

## Role of Physical Wellness and Portrayal of Sports in Films: A Study

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### ABSTRACT

The focus areas include enhancing overall wellness, developing adaptive decision-making skills, and addressing key life challenges such as relationship breakdowns, mental health improvement, and physical well-being. Secondary data for this study were collected from a variety of sources, including books, journals, articles, and other sources. This paper highlights the exploration of physical well-being and the role of sports in movies. We experience physical deformity and mental deformity in our day-to-day life. Lack of confidence, inappropriate physical activities, and a sedentary lifestyle lead to stress and other factors. The human body requires proper guidance of a trainer, nutrients, and emotional well-being. Association with like-minded people, shared laughter, clarity in our work, and a proper diet are essential requirements for a meaningful life.

For this study, we selected a theoretical analysis of physical wellness and the poignant role of sports in movies. It focuses on the point that people in the present age have no time for physical activity and need an hour of stretchability of the body and interconnection with cognitive development. For this purpose, we focused on the theme of the *Amma Nanna O Tamila Ammayi* movie. Much of the resources were taken from online web sources, and we watched the movie multiple times from different perspectives for an in-depth analysis of the theme.

**Keywords:** Cognitive, Physical Wellness, Sports, Movies

## **Introduction**

We shall now explore the transformation of the physical from the angle of bringing health, lightness, and flexibility into the body. Health itself is the greatest delight of the physical, and it augments the capacity of the human body to endure and perform the work required of it.

The inherent laziness of the body needs to be handled properly, and it should be pushed beyond what it thinks are its limits. The human body is capable of much more than we think. However, due to our lifestyle and faulty beliefs, we underutilize the body's capacity during exercise and physical work. If this continues for a long time, the body actually loses its capacity and deteriorates.

## **Providing Time for Exercise and Physical Work**

A few centuries ago, the human body was required to do rigorous physical work. The human body was stronger and better built than what we have today. It is good to engage in appropriate physical work and to follow a well-planned exercise routine.

Small lifestyle changes will be helpful in the long run. Walking, jogging, yoga, cycling, swimming, climbing stairs instead of taking the elevator, etc., are beneficial. The best time for exercise is in the morning, though one can certainly find time during the evening as well. Full conscious participation is needed.

## **Lightness**

A feeling of lightness is another delight of the human body. When we consume heavy food, the body becomes lazy. While in a stressful mood, the body picks up tension and accumulates stress. The food that we consume has a direct impact on the lightness of our body.

If we eat heavy food, our body feels lazy. However, if we eat our food in the right quantities, including fresh vegetables and fruits, the body turns alive and fresh.

## **In Bhagavad Gita Chapter 6 Verse 17:**

“Yuktāhāra-vihārasya  
yukta-ceṣṭasya karmasu

yukta-svapnāvabodhasya  
yogo bhavati duḥkha-hā”

Lord Krishna mentioned the importance of proper diet. He advised Arjuna that proper diet, lifestyle, normal human activities, and physical activities such as sleep and rest must be practiced. If we follow the above practices, the individual will not undergo sorrow or suffering in day-to-day life.

The quality and duration of sleep also have an impact on the body. If we sleep too little, we become tired. The right amount of sleep and walking transforms the whole body. A good walk in the company of nature breathes life and freshness into the body.

### **Flexibility**

Flexibility is another delight that can be developed in the human body. To regain its fullest flexibility, we need to carve out separate time for exercising. A good practice of yoga leads to the development and flexibility of the body.

### **Dynamic Energy Enhancing the Physical**

Another major aspect of the body is building strength. If we learn to perform exercises by bringing and holding strength, the body becomes strong and well-built.

If you notice that you are bound by certain comforts, find whether you can gently push your body to endure some discomfort with equanimity. Taking up challenging physical activities once in a while, such as trekking, mountain climbing, cycling, or walking long distances, helps develop strength.

Strength can be used to weaken the hold of old habits. It can also sustain new habits with determination until they become part of our routine.

Knee rotations, hip rotations, neck strengthening, and exercises for the upper and lower arms require patience and persistence to transform the physical aspect of our being. Regular conscious practices help in the sustained transformation of the body.

