



CHETANA

International Journal of Education

Impact Factor
SJIF 2021 - 6.169

Peer Reviewed/
Refereed Journal

ISSN-Print-2231-3613
Online-2455-8729



Prof. A.P. Sharma
Founder Editor, CIJE
(25.12.1932 - 09.01.2019)

Received on 12th July 2021, Revised on 20th July 2021, Accepted 24th July 2021

Article

In Controlling Habits, Attitudes, and Emotions during the COVID-19 Crisis Importance and Benefits of Yoga and Physical Education

* **Ramavath Naresh**

M.A, M.Ed, PGDCA, SET (Philosophy & Education)
UGC-JRF (Education), Doctoral Research scholar
Dept. of Education and Education Technology
University of Hyderabad, Hyderabad
E-Mail: ramavathnaresh1@gmail.com, Mob.-

Key Words: COVID-19 crisis, Education, Physical Education, Yoga Education, Teacher etc.

Abstract

A healthy body has a healthy mind. The meaning of education is to develop physical, mental, and spiritual in the child. The social of a nation Political and economic the bright future depends on the health of the people. A healthy person works in tandem with the coordination of the body's organs and the nervous system. The healthy body continuously develops perseverance capabilities and immunity, social relationships with emotions on time. COVID-19 stood for Coronavirus disease in 2019. COVID-19 is general and easy to spread the virus in the 21st century. COVID-19 is worldwide spreading the most affected virus. COVID-19 impacts many aspects of our daily lives. COVID-19 is essential to maintaining good health, which means practicing yoga or exercise every day.

Yoga and Physical Education overcome many challenges in life, control emotions, foster discipline; habits, Attitudes, Perspectives bring about change and serve as an ideal society. Every year June 21 entire world celebrates International Yoga Day. The purpose of this article is to provide a review of the COVID-19, Yoga, and Physical Education literature regarding research studies comparing the effects of yoga and exercise on a variety of health outcomes and health conditions. The purpose of this article is to inform yoga and exercise education during the COVID-19 crisis. To inform about various health outcomes and health conditions.

Introduction

COVID-19 (Coronavirus disease 2019) is a communicable disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease was first identified within the Wuhan capital of China, December 2019 and has since spread globally, leading to the continued 2019–20 coronavirus pandemic. Quite 58,19,962 cases are reported across 187 countries and territories, leading to quite 362786 deaths; quite 1 million people have recovered as of May 30, 2020. Then, COVID-19 is the various kinds of viruses. It is changing 11 types.

Signs and symptoms

*Fever is that the commonest symptom in COVID-19, although some older people and people with other health problems experience fever later within the disease. During a study, 44% of individuals had a fever once they presented to the hospital, while 89% went on to develop a fever at some point during their hospitalization.

*Other common symptoms include cough, fatigue, joint pains, and loss of appetite, sputum production, and muscle and shortness of breath.

*Symptoms like nausea, vomiting, and diarrhea are observed in varying percentages.

*Less common symptoms include runny nose, sneezing, or pharyngitis.

*Some cases in China initially presented with only chest tightness and palpitations.

*As is common with infections, there's a delay between the instant an individual is first infected and therefore the time he or she develops symptoms. This is often called the time period. The time period for COVID19 is usually five to 6 days but may range from two to 14 days, although 97.5% of individuals who develop symptoms will do so within 11.5 days of infection.

To prevent the spread of COVID-19

* Clean your hands using soap and water or an alcohol-based hand rub.

* Maintain a safe distance from any ware and anyone who is coughing or sneezing.

* Don't touch your eyes, nose, or mouth without hand wash.

* Cover your mouth and nose together with your bent elbow or a tissue once you cough or sneeze.

* Stay home, stay safe, and stay healthy.

* If you've got a fever, coughs, and difficulty breathing, seek medical attention. Call beforehand.

* Follow the directions of your local health authority.

