

RESEARCH PAPER



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**STRENGTHEN IMMUNITY FOR COVID-19 PANDEMIC PERIOD**

**ABSTRACT**

*In this critical and pandemic period of Covid-19 everybody is facing a problem related to save the life. The world is suffering from this Coronavirus and everybody knows very well that no medical aid is available against this disease. Everyone has own internal Immunity power which is protective and supportive to fight against this Coronavirus disease. It is most important to strengthen our immunity to survive against this disease. Immunity is a power which protects us from diseases. In this Covid-19 pandemic situation outdoor sports and physical activities are not possible due to social distancing. Immunity depends on health and health is inter-connected with physical fitness. Physical fitness is your ability to carry out tasks without undue fatigue. Immunity, Health and Physical Fitness are inter-connected. Due to social distancing it is a better way to develop physical fitness at home for health and maintain or boosting immunity.*

**Key words:** Immunity, Physical Activity, Physical Fitness, Covid-19.

**Introduction**

In this critical and pandemic period of Covid-19 everybody is facing a problem related to save the life. Below 7 year and above 65 year of age, it is very difficult to survive due to effect of Coronavirus disease. The scientists are taking so much pain and hard work to make a vaccine but there is no confirm date to launch vaccine of Coronavirus disease. The world is suffering from this Coronavirus and everybody knows very well that no medical aid is available against this disease. Everyone has own internal Immunity power which is protective and supportive to fight against this Coronavirus disease. It is most important to strengthen our immunity to survive against this disease. How to strengthen own immunity with the help of scientific research and physical practice based activities it is also most important topic.

**Immunity**

Immunity is a power which protects us from diseases. Immunity is a super power which is gifted or in built in human being since from his birth. Immunity is a power against Virus, Bacteria and Diseases. Without Immunity human cannot live. Immunity is an internal

defensive power which is affected from various factors. These factors are as follows.

**Age**

Below the age of 7 years and above age of 65 years immunity is weak. In this age group infection from bacteria and virus or any diseases are infected to body easily. So everybody can take precautions for safety of his life. As life span was increased due to medical facilities is available for mankind.

**Heredity**

Due to genetic problems and low immunity power of parents a cause of weak immunity in child at the time of his birth. In this condition immunization is useful to maintain or increase the immunity of weak child.

**Physical Activity**

Proper function of human body parts is based on continuous working, functioning and action in movement. Physical activity is stopped in that condition proper functioning of parts is uneven and diseases are created in your body. Immunity power is continuous struggling with various diseases so it automatically decreases so this situation is dangerous for our life. Physical activities increase physical fitness.

## Diet

Diet is a most important factor to maintain or increase immunity. Balance diet with multivitamins supplements is essential for boosting immunity. Without proper diet plan without proper timing is harmful for immunity. Vitamin C, B 6 and E is required in diet plan to support or boost immunity.

## Rest

7-8 hours rest is required to body parts for recover from fatigue and stress. After rest refresh body is active and good in body mind coordination. Rest is boosting immunity without any stress, fatigue and no need to take more nutrients.

## Daily Routine Lifestyle

Now in the modern era everybody is busy in his working schedule without taking care of health. Daily routine lifestyle includes diet plan, diet timing, rest timing, daily working capacity, dressing style, stress and recreational timing. Ignorance of proper control daily lifestyle affects the immunity.

## Environment and Cleanliness

Environment is most important aspect to strengthen immunity. Body needs control heat / sunshine, pure oxygen, pure water and fresh Clean atmosphere. Good environment with cleanliness is basic need for health. Immunity depends on good health.

## Addiction

Drugs, Alcohol, Smoking, excess uses of medicines and overeating of unhygienic food this type of addiction is harmful to health and affects immunity also. Consuming lots of food, beverages and proteins or vitamins in huge quantity to develop physical fitness very fast, this is also harmful for health as well as immune system.

