

Role of Physical Education & Sports In Covid-19 Pandemic Period

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Abstract

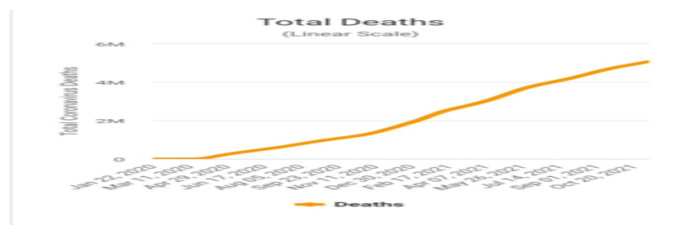
The COVID-19 pandemic is an unprecedented time all across the world. Worldwide, extensive social distancing policies are put into place, restricting people's daily activities and worldwide pleas from governments asking people to stay safe and stay at home. This of course means that most people will spend much of their time at home. These social distancing measures mean that people have far fewer opportunities to be physically active, especially if activities such as walking or cycling as transportation, or taking part in a leisurely activity are being restricted. Furthermore, these drastic measures also make it so much easier to be sedentary at home for long periods of time. The impact of this physical inactivity may very likely be seen in many areas such as health and social care and the mental well-being of people all across the globe.

Keywords: Covid 19 Pandemic,(corona Virus) Exercise.

Introduction

It has been viewed in recent times all over the world that more than 5 million people have died due to sudden pandemic spread by deadly coronavirus. The aforesaid figure does not only belong to developing countries like India, Pakistan, Brazil, China and Italy but also developed countries like the United States of America, Russia, France, United Kingdom and Japan. The death cases in these countries were too high despite attaining the status of well developed countries in the world. The World Health Organization's report regarding the death cases indicates that there was a high percentage of death cases in a single year i.e. 1/5 of total reported cases around the world. The under-given diagram also clarifies the actual death cases in 2020-21.

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The casualties from Corona Virus might be reduced if countries all over the world would have been equipped with effective medicines, appropriate vaccines or had a vast knowledge of CoronaVirus earlier. The main difficulties faced by the world in rooting out the Corona Virus from its root were less maintenance of social distancing, bad status of physical wellness, weak immune system, insufficient funds, unpreparedness, unawareness and reluctant behavior of people. Apart from these difficulties, the countries like United States of America, Russia, France, Great Britain and Japan who have a much advance medical facilities, efficient and qualified doctors, abundance of funds, high percentage of literacy rate, active authorities and well aware people could also not able to control the drastic situation spread by Corona Virus. The most effected countries in the world from Corona Virus were United States of America, India, Brazil, United Kingdom and Russia, where the daily casualties were over 2 thousand people per day. According to obtained data regarding Corona death, 0.75 million people lost their lives in America itself. In comparison to United States of America, India was not far behind where the casualties had crossed mark of 0.46 million. The data of reported cases and death cases in most effected countries of the world are as followed

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Location	Cases↓	Deaths
 United States	4.64Cr +22,085	7.54L +132
 India	3.44Cr +11,478	4.61L +266
 Brazil	2.19Cr +6,115	6.09L +59
 United Kingdom	93L +29,843	1.42L +62

Covid-19 started in November 2019 from the state of Wuhan in China. The first phase of Corona Virus disease was at its peak in May-June 2020. United States of America, Italy, Brazil, Spain, Russia, Japan and United Kingdom were most affected countries in the first phase. Second phase of Corona Virus began in the month of January 2021 with a mild effect on people but gone out of control in the month of April-May 2021. During those days India, Pakistan and other countries of the world were in complete grip of Corona Virus. That Phase was very devastating. It had taken so many lives in India and across the world.

