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One-Day National Seminar (Online) on

**"Role of Physical Education &
Yoga For Maintenance of Health and Fitness
Under Covid-19 Situation"**

Edited by

Prof. Dr. Abhijeet S. More

Address for Correspondence

Mrs. Pallavi Laxman Shete

Editor in Chief - Worldwide International Inter Disciplinary Research Journal (A Peer Reviewed Refereed)

Principal, Sanskriti Public School, Nanded (MH, India) Email : shshprakashan2009@gmail.com

Dr. Rajesh G. Umbarkar

House No. 624 - Belanagar, Near Maruti Temple, Taroda (Kh.) Nanded - 431605 (India - Maharashtra)

Email - umbarkarrajesh@yahoo.com, shshprakashan2009@gmail.com Mob. No. 9623979067

Director - Mr. Tejas Rampurkar (For International Contacts only + 91-8857894082)

(Arts - Humanities - Social Sciences - Sports, Commerce, Science, Education, Agriculture, Management,

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IMPORTANT OF DIET DURING COVID-19 PANDEMIC

Nandedkar Ishwar Dattatrya

Research Scholar

Prof. Dr. Venkat Mane

Research Guide (Physical Education)

S.R.T.M.University.Nanded, Director of Physical Education & Sports

Digambarrao Bindu Arts, Commerce & Science, College, Bhokar Dist.Nanded(M.S)

ABSTRACT:

We are living in difficult times because of the corona virus. Those challenges can affect us both physically and emotionally. It is difficult to follow the same routine when you have to physically distance yourself from others, especially if you are at high risk of getting really sick from the virus. So making meals becomes a special challenge.

INTRODUCTION:

The new outbreak was first reported in December 2019 in Wuhan, the capital of China's Hubei province, and has since spread globally and turned into a global epidemic. Common symptoms of the disease include fever, cough, and shortness of breath, while other symptoms may include fatigue, muscle aches, diarrhea, sore throat, loss of smell, and abdominal pain. Generally, the period from infection to onset of symptoms can be two to fourteen days. While most cases have mild symptoms, some patients have fears of viral pneumonia and multiple organ failure. As of 12 April 2021, more than 13,58,69,704 cases have been reported in 185 countries, resulting in more than 29,35,271 deaths. More than 7,72,84,566 people have been cured. About 2% of all infected patients have died.

The virus is mainly spread by coughing, sneezing or spitting in close contact. These drops or frost drops can be inhaled and fall on the surrounding ground or surface, and people can become infected by touching the contaminated surface with their hands and then applying it to their face. These viruses can survive on this contaminated surface for up to 72 hours. The virus is most contagious in the first three days after the onset of symptoms, but it is also highly contagious during and after the onset of symptoms. The standard method of diagnosis is the reverse transcription polymerase chain reaction (RT-PCR) of nasal samples.

Frequent hand washing with soap, physical contact with others (especially from people with symptoms), coughing or sneezing. In case of sudden sneezing and not near the handkerchief, holding the elbows on the inside of the hand, learning to keep unwashed hands away from the face and using such measures helps to prevent the spread of the virus. Masks are recommended for those who suspect a virus infection or have mild symptoms, and those who care for or come in contact with them. Treatments based on the patient's symptoms, boosting immunity, isolation and some experimental measures are used as treatment.

Some details about how the disease spreads have been fixed. According to the World Health Organization and the US Centers for Disease Control and Prevention (CDC), the virus is spread mainly through close contact between two people, as well as through coughing, sneezing or talking drops. The closest contact is considered to be 1 meter or 3 feet. Research in Singapore has found that the Coronavirus 2019 (Covid-19) virus can spread up to 15 feet in the air if you do not use a handkerchief or mask when coughing or sneezing. The virus enters the mouth or nose of nearby people and spreads through inhalation to the lungs. According to preliminary studies, the number of

people infected with the Coronavirus Disease 2019 (Covid-19) virus doubled every 6 to 7 days and its original reproductive rate (R0) was thought to be 2.2 - 2.7, but was published on April 7, 2020. According to the study, the number of infected people in Wuhan doubled every 2.2 to 3.3 days during the initial period of the epidemic.

When a person touches the eye, nose or mouth with the same hand after touching a contaminated surface, the person becomes infected, which is called fomatom transmission. Although there is concern about the spread of the virus through the feces of an infected person, the risk is considered low. The virus is most contagious when symptoms appear, but it is possible for a person to spread the virus when there are no symptoms and before they occur, but the risk is considered low. According to the European Center for Disease Prevention and Control (ECDC), although it is not entirely clear how easily the disease spreads, one person usually infects two to three people.

