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INDEX

S. No.	Title of Research Paper	Author	Page No.
1	Indian Agriculture- Challenges And Opportunities During & After Covid19 Pandemic	Mr. Ajinkya G. Deshpande	1-9
2	Challenges and Reformative Measures for Higher Education in India- Post Lockdown Period	Mr. Govindaraja A.Bhatta	10-15
3	Opportunities And Challenges For Overall Development Post Corona Virus Pandemic	Dr. Anand T Chahande	16-22
4	Fight Against Corona Virus (Covid-19) Pandemic: Current Status Of India	Dr. Yeshvant Patil	23-26
5	The Study Of Impact Of Corona On Cricket	Dr. G. Ramchandra Rao	27-33
6	Yoga- The Best Hobby of Relaxation	Dr. Arunabha Ray	34-38
7	Anxiety and Aggression among Sportspersons and Non-Sportspersons with different Socio-Economic Status	Dr. MS. Manda Thengne Dr. Arvind P. Joshi	39-44
8	Corona Virus: Pandemic Disease	Dr. Nirajsingh F. Yadav	45-50
9	Corona Virus (Covid-19) Pandemic: Need Of Social Distancing	Dr. Kiran Yeshwant Patil	51-53
10	Post Corona Pandemic Challenges in Schools for Physical Education Teachers	Miss Neha Dubey	54-62
11	Understanding The Role Of Yoga In Covid-19 Pandemic :A Systematic Approach	DR. O. P. Aneja	63-66
12	Corona Virus Pandemic: Ways Of Social Change	Dr. S. H. Shakya	67-71
13	Maintaining Physical Fitness In Covid-19 Pandemic Period: A Prespective	Dr. Raju Dayaram Chawake	72-74
14	Effects Of Corona Virus Pandemic On Spheres On Life And Recoveries, Solutions	Mr. Anil Nahate	75-78
15	The Corona War Of India	Dr. Yagya Singh	79-80
16	Extension Services Initiatives by HEIs in Covid-19 Pandemic: Redefining Roles of Academic Wings	Dr. Sudesh B. Bhowate	81-90

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Editor

Maintaining Physical Fitness In Covid-19 Pandemic Period: A Prespective

Dr. Raju Dayaram Chawake

Introduction :-

Fitness can essentially be defined as any form of physical movement that utilize multiple muscle groups in the body. It will boost your health, improve your self confidence enhance your body appearance and provide further enjoyment and excitement in your life. The precise benefits that you received from fitness will largely depend on the activity you are doing however any form of fitness will offer benefits to both the mind and body.

Historical Context of Fitness

In ancient time, when human lived in caves, there were no motorized treadmill and exercise bikes. Nor were any free weights for weight machines. Instead, fitness was a way of life. men went out hunting, running after their prey, while women gathered food, captured small game and performed other physically vigorous tasks. People wear constantly moving throughout the day. They ate all natural foods that came from the ground or wild and sustained a high total daily calorie burn. These two factors combined to produce a fit and healthy body one that was strong and lean.

“Natural” Fitness

Let's also considered the natural fitness that occurs during our childhood years. During these times, we aren't on treadmills or in the gym lifting free weights. Instead children run and play. They move around in the way that they enjoy. In fact, many young children will Seek out physical activity if you let them. In some cases, it takes more work to get them to stop moving around. but now days their former play time is overtaken by time spent sitting on the couch and the only fitness related activities they partake in are those offered in school gym sessions.

Modern Context of Fitness

our definition of “fitness” today has changed greatly. For many people, going to the gym is the only fitness they have in their life. We have desk job where we stay sedentary for 8 hours a day and have other demands on our time afterward that don't include getting out and being active. Many of us go on to perform evening activities that also required little, if any, physical exertion. we often turn in for the evening after sitting down to watch TV for a few hours while consuming high calorie processed foods.

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