The effects of Corona Virus cases were not decreasing despite imposing complete lock down to break the Corona Virus chain in our country too. The people were confined to their homes for a long time. The infected people had to go for quarantine in detention centers. The infected areas were declared as Cantonment zone. The categories of cantonment zone were divided into red, orange and green. Red zone was density infected areas while orange zone was least density infected area and green zone was totally non infected areas where no case was found. The condition around the cities and graveyards was so pitiable. The dead bodies were scattering here and there and no volunteer was there to take care of them. The dead bodies were buried in a seal pack bag by medical authorities without giving bath and handing over to their relatives. No religious rituals were performed in cremation. Sometimes the dead bodies were buried in clusters. All the government offices, schools, colleges and business hubs were completely closed down to avoid further spread of infection. The economic condition of each and every country was getting worst day by day due to lockdown. Work from home concept was introduced to reduce the economic damage. Majority of people around the world was not in state to fight Corona Virus. Hospitals were full of patients. The condition like houseful and shortage of beds was increasing daily. Thousands of Corona test was done to find out the infected people from every corner every day. Shortage of oxygen cylinder was increasing. People were dying without getting the help of ventilators. Black marketing of oxygen cylinder was not in control. People had to pay big amount for a single cylinder. In these conditions, physical exercise, maintaining of social distance, wearing mask and using hand sanitizer was the only preventive measure against Corona Virus. The whole world was fighting Corona Virus without proper medical help and vaccine. Scientists across the world were leaving no stone unturned to find out the appropriate vaccine for Corona Virus. The people of world were waiting for vaccine because Corona had instigated Respiratory Blockage, Lungs damage, Cardiac Arrest, Kidney Failure and Immunity decrement. Thanks

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God, after one and half years of Corona outburst, the Corona Virus vaccine was introduced but it was a very costly affair for economically weak nations in these conditions.

Objective of the study

As it is scientifically proved that with most physical activity and regular exercise can boost our immune system and help fight off infections. That is the reason why the sportsmen and physical educationists were very less who got infected by Covid-19 as they included the workout in their daily routine.

Finding

The recent finding regarding CoronaVirus casualties reveals that a very low margin of death percent was found in sports fields because they have a high level of physical wellness and strong immune system. No doubt sports person have a great extinct of physical wellness and a much strong immune system. They have better inner strength to bear the consequences of Corona Virus. Only those sports person had fallen prey to Corona Virus who had lost their physical wellness due to serious health problem or were in later old age. An overview on death of sports person reveals that only 0.5 percent death cases were reported in which sports person had lost their lives due to Corona Virus. The recovery rate of sports person was also high rather than other field person.

The latest studies and fact regarding sports person's death in COVID-19 period intimates us that there is a deep connection of Physical Education and Corona Virus. Physical Education has somehow stand like a strong protection against Corona Virus. Physical Education helps us to boost the immune system as well as provides a desirable strength to make our cardiovascular system strong. It improves the function of kidney, liver, pancreas and other body organs. All these effects of Physical Education reduce the consequences of Corona Virus without much expenditure. It helps the people to boost their confidence. Physical Education activities not only keep our physical wellness in normal state but also protect our body from Corona Virus disease.

It has been observed that Corona Virus hampers the work of kidney, lungs, heart and pancreas during infection. It weakens the immune system of human body. It makes all these effects so worst to survive in life is not possible. If we follow the concept of 'Prevention is better than cure' we can save the people and economy. Treatment of Corona Virus disease is not only typical but also putting extra burden our budget. Sometimes the budget is so tight to go for extra expenditure is very difficult. Therefore promotion of Physical Education can be a helping hand to the people and economy. Our intellectual also says that spread of Corona Virus disease through physical activities can be prevented rather than treating it with medicines. By increasing physical activities in our daily life, we can improve our physical wellness. It can be maintained for a long time. When physical wellness is maintained for a long time, the immunity of the body becomes strong. It reduces the effects of Corona Virus. Right now we are suffering from Corona Virus disease because we have a very bad status of physical wellness and a very weak standard of immune system.

Conclusions

By going through these facts we can say in brief that the Effects of Physical Education on Corona Virus is non negligible. It is a very important topic for us. We should know about it, we should think about it and we should work for it. Physical Education can control the effect of CoronaVirus. It can decrease the misery of people. It can save the economy of a country. It can help to live a safe and healthy life.

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