Education in India

India's education system is the largest in the world. The school system in India has two levels - primary, secondary levels. The lower primary school is divided into five "standards", upper primary school into two, high school into three, and higher secondary into two. Students have to learn a common curriculum largely (except for regional changes in mother tongue) till the end of high school. In the Indian education system, different types of schools maintaining. Government schools, Government aided private schools, Private schools (unaided), National schools, International schools, Home-schooling. Once the school is exhausted, the students will follow the graduation and post-graduation level. Indian higher education system is the third-largest in the world.

Yoga Education

Yoga is an integral part of the science of India for 5000 years. Yoga is the fusion of the infinite intellect and spirit of man. According to science, yoga is the perfect way of life. Yoga brings good thoughts to the highest concepts in men. *Yoga* is the Sanskrit word for *union*. Patanjali was a pioneer of classical yoga. He defined yoga as the cessation of the modification of the mind. Practicing yoga as a daily routine can reduce BP, improve memory, improve nervous system function, increase sensory capacity, increase lung capacity, and reduce cholesterol. Yoga may reduce the incidence of diseases, but it will keep infections under control, Dr. Marrow said.

Yoga is different kinds Raja Yoga, Gyan Yoga, Karma Yoga, Bhakti yoga, Hatha Yoga, Mudra yoga, Lela yoga. Through these seven yoga practices, a complete Personality can be developed.

Importance and Benefits of yoga

Integrated Approach to Yoga

Yoga can be very useful for the development of a person's complete image. Through yoga, one can develop the physical, mental and spiritual powers of man. Body forms, a balanced diet, and all the factors contribute to the development of the individual.

Integrated Personality to Yoga: Practicing yoga every day and yoga practice as a way of life, however, can benefit a person in many ways. Yoga develops human physical development, Increases immunity, reduces weight, and reduces stress.

Development of Flexibility

Yoga is a way of life. Yoga Asanas Pranayama Meditation is very useful for balancing the organs. Yoga can increase vitality and can bring physical tranquility. Researchers have found that if you do yoga, your body's chemicals can change. It represents good changes in health.

Development of Lung Capacity

In the Ashtanga Yoga, Patanjali Maharishi says that pranayama means to live a healthy life by holding on to breathing. Inhaling large amounts of air gives the brain cells enough oxygen so the physiological processes are active. This increases lung capacity.

Practices for Longevity

Yoga is a way of life; it is self-discipline, it is a living concept, it is a unique spiritual knowledge. By doing yoga continuously, you can achieve longevity by eradicating diseases.

Some Yoga asana and activities



Tadasana yoga



Adho Mukho Svanasana yoga



Bhujangasana yoga



Child's Pose yoga



Kursiasana yoga



Naukasana yoga



Paschimottanasana yoga



Sukhasna yoga



Trikonasana yoga



Surya Namaskar Yoga

Physical Education

Physical education is a part of the educational landscape. Physical education can be an integral part of education through specific physical activities that make them the best citizens to develop physical, mental, emotional, and social qualities. Physical education is divided into two words Physical and Education. According to Dictionary, physical means related to the body. Education means systematic instructions. Physical education means physical activity or physical training. Physical education is useful to individual development. Physical education is becoming widespread today.

Importance And Benefits of Physical Education

Physical Growth and Development

Exercise processes can cause tissues, muscles, and bones to grow. Exercise helps the human body develop immunity and stay active.

Emotional Development

Participation in sport reduces the increase in emotions. This helps keep emotions under control in case of any problems in real life.

Social Adjustment

Cooperation, honesty, friendship, goodness, and discipline can be seen when participating in sports. Social adjustment is enhanced in students.

Character development

Conduct, respect, and play within the rules. This is called character.

Personal Adjustment

Personal experience is gained through physical education and sports. Through this, he learns to adjust to life individually.

