



ALAGAPPA UNIVERSITY

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KARAIKUDI – 630 003, TAMIL NADU, INDIA



DEPARTMENT OF PHYSICAL EDUCATION AND HEALTH SCIENCES

AROKIYA MALAR – Annual Magazine

நன்றாக இரு நல்லதை செய் . Be Good Do Good



Health / Physical Education



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OBESITY AND ITS NATURE

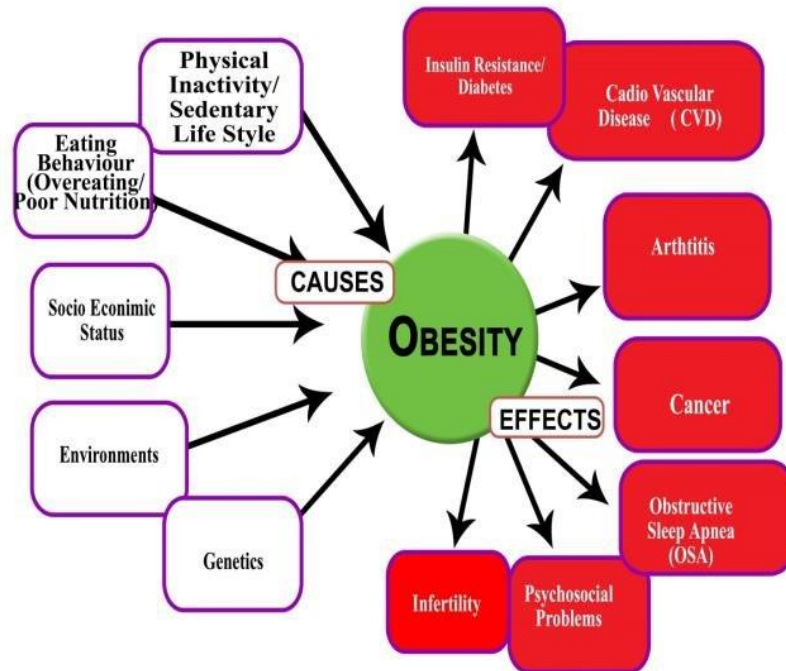


Fig - 1

Obesity is a complex issue with many causes. **It's caused when extra calories are stored in the body as fat.** If you consume high amounts of energy, particularly found in high fat and high sugar foods, and do not use all of the energy through physical activity, much of the extra energy will be stored in the body as fat.

Obesity is generally caused by eating too much and moving too little. If you consume high amounts of energy, particularly fat and sugars, but don't burn off the energy through exercise and physical activity, much of the surplus energy will be stored by the body as fat

Root Cause

- ❖ Lack of physical activity. ...
- ❖ Unhealthy eating behaviors. ...
- ❖ Not getting enough good-quality sleep. ...
- ❖ High amounts of stress. ...
- ❖ Health conditions. ...
- ❖ Genetics. ...
- ❖ Medicines. ...
- ❖ Your environment.

Caution of obese

Obesity puts children and adults at increased risk for many diseases and health problems such as heart disease, Type 2 diabetes; sleep apnea and respiratory problems; high blood pressure and cholesterol; and liver and gallbladder disease.

