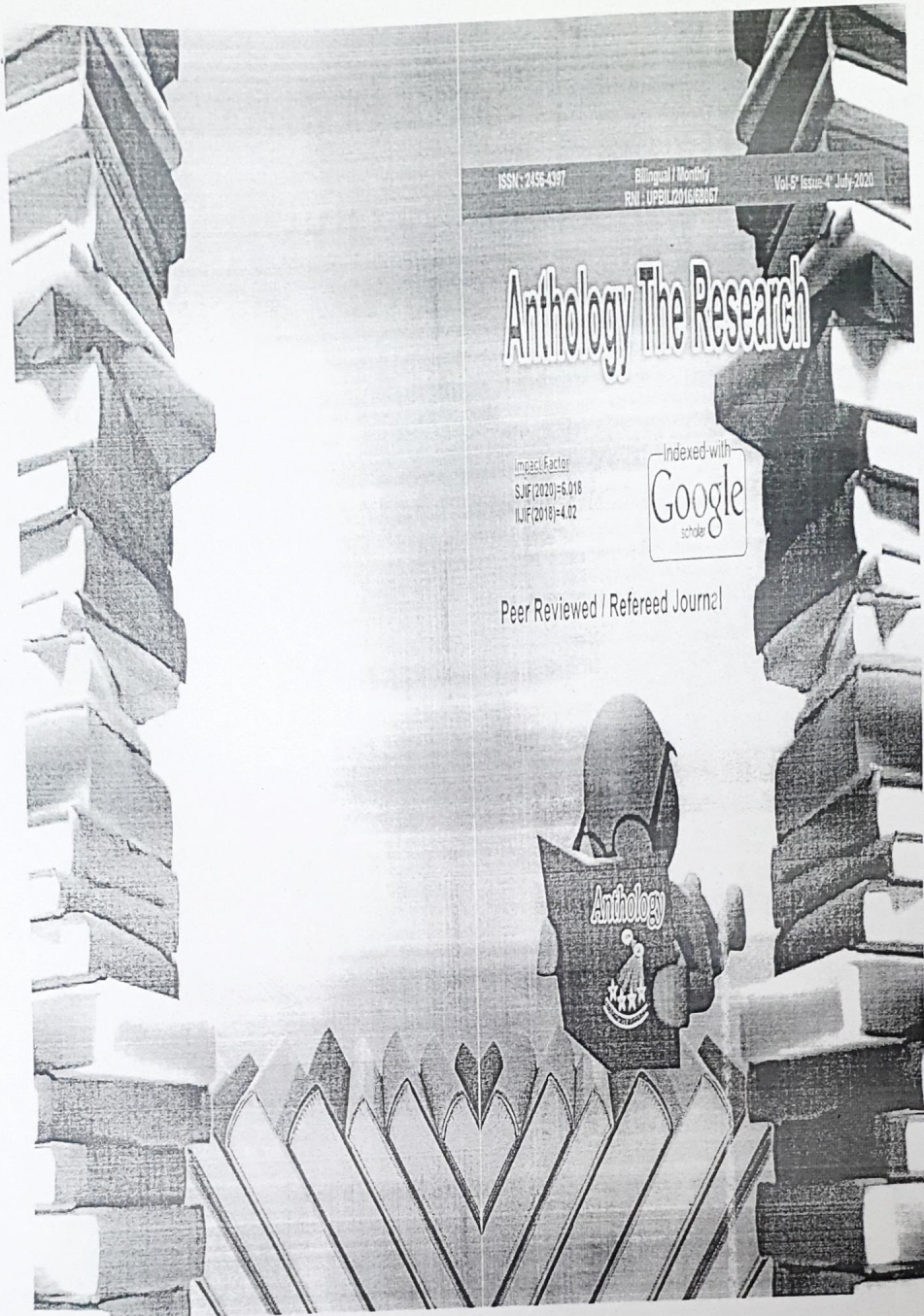


285



Publication Ethics

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285

COVID -19 and Fitness

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Abstract

COVID-19 is a highly contagious disease caused by Novel Coronavirus and is known to have extreme and fierce respiratory disorder (SARS Coronavirus 2 or SARS-COV-2). This infection is closely associated to the SARS infection. This virus is transmitted from one person to another through respiratory globules delivered from aviation routes, when an infected person sneezes or coughs. Various study showed that the mild symptoms of corona infection can easily be treated at home. Moreover, the serum survey reports indicated that many people though infected with the virus but didn't show any symptoms. This means that the immunity of these people suppressed the corona virus, even without been noticed. The outcome of the susceptible or diseased people or the corona warriors develop the understanding that the strong immunity is the best medicine to deal with it. The immunity of the people varies with the age, gender, health, race etc. But, the common aspect to develop the immunity is healthy body and sound mind or mental toughness. The yogasanas, deep breathing exercises, walking, rope skipping, pilates, aerobics are the activities which can be performed regularly without any equipment and in minimum space. Furthermore, the positive thinking, positive attitude, motivation, sleep, time bound eating and daily routine works etc. can develop the sound mind.

