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Physical harmony: An index of harmonious mind

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Abstract

The mind and the body are inter-related. The sounder the body, the sounder will be the mind that resides in it. Better educated individuals have more positive health outcomes. Understanding the mechanism by which education affects health is therefore important. Schools and colleges play a critical role in promoting the health and safety of young people and helping them to establish lifelong healthy behaviors. Only a man with a sound body can enjoy real contentment and true peace of mind. The links between health and education which are reciprocal; not only is good health important for children to make the most of their educational opportunities, but the educational setting, both formal and informal, can be important in promoting good health.

Keywords: Education, health, well-being, harmonious, true fitness

Introduction

Man has a body as well as a mind. The mind and the body are inter-related, so that the health of one is the health of the other, and the ills of one are the ills of the other. A healthy man is always happy. He feels inclined to work and to serve others. A man with a sound body is full of optimism. Nothing can frustrate him. He is enthusiastic and energetic. He radiates health, hope and happiness wherever he goes. He is loved and liked by one and all. He gets over all difficulties and hurdles. His strong mind fears none. On the other hand, the mind of a man with shattered body and health is always full of pessimism and sorrow. He has no heart to do anything. He likes to mope and whine in a corner. He tells his sad tale of woe to everybody he meets. He has no hope and sunshine to scatter. Life has no charm for him. His mind is diseased. His enthusiasm is dead. He is no better than a dead man.

A sound body is the most splendid treasure a man can cherish. A sound body means that you are so splendidly strong and well that you can bear the roughest experiences without becoming ill. e. The more roughly one treats one's body, the stronger will it be. Physical harmony is an index and expression of a harmonious mind. If one wants to build up one's mind, one must build up first the body and after that, a sound mind in a sound body should be the aim of every man.

Let us take an example of a child, who has a sound body and consequently a sound mind. He is always happy. Everybody feels drawn and attracted towards him. Who does not want to love and fondle him? His very sight, his movements, his innocent prattle, fills even the gloomiest heart with joy. On the other hand, take the case of an old man, with shattered health, toothless mouth, sunken eyes and shriveled skin. He always talks of death. He is completely disillusioned. For him the world is a vale of tears. He does not like his own wife and children. He has no taste for anything. He condemns one and all.

Objectives of the Study

- To explain the relationship of health and education.
- To highlight the role of education in improving the quality of total well-being.
- To suggest that educational policies have the potential to improve health.

Relationship between Education and Health

There is a direct relationship between education and health—better educated individuals have more positive health outcomes.

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The magnitude of the relationship between education and health varies across conditions, but it is generally large. More education reduces the risk of heart disease, and the risk of diabetes etc. Educated individuals possess more positive health behaviors- they are less likely to smoke, to drink a lot, to be overweight or obese, or to use illegal drugs. Some researchers suggest that the relationship between education and health can be explained by unobserved factors and skills that make better educated individuals healthier. People value health highly. There is a well-known, large, and persistent link between education and health. This has been observed in many countries and time periods, and for a wide variety of health measures that the differences between the more and the less educated are significant.

The effects of education on health vary by age and for this, there are several possible reasons like less educated people are less likely to survive into older age, education may have become more important to health outcomes in recent years and the relationship between education and health may be less significant once adults retire. But the effect of education seems to be the same for both men and women across most outcomes, with a few exceptions such as depression. Whereas researches show that the effect of education does differ by gender, it is unclear whether these differences are caused by biological sex differences or differences in the behavior of men and women. Similarly, the effect of education has a larger impact on health for those not living in poverty compared to those who are poor.

Explanation of the Relationship

The relationship between health and education may be explained in following ways-

- The first is that poor health leads to lower levels of schooling, since poor health in childhood is linked to poor health in adulthood.
- The second potential explanation is that additional factors, such as family background or individual differences.
- The third potential explanation for the link between education and health is that increased education directly improves health.

The Roman poet Juvenile, famously popularized the view that there was a close relationship between physical health and mental power, with the maxim: A sound mind in a healthy body. The first philosopher and the first scientist, Thales, offered a simple prescription for the good life that still seems plausible today: Happy person is one who has a healthy body and a resourceful mind.

Healthy Students Are Better Learners

Health related factors such as hunger, physical and emotional abuse, and chronic illness can lead to poor academic performance. Health-risk behaviors such as, violence, and physical inactivity are consistently linked to poor grades and test scores and lower educational attainment. Academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes.

Mantra of Success

Educational institutions play a critical role in promoting the health and safety of young people and helping them to establish lifelong healthy behaviors. Health programs can reduce the prevalence of health risk behaviors among young

people and have a positive effect on academic performance. Such programs can have positive effects on educational outcomes, as well as health-risk behaviors and health outcomes. Education is fundamental to sustainable development, it is a powerful driver of development and one of the strongest instruments for reducing poverty and improving health; it enables people to be more productive, to earn a better living and enjoy a better quality of life, while also contributing to a country's overall economic growth.

Conclusion

Only a man with a sound body can enjoy real contentment and true peace of mind. A man with a diseased body is never in a happy and contented state of mind. He is always complaining and grumbling. His mind is seldom at peace. For him life is a burden. A man may be very rich but he cannot enjoy his riches if he is always sick. A judge may be very able but he cannot play his part efficiently if he is constantly worried by one bodily ailment or another. The head of a state may be the ablest man in the world but he cannot function effectively if he is constantly tormented by some disease. A doctor may be the best physician or surgeon but he is of no use to society if due to his illness, he cannot attend to his work in the hospital for more than two days in a week. However rich or educated a person may be, if he is physically harassed, life becomes something of a burden to him.

The links between health and education are reciprocal; not only is good health important for children to make the most of their educational opportunities, but the educational setting, both formal and informal, is equally important in promoting good health. Compelling evidence indicates that good health and nutrition are prerequisites for effective learning. Health promotion can happen directly through teaching health and nutrition knowledge and practices, as well as indirectly with education itself when acting as a 'social vaccine'. Physical fitness, positively affects the brain in numerous ways. Some of the most impressive evidence comes from older people, for whom improved physical capacity can significantly enhance both the quality and quantity of life.

A nation of healthy and bright young men and women is an asset to our modern human civilization. Citizens of tomorrow, as the students of today are called, shall have to combine a healthy physique with a healthy intellect. The trophies of success have been won by those young men and women who laid emphasis on the saying 'healthy body healthy mind.'

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