

WELLBEING PSYCHOPHYSICAL DEVELOPMENT

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INTRODUCTION:

Mental health and overall well-being have become a central concern in recent years. Especially in the face of increasing stress, fast-paced lifestyles and growing mental demands on individuals, various professional and personal health professionals are experiencing high levels of stress and emotional exhaustion as well as low resilience. This makes mental well-being a crucial aspect of quality of life. In this context, it is a primary and holistic approach to supporting mental health by integrating physical, emotional and spiritual practices. Yoga, which combines physical postures, breathing techniques and meditation without any external stimulation, offers a natural way to reduce stress, calm the mind and enhance emotional balance. Regular practice maintains positive emotions in the professions. Helps reduce anxiety, improve concentration and build mental strength.

As modern lifestyles become more demanding, the role of yoga in restoring inner balance and promoting a sense of peace and stability becomes more important. When mental health is neglected, a person often experiences low motivation, emotional exhaustion and low productivity. This makes wellness practices like yoga essential for maintaining personal and professional well-being.

Definitions of Yoga:

- ❖ Yoga is the cessation of mental activities: Yoga means cessation of mental activities Patanjali Mahamudi
- ❖ Yoga is nothing but the perfect experience of life. It is the perfect human science - Swami Vivekananda.
- ❖ Samatvam Yoga Uchhyata: Yoga is the cultivation of a mentality that accepts equally the dualities of pain and pleasure, sweet and bitter, hot and cold, dark and light, etc. in life.
- ❖ Yoga is the cultivation of a mentality that does not shrink when sorrow comes and does not forget when happiness comes, and accepts both equally.
- ❖ Yoga meditation mantra verses.
“Yogeva chittasya padena vacham
mala sharirasya cha vaidyakena
yo pakarottam pravaram mu ninam
patajali pranjalirantasmī”

Yoga is a light, once it lights up, it will never let you stay in darkness. Yoga has been integrated into Indian culture for a long time. Yoga began in the Vedic period. Physical, mental and spiritual practice is well-being. Yoga makes the mind happy. The body gets energy and yoga brings us good health without any cost. Yoga is the correct answer to all the words Yoga for knowledge, disease for ignorance, strength for friendship, weakness for hatred.

Yoga is essential for maintaining well-being:

Given this background, the present study aimed to assess how yoga contributes to improved mental fitness and well-being. Understanding the psychological benefits of yoga. Its practices provide a foundation for exploring how it influences emotional stability, stress mindfulness, and general life satisfaction. This developmental assessment is essential to assess whether individuals feel supported in building their mental health challenges through yoga-based interventions.

The study examines key factors that influence mental health improvement through yoga. These factors may include the regularity of yoga practice, lifestyle patterns according to yoga, work-related stress, personal habits, and social or organizational levels.

Mental Health and Overall Well-Being:

1. Yoga-based mental health programs are structured wellness practices designed to reduce stress, anxiety, and emotional exhaustion. Guided yoga classes, meditations, breathing exercises, meditation practices
2. Holistic wellness initiatives are efforts to increase emotional stability, mindfulness, and overall well-being. Mindfulness training, relaxation techniques, yoga nidra, lifestyle counseling
3. Creating a student environment, practicing spaces and routines that promote inner calm and mental clarity. Yoga practices, daily yoga routines, digital wellness resources
4. Integrating yoga into daily life. Encouraging consistent practice for long-term mental benefits, workplace yoga breaks, community yoga groups, competitions.

Objectives of the Well-being Development:

1. To assess the current mental health and overall well-being of Indians practicing yoga.
2. To examine key factors such as frequency of yoga practice techniques, lifestyle patterns and stress levels.
3. To improve health, increase mindfulness, holistic well-being, psychophysical development among students.
4. Yoga practice can be developed if a school training camp is done in every field.

Background of the International Well-being Development Celebration:

On December 11, 2014, the United Nations decided to celebrate June 21 as International Yoga Day. In this context, International Yoga Day is celebrated every year with a theme since 2015.

June 21 is the day of Karka Sankranti, on which the day is the longest in the northern hemisphere. This day, when the day is longest in the northern hemisphere, has been chosen to be celebrated as Yoga Day.