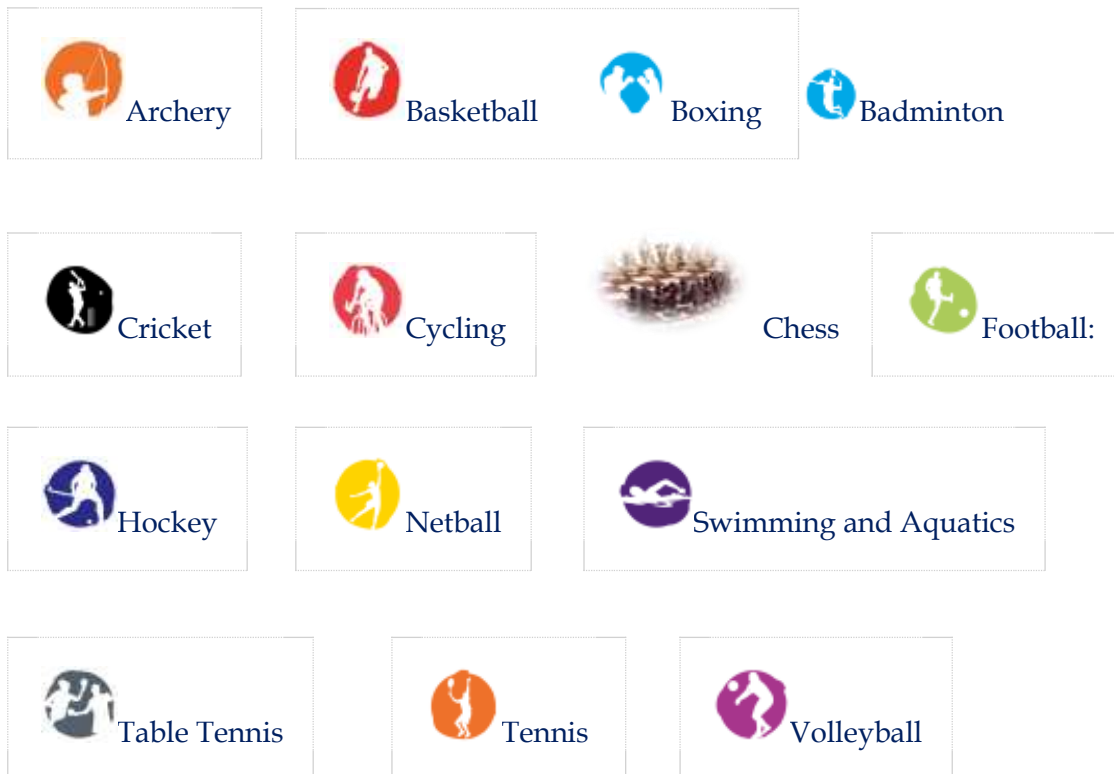
Physical Fitness

Physical fit is enhanced by exercise in physical processes. Immunity is also high within a person who has physical fitness – effectively fighting the ailments.

Optimum Development

Physical education can be of great benefit to students physically, mentally, and socially, thus achieving perfect self-esteem.

Some School Games sports and activities-



Conclusion

The teacher is a guide, a helper, a person who constantly thinks about society. The society of tomorrow depends on the hands of the teacher. The teacher is an evergreen student. Teachers in the current COVID-19 crisis need to educate students about appropriate physical education and yoga. Exercising and practicing yoga every day can enhance the desired physical, mental and spiritual strengths of the students. The teacher says to exercise and yoga every day to boost immunity. This helps students stay healthy and participate effectively in their teaching and learning efforts. COVID-19 crisis to face it, students regularly exercise or do yoga every day. And Eat balanced nutrition food and stay healthy. Finally, I would be concluding to stay home-stay safe-stay healthy.

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* Corresponding Author

Ramavath Naresh

M.A, M.Ed, PGDCA, SET (Philosophy & Education)

UGC-JRF (Education), Doctoral Research scholar

Dept. of Education and Education Technology

University of Hyderabad, Hyderabad

E-Mail: ramavathnaresh1@gmail.com, Mob.-