



Exposure to Women Sports

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Abstract

“Women are the back bone of society and health of the women is very important for family and society”. There are many health benefits which can be achieved by participating in sports, Health, fitness, confidence, communication, discipline, collaboration and multi-tasking. At the same time the impact of sport on mental health is widely acknowledge. Promoting girls sports is a powerful action we can take to improve women/girls overall health. As an Individual and parents we should encourage sports participation which leads to Healthy living for Women/Girls as well as society.

Key Words: Yoga, Sports, Mind.

1. Introduction:

Sports has the power to changes lives. The ability to drive gender equality by teaching women and girls teamwork, self-reliance and confidence. Women in sport defy gender stereotypes and social norms, make inspiring role models, and show men and women as equals. Girls and women who play sports have higher levels of confidence and self-esteem and lower level of depression. They have more positive body image and experience, higher state of psychological well bing then girls and women who do not play sports. Grils and Women who plays sports have confidence that.

“I will I can”

Sports help the girls to meet new challenge in life and how to overcome that. Regular participation in sports provides health benefits including in risks of coronary heart disease, hypertension, obesity which very common in women. The most effect health care routine is exercise “Exercise is one of the controllable factors and it’s highly effective at improving health. Many of the health issues that women face can to improved substantially with consistent exercise. Its one of the best preventive options available and should be encouraged in childhood and throughout life. Sports help women to fit themselves no matter what the age is.

- 1- Sports and Exercises helps coundteract hormonally driven mood swings.
- 2- Increases self-confidence remove fear.
- 3- Prevents bone less and osteoporosis
- 4- Keep fit and weight in check.
- 5- Good Posture
- 6- Enhanced Energy Level.
- 7- Improves sleep
- 8- Remove Mental tension.

These are some important benefits of sports for specially women/girls. Regular sports can improve women over all health, In addition to healthy lifestyle. Women represent the cornstone of a family’s overall health. One famous slogan “Healthy Women, Healthy world”

Women Play a critical role in maintaining the health and overall will being of her communities” Attitude changes towards women’s Sports

Women good health can achieve by sports and we should encourage the women to participate in games and sports. Participation of women in sports has been increasing. More women are now seen taking up sports as their careers. Their participation level however varies in different parts. There is still some gender difference, various inequalities in different regions, social and economical barriers lack of proper infrastructures and improper implementations of policies. Who should remove all this and increase level of participation in sports. Women's sports are seeing quite a revolution. Women sportspersons are shaking up all stereotypes doing directional work on elevated accomplishment ambitions. India has to go a long way to upgrade women's sport and needs to be more encouraging in terms of funding and social barriers over all. Sports has huge potential to empower women and girls. Number of women who currently play sport or who closely follow sporting events is steadily increasing. The mass media, first television and then the Internet have brought sport closer to society, especially to women. In 1970 girls participation in sports have been increased and it has been these women who have turned the tables since then. And the trend will continue, because they are the ones now encouraging their daughters to play sports. Here too, the differences between countries are considerable.

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