Keywords: COVID-19, Fitness, Immunity, Virus, Infection.

Introduction

The year 2019 brought a bigger challenge to the world in form of an uncommon, unique virus named as COVID -19. The full form of COVID-19 is Corona Virus Disease 19 which was diagnosed in December 2019 and named as COVID -19 in February by WHO. According to WHO the latest updates is that, there are 27,032,617 confirmed cases of corona virus and out of these 881,464 deaths has been occurred. In India 4,204,613 confirmed cases of corona are found, whereas 71,642 has been died due to this deadly virus. It is contagious disease causing through extreme respiratory disorder. (SARS Coronavirus 2 or SARS-COV-2). This infection is closely associated to the SARS infection. And it cannot be treated with antibodies as it is viral pneumonia.

This viral infection named corona virus was diagnosed at Wuhan in China in December 19 and spread globally as the cause of spread could not be detected earlier and affected millions of people within no time and created a lot of panic. Later medical practitioners, researchers, scientists, health educationists, doctors made efforts and tried to understand the problem. Further they informed the people with different theories and symptoms of this virus. According to WHO the infected people may suffer with constant running nose, sneezing sore throat, coughing, fever, shortness of breath or problem in breathing and severe infected people may lead to blood clots, complete organ failure, hence death. This virus basically spread through the tiny globules comes from hacking, sniffing and talking also. It spreads from person to person standing closely and then touching your face (eyes, nose, ears, mouth) after touching the infected surface. Further it may be transmitted faster in the enclosed area through aerosols where it remains suspended in the air for the longer duration. The other issue related to this virus is complicated as sometimes the infected person do not show any symptoms initially and later on it appears after 13-14 days and till then in the absence of the detection it spreads among through many people till it is diagnosed.

Although it is a deadly infection even then we can prevent our self if we are physically fit and healthy. Fitness is the right of every human and must be attained through all the measures which can make you physically strong and fit. Physical fitness prevents us from the diseases, infections, and helps you to live a healthy life of a well being. But COVID -19 had placed a challenge before not only fight the virus but live a normal life



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Sports facility management and higher education institutes

Dr. Mukesh Agarwal and Dr. Sunita Arora

Abstract

The sports facilities in form of infrastructure, play grounds, equipments, changing room, first aid facilities, lockers, etc. available for players motivates them to practice and participate in sports activities with enthusiasm and without stress thus boost the performance. A total of 300 students from different women colleges of University of Delhi were randomly selected for the purpose of the study. They were asked to fill the inventory and the response were collected from the students and tabulated. The well-accepted descriptive statistics Mean and Standard Deviation was used. It was concluded that the colleges, who stood in the medal tally had the satisfactory number of sports staff in the physical education and sports department. The study also depicted that women colleges of Delhi University indulges in hard practice of teaches students learning preposition of long term and short term training for players providing the opportunity for the general students to participate in the sports and more important aspect is the recruitment of satisfactory number of faculty and sports coaching along with the ground man to manage and maintain the sports facilities of the institution.

Keywords: Sports facilities, management, higher education institutes, equipments

Introduction

The management of facilities is very essential. And it needs the support of administrative department, authorities, students, coaches, parents, mentors etc. to maintain and preserve the facilities in the proper condition and the best utilization of the available facilities. More and more facilities may be provided to the students as per their requirement to get the excellence in performance.

The importance of physical education is well known by the people. So they explore and emphasize the schools/institutions for their kids/ children where they find the best sports facilities. They wish that their ward can indulge into sports activities in the school and college premises itself. Taking part in the sports activities spreads happiness, stress free life style, brings fitness and prevent from tension, depression and many dreadful diseases. Participation in sports inculcates all the sportsman qualities into the students such as all round fitness, discipline, dedication, care, hard work, leadership, team spirit, confidence, self-dependent, self esteem and so many which are the basic features/ aspects of living a healthy and a life of well being.

Facilities in sports means the sports equipments of different games, sports infrastructure, gym equipments, play grounds and the support from the support system etc. without which it is not possible to do the practice and achieve excellence in sports. Facilities contribute to the performance of the athletes. Facilities available in the school or the premises of any institution attract and encourage all the students and the members of the staff to take part in the sports activities and enjoy.

Sports facilities play a very significant role in the performance of the athletes. The facilities equipped with the advance technology helps to enhance the performance of the athletes. It becomes difficult for the athletes to find out the infrastructure and facilities where they can participate in the sports activities. It not only de-motivate or demoralize them but demote their performance also. The absence of the adequate facilities may lead to injuries also, as the poor condition of the play field and courts may lead to injury to the participants. The sports facilities in form of infrastructure, play grounds, equipments, changing room, first aid facilities, lockers, etc.

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288