DIAGNOSIS:

On January 17, 2020, the World Health Organization published several RNA testing criteria for SARS-COV-2 and standardized real-time reverse transcription polymerase chain reaction (RT-PCR) testing to confirm corona infection. This test is usually performed on nasal samples or throat saliva samples. Chinese scientists have succeeded in finding the genetic chromosome of coronavirus after analyzing the virus sample. The research was published by Chinese scientists with the aim of helping researchers around the world develop their own reverse transcription polymerase chain reaction (RT-PCR) test kit. On April 7, 2020, in view of the increasing prevalence of corona in India, the National Institute of Virology approved the Rapid Antibody Blood Test Kit developed by HLL Lifecare Limited as a preliminary test. With the help of this 15 to 20 minute test, it will be useful to study where the incidence of corona is increasing. The experience in China is that the accuracy of this rapid antibody blood test is only 60 to 70%. If a patient is found to be infected with an antibody blood test, they will undergo a World Health Organization-certified RT-PCR test.

COVID-19 AND DIET:

The Covid-19 epidemic is causing a lot of changes in our daily lives. We are observing social distance, living at home and not being able to dine in restaurants. Getting into unhealthy eating habits can be easy at this time of the year, but with a little thought and preparation, maintaining a healthy diet is not an easy task. Good nutrition is always important, but it is even more important during this epidemic. This is because a balanced diet of nutrients helps in strengthening the immune system. When it comes time to go shopping for groceries, a little planning can help you get in and out of the store early.

If you don't want to risk being around others in the supermarket, buying and distributing food online is another option that some local supermarkets have to offer. We are also surrounded by a variety of community-supported farming systems, where small farmers sell directly to consumers and through home delivery food boxes. This is a great way to help local farmers get as much fresh food as possible for your family.

It is advisable to eat plenty of fruits and vegetables, which are rich in vitamins and minerals as well as fiber. Frozen or canned fruits and vegetables also contain vitamins and minerals, although ingredients such as sugar, salt or preservatives are sometimes added to the process of these products. Be sure to read the label so you can choose what's best for you and your family. When we are stressed we are tempted to get satisfactory food and this is fine for a while. But don't make it a habit because many of these foods, such as mac and cheese, pizza and burgers and fries are high in fat, sugar and salt.

HERE ARE SOME TIPS THAT CAN SUPPORT YOU AND YOUR FAMILY BOTH PHYSICALLY AND MENTALLY:

- Try your best to eat a nutritious meal with lots of fruits and vegetables, lean protein and whole grains. These substances can help keep your body and mind healthy during times of stress.
- Reduce anxiety-boosting substances such as sugar, caffeine and alcohol.
- It is important to enjoy the small moments, but avoid getting too excited. Try to limit your consumption of sugar, caffeine and alcohol. Excessive consumption can lead to anxiety or lethargy.
- Recognize your cravings if you feel like having a “snack snack”, then take two or three deep breaths and ask yourself if you are really hungry or spending time.
- Doing daily schedule and routine can reduce anxiety and help you stay stable. This also applies to meals! Try to eat at regular meals and avoid snacks in between.
- If you live at home with other people, try to eat at least one meal together every day. It can help reduce the feeling of loneliness and help you to eat a conscious diet. Cooking together can help you connect with others and reduce stress.

SAFE GROCERY SHOPPING:

You can also help reduce the spread of coronavirus when you are shopping for groceries. By following a few basic guidelines, you can shop safely and efficiently, protecting yourself and others. The key is to plan ahead, limit exposure to the virus, and buy what you want - if buyers don't stockpile, everyone will have enough food.

- Think ahead to limit your time in the store. Plan meals and gift items for one or more weeks. If an item is temporarily terminated, keep calm and don't be distracted - it may be an alternative to the item.
- Include healthy foods in your shopping list that can last a long time. Those foods may include carrots, turnips, potatoes, beets, onions, cabbage, apples, melons, oranges, grapes, lemons and lemons, as well as frozen fruits and vegetables.
- It may be advisable to send only one member of the household for purchase, and avoid bringing additional members if possible.
- It is best to use a cloth to cover the face when shopping. Also, there are hand sanitizers available wherever you go shopping and try to use them if available. Don't forget to wash your hands after leaving the store and keeping groceries.
- When shopping, try to keep at least 6 feet away from other shopkeepers and grocery store staff.
- Touch the items you want to buy while shopping.

