

Yogi B.Ed College, Fzk.

Subject ^{on} Health And Physical
Education.

Topic ^{on} Good Posture ---

Submitted By ^{or} Tanujya 396

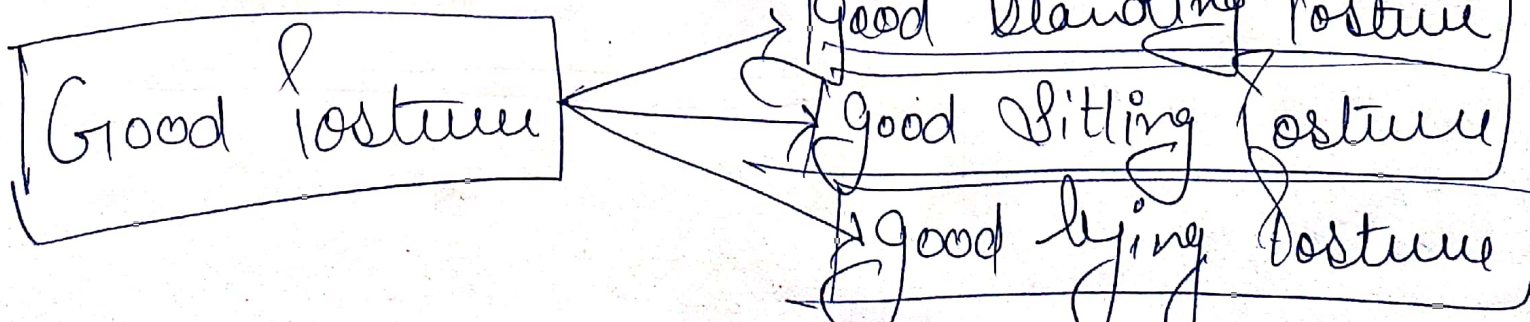
Submitted To ^{on} Mr. Ranjay Sir.

TOPIC ⇒ Posture: Meaning And Importance of Good Posture, Causes of Deformities, Prevention And Exercises....

