. Right Effort

7. Right Mindfulness

8. Right Concentration

The Noble Eightfold Path of Buddhism can be categorized into three basic divisions i.e. Wisdom, Moral Conduct and Concentration, which is popularly known as Threefold Division. They are as follows:

A. Wisdom - The first division of three-fold division is Wisdom. Wisdom provides the sense to understand and see things as they really are. There are two eightfold factors in Wisdom.

1. Right View - Right View is also known as SammaDitti or Complete Vision. Right View can be explained as eye that guides vision that directs all other factors. Right View literally means knowledge to end the suffering of life, knowledge of origin of suffering, knowledge of practice to end the suffering.

2. Right Intention - The second factor of Wisdom division is right intention. It is also known as SammaSankappa. SammaSankappa means intention, motivation, and purpose. Right Intention comes right after Right view. Understanding of right view helps to difference the actual meaning of right intention and bad intention. Lord Buddha mentioned the three kinds of right intentions. (i) Intention of renunciation, (ii) Intention of loving-kindness and (iii) Intention of Compassion.

B. Moral Conduct - The Second Division of Noble Eightfold Path is Moral Conduct or Ethical Conduct. It states that it is necessary to prevent one from wrong

speech and wrong actions since they are powerful tools that had the possibility to increase one's suffering.

3. Right Speech - The first factor of Moral Conduct division of Buddhism is Right speech. Right speech is also known as Samma-vaca. Right Speech of Noble Eightfold Path refrains one from using any false speech, bad words, lying. Right Speech encourages one to always speak the truth.

4. Right Action - Right action is also known as Samma-Kammanta which literal meaning is integral action or right conduct. Right Action states that one should never hurt other, criticize other, and should always well behave. One should never conduct any such action that will harm other and should not conduct sexual misconduct.

5. Right Livelihood - The final factor of Moral Conduct division of Middle Path is right livelihood. Right Livelihood is also known as Samma-Ajiva. Lord Buddha taught that one should not involve in such occupation or job that may or will cause harm and suffering to other. They should not involve any occupation that deal with the flesh, poisons, weapons & arms, slave trade & prostitution, liquors and drugs.

C. Concentration - Concentration is the third division of Noble Eightfold Path and is believed to make one calm and collectedness to develop true wisdom. There are three Eightfold factors which

can be achieved by concentrating on a single meditating object.

6. Right Effort -Right Effort can also be called SammaVayama and can be translated as right endeavor and right diligence. It is the first factors of Concentration division of Middle Way. One who follows the path of Dharma must make an effort to lose all evil thoughts, speech, and action. Buddha mentioned four phases of efforts. They are:

1. Make an Effort to prevent the unwholesome states from arising
2. Make an Effort to abandon the unwholesome that arise
3. Make an Effort to develop and arise the wholesome states
4. Make an Effort to cultivate and maintain the wholesome states

7. Right Mindfulness - Right Mindfulness is also known as Samma-Sati which means complete awareness. Right mindfulness states that one must constantly keep their mind to phenomena that may affect their body and mind. This means one must be aware of their thoughts, words, and action.

8. Right Concentration - The last factors of Concentration division, as well as the Noble Eightfold Path, is Right Concentration. Right Concentration is also known as Samma-Samadhi. Buddha mentioned that any mind that is aware of all seven factors of Middle way which are right view, right intention, right speech, right action, right livelihood, right effort and right mindfulness is called Noble Right Concentration.

According the Buddhist tradition of Theravada School and Chinese Buddhist School, the Noble Eightfold Path or Middle Way was discovered by Lord Buddha when he was trying to achieve Enlightenment. These eight factors of Middle Path was taught by Buddha so that the people who follow Buddhist religion can follow so that **they could lead to the state of self-awakening and liberation (Sovereign Spiritual Person) from worldly suffering.**

FIT INDIA MOVEMENT

Prime Minister Narendra Modi launched 'The Fit India Movement' on 29 August 2019 on the occasion of National Sports day (which celebrates and honors the birthday of Dhyana Chand, called WIZARD of Hockey" who is considered by many to be the best of all time) at Indira Gandhi Indoor Stadium in New Delhi. The Prime Minister said, "Only a fit person, fit family and a fit society will pave way **for a great and new India.**"

The Fit India Movement aims to encourage Indians to include fitness activities and sports in their daily lives to pave way for a healthy and fit lifestyle. The Prime Minister during his speech on Fit India said that fitness is not just a word but a way to lead a healthy life. The Prime Minister said that on this day, a great sportsperson was born, Major Dhyana Chand and he surprised the world with his fitness, stamina, and hockey stick."

The Prime Minister observed that the root cause of most lifestyle diseases are lifestyle disorders and there are many diseases that can be overcome by making small changes in our lifestyle. PM Modi stated that lifestyle diseases like Diabetes, Heart Attack, Cancer, Obesity, Thyroid Disorder and Hypertension are increasing in India. Hence, Fit India should be seen as a **household movement, a daily routine.** He stated that **a nation will only become fit when each citizen becomes fit.**

"There is zero investment in Fit India movement, returns unlimited," says Prime Minister. Fit India Movement should reach each and every corner of the country and all Union Ministries should ensure that the Fit India movement **reaches every village, panchayat and school.** The movement is not just central government's but of all state governments, panchayats and local bodies. He further said that fitness should be seen as a celebration, **it should be taken up as a part of our daily life and family life.**

The Goal Of Fit India Movement is to encourage people to inculcate physical activity and

sports in their everyday livesas "Fitness has always

been an integral part of our culture.



21st June every year is celebrated as International Yog Day

Let us make Fit India Movement a grand success by being the part of it to make a New Great Happy and Healthy India.

PHYSICAL EDUCATION

Physical Education is instruction in the development and care of the body ranging from simple callisthenic (light) exercises to a course of study providing training in hygiene, gymnastics and the performance and management of athletic games.

Physical education is a course taught in schools and colleges that focuses on developing physical fitness and the ability to perform and enjoy day-to-day physical activities with ease. Kids also develop skills necessary to participate in a wide range of activities, such as soccer, Kabaddi, Athletics, Gym, basketball, swimming etc.

Physical education is essential to the development of motor skills and the enhancement of reflexes. Hand-eye coordination is improved, as well as good body movements, which helps in the development of a healthy body posture. Physical

education teaches students the importance of physical health.

CONCLUSION

The Prosperity of India & Society largely depends on its individual's holistic health and the right health can be gained through RightYog, Right Exercise, Right Food, Right Sleep and Right Meditation. So every Indian & World citizen should remain fit & healthy for India's around development & prosperity of World as a whole on Win- Win- Win-Win basis for all its stakeholders. Yog must be essential part of Physical Education and it should be made compulsory for every Indian for a blissful society and A Great – New India.

'Time to talk is over, World needs to act now, so let us be part and partial of fit India movement', so that India's growth is sustainable, constant and inclusive.

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