FOOD TO BOOST MOOD AND ENERGY LEVELS:

- It would be healthy to include whole grains, such as whole bread and brown rice, in every main meal.
- Foods like fruits, nuts and yoghurt should be taken with the meal.
- A variety of vegetables and fruits can help your body function better.
- Omega-like oils are found in fatty fish that contain tinned fish (eg salmon).
- Make sure you get out of the house every day for exercise and vitamin D. This can be important even in the absence of sunlight.

According to dieticians, it is important to include vitamins and proteins in the diet to prevent coronavirus. Proper supply of these nutrients helps to keep the body healthy. This strengthens your body's immune system. Vitamin D and Vitamin C are essential for the body. Eat foods that will supply vitamins. There should be no negligence in maintaining health during an epidemic.

The body needs adequate supply of protein and minerals. Include fruits and vegetables in your diet which are rich in Vitamin C, Vitamin D and Beta Carotene. Mushrooms, tomatoes, capsicum, broccoli will supply you with nutrients. Care should be taken not to cause stomach problems.

Avoid eating processed foods in the current situation. Processed foods are high in fats, sugar and salt. Before buying such items, check the information on the packet. Also buy nutritious food. Processed foods are harmful to the body. This affects our immune system.

You can also consume turmeric milk regularly to reduce cold and cough. If possible, drink turmeric milk twice a day. Do not eat other foods immediately before or after drinking milk. Also take together basil, cinnamon, black pepper, ginger and black currant and prepare its extract. If the extract tastes very spicy, you can mix jaggery or lemon juice in it.

Eating peanuts, almonds, walnuts, black dates also boosts the immune system. Dried fruits also contain protein, salts, fatty acids. Also, yogurt, lemon water, garlic chutney should be included in the diet. The diet should include protein, vitamin C, vitamin A, vitamin E and antioxidants, polyphenols and important salts.

Eating a nutritious diet is not enough to stay healthy. It is also important to get enough sleep and exercise to stay away from illness. Proper planning of all these things will keep the body healthy. If you keep all these things in mind during the growing outbreak of Corona virus, this deadly virus will not even circulate around you.

HEALTHY EATING FOR THE WHOLE FAMILY:

Social distance guidelines and virtual education mean a big change in the family routine and may include how you feed your family. Good food can be a good fuel not only for the body but also for the brain. This is especially true for young and school-age children. Creating a healthy, nutritious breakfast, lunch, and dinner every day can seem daunting, but taking one step at a time and focusing on progress can help for the better.

BREASTFEEDING AND COVID-19 GUIDE:

Breastfeeding is one of the most important things a mother can do for her baby's long-term health. Because it is the best source of nutrition for most young children. However, it is also important to exercise caution when breastfeeding babies during coronavirus epidemics. Taking some precautionary steps, like the recommended steps to reduce personal contact with coronavirus, can help keep your baby healthy while breastfeeding.

BE SAFE WHEN SHOPPING AT THE FARM / AGRICULTURAL MARKET:

Agricultural markets are a good source of locally grown fruits and vegetables. Shopping at a farm / agricultural market is like shopping at a grocery store safely. Consider the following tips when shopping:

- If you feel sick, stay home.
- Keep a distance of 6 feet between you and others, follow the guidelines of social distance.
- Wear a face mask to help protect the people around you.

- If possible, go to the market with just one family member to help reduce your family exposure.
- Wash and clean your hands frequently. Most agricultural markets have cleaning centers - it's a good idea to take advantage of them.
- Do not touch products or items from the seller until you have received them.
- Bring small bills to reduce the amount of money you have to spend.
- Be patient Shopping may take a little longer.
- Check the market requirements on reusable bags. If they are allowed, machine wash them during each shopping trip.
- Follow every sign and symbol displayed in your market.

CONCLUSION:

Good nutrition is essential for Covid-19 patients and those who are slowly recovering. In fact, the body was very weak during Covid-19. Even after the onset of symptoms, the person does not feel well for several days. Thus, it is very important to eat the right kind of food for quick recovery. Not only sound education but his alertness and dedication too are most required. It is believed that people with weakened immune systems are more likely to become infected. Therefore, those who are infected should choose a healthy diet. It strengthens the immune system and also provides relief in later problems.

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