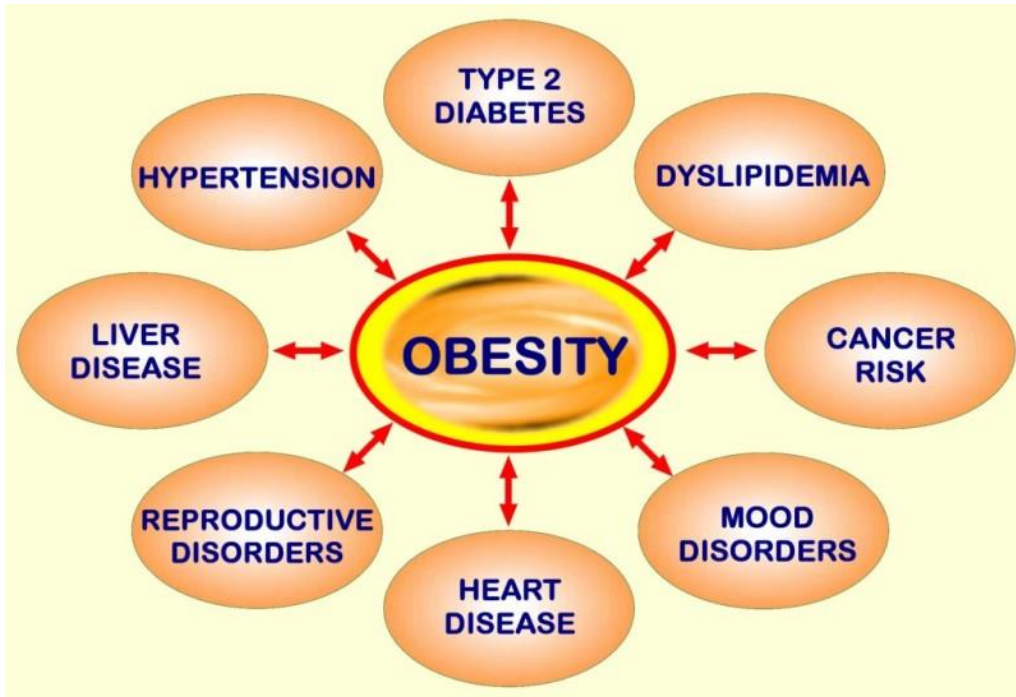


Fig - 2

Tips to overcome the obese

Choose healthy foods (whole grains, fruits and vegetables, healthy fats and protein sources) and beverages. Limiting unhealthy foods (refined grains and sweets, potatoes, red meat, processed meat) and beverages (sugary drinks) Increasing physical activity. Limiting television time, screen time, and other sit time.

S. Harris Lamuel Prakash (Ph.D scholar)
Dr.V.A. Manickam

QUALITY PHYSICAL EDUCATION PROGRAMS SHOULD PROVIDE THE STUDENT WITH THE FOLLOWING BENEFITS

- Skill development – Develops motor skills that allow for safe, successful, and satisfying participation in physical activities.
- Regular, healthful physical activity – Provides a wide range of developmentally appropriate activities for all children and youth. It encourages young people to choose to be physically active and aware of the benefits.
- Improved physical fitness – Improves the health-related components of physical fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition).
- Support of other subject areas – Reinforces knowledge learned in/across the curriculum and serves as a laboratory for application of content in science, math, and social studies, communication skills, and literacy.
- Self-discipline – Facilitates development of responsibility for personal health, safety, and fitness.
- Improved judgment – Influences moral development and students assume leadership roles, cooperate with others, and accept responsibility for their own behavior.
- Stress reduction – Physical activity becomes an outlet for releasing tension and anxiety and facilitates emotional stability and resilience.
- Strengthened peer relations – Physical education is a major force in helping children and youth socialize with others successfully and provides opportunities to learn positive social skills.
- Improved self-confidence and self-esteem – Instills a stronger sense of self-worth based on their mastery of skills and concepts of physical activity. Children become more confident, assertive, independent, and self-controlled.
- Goal setting – Gives children and youth the opportunity to set and strive for personal, achievable goals.

Nalangula Venkata Nagaarjuna Reddy

Ph.D Scholar

YOUTH SPORTS ARE PHYSICAL EDUCATION

Youth sports are great and our children learn a lot from these activities. Unfortunately, youth sports have become highly competitive and specialized. We see children participating in one sport year round starting at a young age. Children are also participating in select or travel teams at 10 years old or younger. These factors and others lead many children to drop out of youth sports. By age 12, more than 70% of all children do not participate in youth sports. This means that few children are involved in physical activities during their leisure time.

Researchers also found that during youth sports practices, most children get less than 20 minutes of physical activity during a 1 hour practice. Much of practice time is spent working on strategy, team concepts, or sport specific activities.

Children not involved in youth sports need daily physical education to get their physical activity as well as develop movement skills. Children participating in youth sports need daily physical education to improve co-ordination, mobility, strength, endurance, and movement skills.

S.Udhayaa
M.Sc Yoga 1st Year

CHAKRAS

The word “chakra” means “spinning wheel.”

Yoga maintains that chakras are center points of energy, thoughts, feelings, and the physical body. According to yogic teachers, chakras determine how people experience reality through emotional reactions, desires or aversions, levels of confidence or fear, and even physical symptoms and effects.

When energy becomes blocked in a chakra, it triggers physical, mental, or emotional imbalances that manifest in symptoms such as anxiety, lethargy, or poor digestion.

Asanas are the many physical poses in Hatha yoga. People who practice yoga use asanas to free energy and stimulate an imbalanced chakra.

