

## Health & Medicine

# Fitness & soft skill are requisites for today's youth



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Healthy people build healthy homes, healthy community, healthy society, healthy organizations and a healthy country as a whole. The word 'health' should be always understood as total health — Physical, Mental, Social, Emotional and Spiritual. Healthy people can contribute a

lot towards building nation. Why not? At a time when even disabled people are also found contributing much towards growth in economy, youth with total health can do much more.

Look at our youth of today. They seem to be in a state of restlessness and revolt. They are impatient. They wish that all their desires should turn to reality instantly. They get into depression easily, even over trivial incidents. The increases in number of suicides prove this. They are lost with no proper goals to achieve.

Youth are also found to be deprived of the opportunity to develop intellectually. They suffer from the problem of subjective isolation and self-estrangement. Many students in pursuit of higher education, even with excellent past academic record, are found to be very poor in soft skills. They are also found socially inadequate.

Youth of today are not able to

meet psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathise with others, manage their lives in a healthy and productive manner.

About 64% of India's population consist of youth. A recent study says that nearly 70% of them suffer from many illnesses. While high levels of stress and anxiety, emotional instability, negative attitude, low confidence levels etc. have been the psychosomatic-related problems, physical ailments like diabetes, obesity, hypertension, cardiac ailments, dysmenorrhoea and impotency prevail.

Youth have been the rudderless generation without any ideals to live by or cause to live for. Many think that working with computer is the only occupation which can make them live bet-

ter. They do not even bother how the outside world works!

Wellness programme is the answer for all the problems of youth today. That will be right path to nurture lifestyle innovations. Yoga is the main branch of well-ness programme. Yoga has been the panacea for all modern problems in health, education, interpersonal relationship issues or global peace. Yoga as part of daily life can bring positive changes. While physical exercises as in yoga improve immunity, strength and stamina in our body, soft skill training addresses the psychosomatic issues and enable the individual to cope with stressful situations.

Universities and Boards that grant Accreditations to institutions should ensure that health & fitness and soft skill development programmes are properly planned and implemented through well-structured training modules.

Every youth is a potential Swamy Vivekananda. Let us all strive to unleash and rebuild our great nation.