## Physical Fitness at Home.

In this Covid-19 pandemic situation outdoor sports and physical activities are not possible due to social distancing. Now a day the world has only one option to be safe from Coronavirus that is Immunity. Immunity depends on health and health is inter-connected with physical fitness. Due to social distancing there is only one option to develop physical fitness at home.

## Physical Fitness

Physical Fitness this concept is commonly known as related to Height, Weight, Body Structure and Smartness. Physical fitness is the ability of an individual to perform day to day activities without fatigue. It involves several aspects, including cardiovascular ability, muscular strength and flexibility. Physical fitness is your ability to carry out tasks without undue fatigue. The factors of physical fitness are as follows.

1. Body Composition is describe the percentage of fat, bone, height, weight, water and muscle in body.
2. Cardiovascular endurance is working capacity of the heart, lungs and blood vessels to deliver oxygen to your whole body tissues in low breathing rate.
3. Muscular endurance means the ability of muscles to sustain repeated contractions against a resistance for an extended-period of the time.
4. Muscular Strength means how much force muscle can exert and how much weight can lift. Muscular strength develops through heavier weights for fewer repetitions.
5. Speed means movement speed of fast twist muscle fibers.
6. Power is define as work or action done in particular time.
7. Reaction time is most important in physical fitness activities. Reaction time depends on body mind coordination.
8. Agility is defined as rapidly change of position of the entire body in activities with speed and accuracy.
9. Coordination is defined as motor responses ability to execute smooth, accurate and controlled to achieve proper action.
10. Balance means to stay in control of body's position in any movement and activities.
11. Flexibility is the range of body turning in maximum motion to move joints effectively through complete range of motion.

Physical fitness related exercises which can be done regularly at home are as follows.

### a. Yoga

Yoga practice is very useful and beneficial for every age group. Yoga practice is related to body and mind. Yoga practice develops body mind coordination. In yoga there are so many respiratory systems, lungs and relaxation techniques that are most important to be safe from Coronavirus diseases.

#### **b. Stretching Exercises**

Exercises performed actively, passively or with partner assistance to take the muscle to the point of tension for a period of 15-30 seconds or as per capacity. Stretching exercises used before and after exercise to prevent muscle cramps and/or injury to the muscle or joint. Exercises that stretch the muscle fibres with the aim to increase muscle-tendon Flexibility improve Range of Motion or musculoskeletal function and prevent injuries. There are various types of stretching techniques including active, passive (relaxed), static, dynamic (gentle), ballistic (forced), isometric and others. Importance and Benefits of Stretching Exercises are as follows.

- So many type of stretching exercises are useful for physical fitness.
- Stretching can improve posture. Tight muscles can cause poor posture.
- Stretching can improve range of motion and prevents loss of range of motion.
- Stretching can decrease body pain.
- Stretching can help prevent injury.
- Stretching can decrease muscle soreness
- Stretching create equal pressure on each muscle.
- No big space required for Stretching Exercise. We can do this exercises at home without Sports equipment and kit.
- Anybody can do this stretching exercise in any age.
- In this stretching exercise there is very less chances of Injury.

#### **c. Aerobics**

Aerobic means physical activities that combine rhythmic aerobic exercise with high oxygen. Aerobics include any exercise typically those performed at moderate levels of intensity for extended periods of time. Aerobics maintain an increased heart rate. In aerobics basic energy

is transfer to all cells after burn fats and glucose with various physical rhythmic exercises.

#### **d. Zumba**

Zumba is unique combination of dance and various physical fitness exercises. Zumba is a total exercise for all body part, in another way Zumba is a high-energy aerobic workout also. Zumba is a cardiovascular workout which increases endurance, burn fats and extra calories.

#### **e. Physical Fitness Exercises**

Push ups, Lunges, Skipping Rope, Plank, Sit ups, Squat, Jumping exercises and Stretching band exercises. All exercises are supportive to maintain health as well as immunity.

#### **Conclusion**

Immunity, Health and Physical Fitness are inter-connected. Due to social distancing it is a better way to develop physical fitness at home for health and maintain or boosting immunity.

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