There are seven major chakras, each with its own focus:

- **Sahasrara:** The crown chakra, which is at the crown of the head, symbolizes spiritual connection.
- **Ajna:** Located between the eyebrows, the third eye chakra has to do with intuition.
- **Vishuddha:** The throat chakra corresponds to immunity and verbal communication.
- **Anahata:** The heart chakra, which is in the center of the chest, influences professional and personal relationships. Any imbalances in this chakra will affect oxygen, hormones, tissue, and organ control.
- **Manipura:** The solar plexus chakra is in the stomach area. It corresponds to self-confidence, wisdom, and self-discipline.
- **Svadhishthana:** The sacral chakra, which is beneath the belly button, connects pleasure, well-being, and vitality.
- **Muladhara:** The root chakra, which is at the base of the spine, connects the mind and body to the earth to keep a person grounded. It controls the sciatic nerves and the parasympathetic nervous system.

Prof.K.Usha Rani

FACE YOGA EXERCISES

An easy introduction to yoga is through simple face yoga exercises.

Forward Fold and Lion's pose (Breath pose) are poses that increase blood flow to the face. This can make a person feel more awake. There is some evidence Trusted Source suggesting yoga may slow and reduce skin aging, but more research is necessary to understand if and how this happens.

Forward Fold pose



Fig - 3

1. Stand up straight.
2. Inhale and keep the arms close to the body.
3. Exhale and begin to bend forward.
4. Keep the chin tilted to the chest and look at the floor while bending.
5. Sink further down so that the torso settles towards the floor and the top of the head is facing the toes.
6. Hold this position for several breaths.
7. To get out of the pose, exhale and begin to lift the back and neck into a standing position.

Modification: If a person cannot fully bend down, they can rest their hands on their thighs and perform a half fold.

Lion pose (or Breath pose)



Fig - 4

1. Kneel on the ground, keeping knees a small distance apart.
2. Cross the ankles and sit back on the top heel.
3. Place palms over the knees.
4. Take a deep breath in.
5. Choose a focal point.
6. Open the mouth and stretch the tongue to the chin.
7. Exhale with a “ha” sound.
8. Make sure the breath is coming from deep within the stomach.
9. Hold this position for several breaths.
10. Switch the crossing of ankles to repeat on the other side.

S.Ajithkumar

M.Sc Yoga 1st Year

Do you know?
Meaning of yogic science

Yoga poses, or asanas as they are known in Sanskrit, are just a small part of the expansive system of yogic sciences that have been practiced for thousands of years. These sciences include the yamas and niyamas, asana, pranayama, pratyahara, dharana, dhyana, and samadhi.

Scope of yoga science

Career opportunities in Yoga that you will be looking at after completing your yogic studies are job roles such as a yoga teacher, research officer in yoga and naturopathy, yoga instructor, yoga therapist, clinical psychologist, etc.,

Father of yoga

Patanjali is known as the father of modern yoga. In some parts of India, Tirumalai Krishnamacharya is also considered as the father of modern yoga.

Expansion of the word yoga

The full form of YOGA is “Y our Objectives Guidelines and Assessment”. Yoga is a branch of religious and spiritual traditions, which are derived from the ancient Indian practice of Hinduism.

R.Bharathi
M.Sc Yoga II Year

INTERNATIONAL YOGA DAY

International yoga day is celebrated on January 21st 2022. The Theme of the International yoga day is “Yoga for Wellness”. To practicing yoga for physical and mental well being is to promote the physical, mental and emotional well-being of children. On this day there are many activities that take place in School along with special children.

The program is organized by department of physical education and health sciences Mr.V.Vishnu, Ph.D Scholar Co-ordinate the Program. The main aim is to reach wellness through yogic practices of special children.



Fig - 5



Fig - 6

STUDENT COUNSELING

Student Counseling

Date: February 6th 2020

Student counseling is to help the students in solving their personal, educational, social as well as psychological problems. It also helps them to assist the student in planning for educational and vocational choices.

E. S. Srinivasan

Prof. K. BALASUBRAMANIAN,
Professor & Head,
Dept. of Physical Education & Health Sciences,
Alagappa University,
KARAIKUDI-630 004.



Fig - 7
14



Fig - 8



Fig - 9

ULAVAR THIRUNALAM

Pongal was celebrated in the Department of Physical Education and Health Sciences. Students and staffs were happily participated and cook pongal for the celebration. Every year the first day of the month Thai we celebrate the pongal, to thank the sun and the Earth. Without these two we can't survive earth and sun give to corps for the survival of everything in the world.



Fig - 10



Fig - 11



Fig - 12