Sl.No.	Edition	Year	Venue	Theme
1.	1st	2015	New Delhi	Yoga for Harmony
2.	2nd	2016	Chandigarh	Yoga to achieve sustainable development goals.
3.	3rd	2017	Lucknow	Yoga for Health
4.	4th	2018	Dehradun	Yoga for Peace
5.	5th	2019	Ranchi	Yoga for the Heart
6.	6th	2020	Virtual	Yoga at Home for Health.
7.	7th	2021	Virtual	Yoga for Wellbeing
8.	8th	2022	Mysore	Yoga for Humanity
9.	9th	2023	New York	Vasudaiva Kutubakkam
10.	10th	2024	Srinagar	Yoga for Self and Society
11.	11th	2025	Visakhapatnam	One Earth One Health Yoga

Reasons to practice yoga every day:

1. One of the main reasons to practice yoga in the first place is for well-being and health.
2. To use it as a form of exercise to stay physically fit.
3. Yoga improves flexibility and balance and increases strength.
4. Beneficial for heart health.
5. Improves mood and energy.
6. Regular yoga practice is beneficial for your health. Because it promotes weight loss and flexibility.

Some of the programs undertaken by the Ministry of AYUSH to achieve greater participation in the celebration of International Yoga Day:

1. 100-day Countdown Program:- This program was organized by the Morarji Desai National Institute of Yoga and the Ministry of AYUSH on March 13, 2025, at the Yoga Mahotsav 2025 in New Delhi. The event marked the start of the International Yoga Day 2025. This event was the 11th edition of the International Yoga Day.
2. 75 Days Countdown Event:- This event was organized in Bhubaneswar on 07 April 2025 in Bhubaneswar. More than 6 thousand people participated enthusiastically. The event also marked the inauguration of the Harith initiative along with the distribution of more than 5 thousand medicinal plants.
3. 50 Days Countdown Event:- In Maharashtra, this event was held in Maharashtra on 02 May 2025. More than 6,000 people participated in it. The registration portal of Yoga Sangam was also launched during this event.

4. 25 Days Countdown Event was held in Pondicherry on 27 May 2025. More than 4 thousand people participated.
5. 10 events to guide the 2025 International Day of Yoga celebrations. This year's Yoga for All activities include 10 unique and major events marking the 11th edition of the global event.
 - a. Yoga Sangam: A global yoga show with a target of 1,00,000 locations across the world.
 - b. Yoga Bandhan: A global partnership with 10 countries to host yoga sessions at prestigious locations.
 - c. Yoga Parks: Development of 1000 yoga parks for long-term community engagement.
 - d. Yoga Samavesh: Special yoga events for the differently-abled, senior citizens, children and vulnerable groups.
 - e. Yoga Impact: A decade-long assessment of the impact of yoga on the role of public health.
 - f. Yoga Connect: A virtual global yoga summit involving eminent yoga experts and health professionals.
 - g. Harita Yoga: A sustainability-driven initiative that combines yoga with tree planting and cleaning campaigns.
 - h. Yoga Unflood: A programme to attract young people
 - i. Yoga Mahakumbh: A week-long festival held at 10 locations culminating in a focal point celebration led by the Hon'ble Prime Minister.
 - j. SanyogaA: A 100-day initiative to integrate yoga with modern healthcare for holistic wellness
6. Two Guinness World Records at Yogaandra organised in Andhra Pradesh. The Hon'ble Prime Minister attended the International Yoga Programme organised in Visakhapatnam, which was called Yogaandra. The Yogaandra programme witnessed 2 Guinness World Records. With this, it became the "21st World Book of Records" and a total of 23 global records were created.

First Yoga Policy in Uttarakhand:

On the International Yoga Day, Chief Minister Pushkar Singh Dani officially released the state's first Yoga Policy in Bharara, the summer capital of Uttarakhand. He announced that Uttarakhand will be developed as the global capital of Yoga and Wellness.

Highlights of the new Yoga Policy:

Under the new Yoga Policy, a subsidy of up to Rs 20 lakh will be provided for the establishment of Yoga and Knowledge Centers, and a grant of up to Rs 10 lakh will be provided for research related to Yoga and Naturopathy. Yoga services will be ensured in all AYUSH health and wellness centers by March 2020. 5 new Yoga centers will be developed across the state by 2030.

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