## **Bhagavad Gita Teachings**

### **Bhagavad Gita Chapter 2 Verse 48:**

“Yoga-sthaḥ kuru karmāṇi  
saṅgaṁ tyaktvā dhanañjaya  
siddhy-asiddhyoḥ samo bhūtvā  
samatvaṁ yoga ucyate”

Lord Krishna preaches to Arjuna that he should act in yoga. Krishna’s advice represents real yoga. Leave all attachment to success or failure. Equanimity is called yoga.

### **Verse 50:**

“Buddhi-yukto jahātīha  
ubhe sukṛta-duṣkṛte  
tasmād yogāya yujyasva  
yogaḥ karmasu kauśalam”

A person immersed in devotion rids himself of both good and evil actions even in this life. Therefore strive for yoga, which is the art of performing work skillfully.

## **Self-Discipline in Bhagavad Gita**

In Chapter 6, Lord Krishna explains the importance of self-discipline. One who performs his duty without seeking its fruit is a yogi. Yoga requires moderation in eating, sleeping, recreation, and work. Moderation in lifestyle helps eliminate sorrow.

## **Yoga and Mental Health**

The Bhagavad Gita (VI:5-6) states:

“Raise yourself by yourself,  
Do not let yourself fall.  
You alone are your friend,  
You alone are your enemy.”

“One becomes one’s own friend  
When one has conquered oneself.”

The **Taittiriya Upanishad** asserts that food is Brahman, the highest reality and conscious existence.

Yogendraji stated that yoga is part of life and must be practiced continuously to manage the mind and attain self-mastery. A healthy body becomes a vehicle for mental and spiritual growth.

Depression has become common in recent times. Yoga aims to remove stress. Kirtan, tratak, and Om chanting are effective stress-relief techniques. In addition, asanas and pranayama strengthen nerves and normalize hormone secretion.

### **Cinema and Physical Wellness**

Cinema is one of the most popular media forms for entertainment. Director **Puri Jagannadh’s** *Amma Nanna O Tamila Ammayi* is based on a kickboxing theme.

The story revolves around kickboxer Raghuv eer, his wife, and his son Chandu. Raghuv eer leaves his wife due to personal reasons and concentrates on kickboxing. As an infant, Chandu suffers from fever. Raghuv eer stays in the hospital until 4:00 a.m. and becomes restless.

Later he becomes a six-time kickboxing champion. After his mother’s death, Chandu goes to Vizag and reunites with his father. Chandu faces many challenges and proves himself as a kickboxer in the final match.

### **Psychological Conflict in the Film**

Raghuv eer undergoes emotional and physical stress. Though physically strong, he lacks mental balance. Stress and frustration damage his personal life.

Chandu, however, displays resilience. His emotional intelligence and determination help him overcome obstacles. The film demonstrates how mental and physical wellness are interconnected in sports.

### **Role of Family and Mentorship**

Family relations have a tremendous impact on psychological well-being. Training and motivation are essential for athletes to succeed.

Chandu's perseverance, determination, and inspiration from his mother help him achieve success. Emotional intelligence and mental wellness become stepping stones to success.

### **Quotes Referenced**

Anand Mahindra once stated:

“Empathy doesn't just mean feeling for someone. It means getting out of your own perspective and understanding the other person's viewpoint.”

Martin Luther King Jr. said:

“A person's personality is revealed during times of hardship.”

### **Role of Leisure and Physical Wellness**

Physical wellness depends on leisure and relaxation. Spending 20–30 minutes daily for personal welfare, laughter with colleagues, walking during lunch breaks, swimming, visiting beaches or museums all improve productivity and well-being.

### **Sports and Personality Development**

Sports participation plays a crucial role in the physical and mental development of children and adolescents. It promotes:

- Personal growth
- Time management
- Work ethic
- Stress management
- Team spirit

Sports also teach individuals to subordinate selfish interests for the greater good of the team.

## Women Athletes as Inspiration

Women athletes like P. T. Usha, Saina Nehwal, P. V. Sindhu, Sania Mirza, Mary Kom, Sakshi Malik, Vinesh Phogat, Mirabai Chanu, Manu Bhaker, Isha Singh and Jyothi Surekha serve as inspiration to aspiring athletes.

## Conclusion

Stress has numerous causes and effects. Chandu's determination helped him cope with pressure. Cognitive and behavioral changes contributed to his growth.

The film highlights how physical well-being and mental well-being coexist. Understanding others' well-being and maintaining positive relationships are essential themes of the movie. It proves that well-being is interlinked with cognitive development and that the integration of physical wellness and sports is effectively portrayed in the film.

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