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Dr. Bapu g. Gholap

(M.A.Mar.& Pol.Sci.,B.Ed.Ph.D.NET.)

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04

## PHYSICAL ACTIVITY DURING CORONA COVID – 19

Rushikesh Chandrakant Kumbhar  
PDEA's Waghire College, Saswad,  
Tal- Purandar, Dist- Pune

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### Introduction:-

Corona Covid – 19 is a disease they affect of whole world. They affect on daily routine of human life as well as human health. Corona virus are a large family of virus which may cause illness in animals or human. In human, several corona virus are known to cause respiratory infections ranging from the common cold to more several diseases. Covid -19 is a disease caused by the “ Novel Corona Virus”. Common symptoms are Fever, Dry cough, Breathing difficulty some patients also have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.

### Defination :-

“ Physical Activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure”<sup>[1]</sup> Physical Activity includes exercise as well as other activities which involve bodily movement.

### Effect of Corona Virus on human organ :

**1. Cardiac Effects:** - Virus attack the body by infecting cells directly. In the case of COVID – 19 the virus primarily attacks the lungs. “While there’s still much to be learned, we are starting to understand that COVID – 19 may lead to some heart problems that can have long term consequence”

**2. Pulmonary Effects:** - An infection that affects both lungs. As the swelling gets worse, your lungs fill with fluid and debris.

**3. Renal Effects:** - Virus COVID – 19 related ef-

fects that are thought to contribute to AKI include kidney tubular injury (acute tubular necrosis) with septic shock, micro inflammation, increased blood clotting, and probable direct infection of the kidney.

**4. Brain Effects:** - COVID – 19 are experiencing an array of effects on the brain, ranging in severity from confusion to loss of smell and taste to life threatening strokes.

**5. Eyes Effects:** - COVID – 19 will get conjunctivitis, also called as pinkeye. It happens when the virus infects a tissue called conjunctiva, which covers the white part of eye or inside of eyelids.

**6. Gastrointestinal Effect:** - Gastrointestinal effect such as diarrhea, vomiting, or belly pain.

**7. Psychological Effects:-** Various psychological problems and important consequences in term of mental health including stress, anxiety, depression, frustration.

### Important of Exercise during the COVID – 19:-

Regular exercise is essential for everyone under normal circumstances. However, here are a few reason why exercise is especially crucial during the COVID – 19.

**Exercise boosts the immune system :** Research shows that regular, moderate – intensity exercise has immune – boosting benefits that may help your body fight off infections.

**Exercise may prevent weight gain :** Exercise can help burn extra calories caused by dietary changes and offset the effects of sedentary activities.

**Exercise reduces stress and anxiety :** Exercise is proven mood booster and can adult reduce stress levels the build emotional resilience.

**Exercise improves sleep :** There is evidence that suggests regular exercise help fall asleep faster and improves sleep quality and getting a good night’s sleep has also been found to boost immune system.

### Physical Activity During Corona Covid – 19

**Physical Activity :-** “ Physical Activity is defined as any bodily movement produced by skeletal