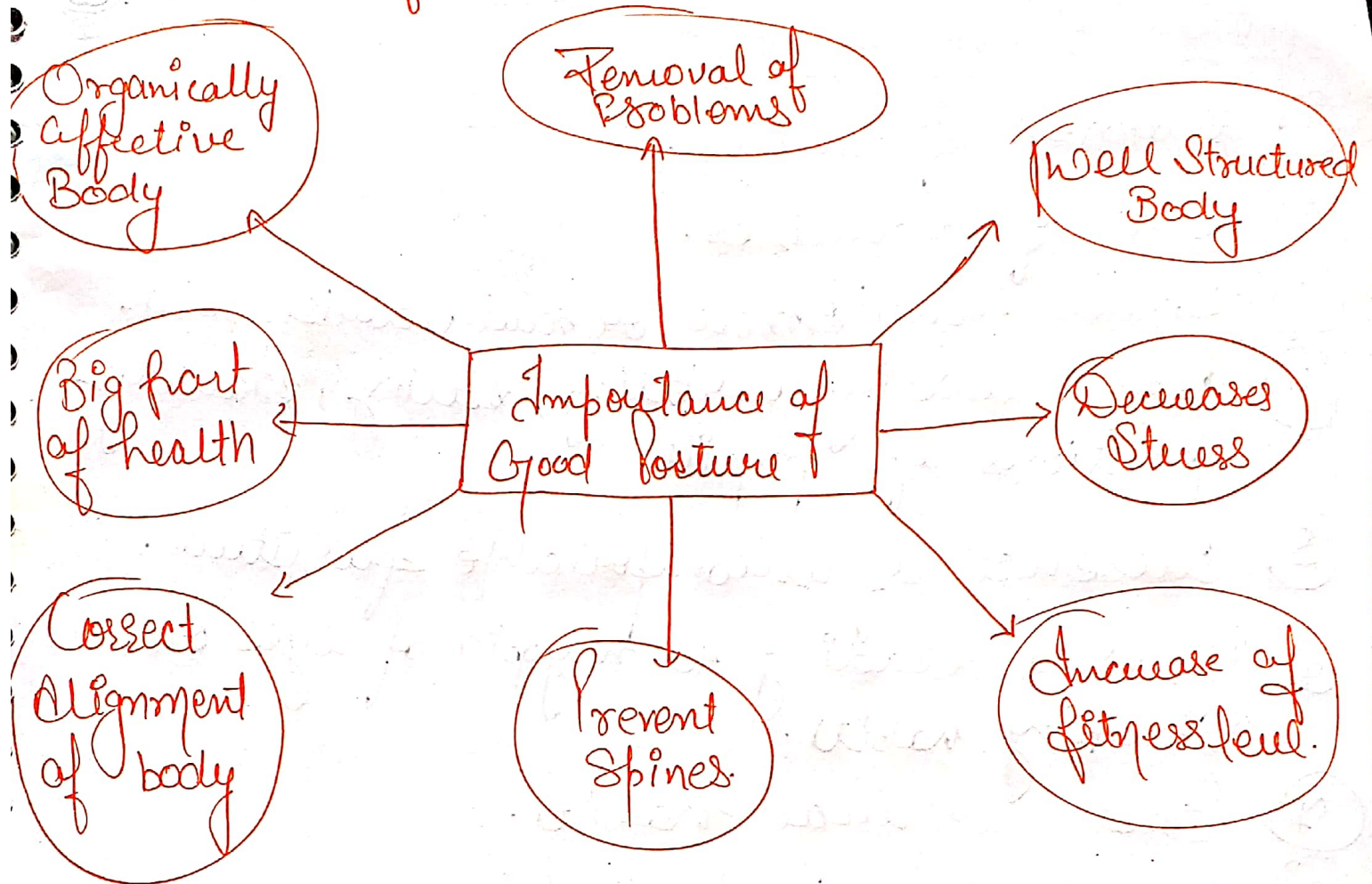
Introduction :- Posture is a dynamic, not static process, we still try and judge children's posture against some common standard of treating every child individually. Most of our posture based on our standing position posture can be of two types good or bad.

Meaning (Good Posture) :- Good posture may be defined as that accustomed position which enables the body function efficiently. Thus we think nowadays good posture as structure of body and its functions.

W. W. Kroegeer writes "A body in order to be thoroughly efficient unit should be graceful in movement, non-sagging and organically effective."



Importance of Good Posture:



1) Organically Effective body :- With the help of good posture your body is in always the organic structure.

2) Removal of problems :- Various body problems can be removed if we are having the good posture of body.

3) Big part of health :- Good posture is usually big part of health which reduces the no. of causes of different problems.

4) Prevent Spines :- It helps to prevent the spines from your body.

Causes of Postural Deformities.

- ① Weakness of muscles.
- ② Lack of Exercises.
- ③ Under nourishment or mal-nourishment.
- ④ Poor : reading, writing, sitting, standing positions of pupils.
- ⑤ Absence of uncomfortable furniture.
- ⑥ Bends leading to myopia of eyes or stooping habits.
- ⑦ Bad postural habits.
- ⑧ Wearing of tight dresses.
- ⑨ High heeled shoes.

Prevention of Deformities of Common Postures.

- 1). Proper rest and adequate sleep in This helps you
to having the efficiency of your body.
- 2). Healthful Activities in These includes the
abdominal, balance and
foot exercises, they will be discussed under the
heading 4.06 under serial no, 6, 7 and 8)

- 3) Proper nutrition and diet
- 4) Wholesome mental attitude.
- 5) Seats : school seats, bedroom seat etc.
- 6) Medical Examination.
- 7) Satchels
- 8) Correct body medicine.
- 9) Having regular exercises.
- 10) To eliminate fatigue.
- 11) Tell the value of good posture.
- 12) Restore the sense of good posture.

Conclusion ^o _o " Good posture is an essential thing in the personality and also the big part of our health, it helps to strengthen our body and preventing various spines & body. We can prevent the bad posture by various Exercises.

Reference of books.

Meaning & concept - Dr. Margal. S.K.
 Question Answer - Wikipedia.