

7
आजादी का
अमृत महोत्सव



MAH/NAN/10936/2015
ISSN : 2454-7905
SJIF 2021 - Impact Factor: 6.91

**Worldwide International
Inter Disciplinary Research Journal**
(A Peer Reviewed)

Year - 7, Vol.I, Issue-XL, 15 December 2021

Swami Ramanand Teerth Marathwada University Nanded
and
Kisan Shikshan Prasarak Mandal, Udgir-

Mahatma Phule Mahavidyalaya, Ahmedpur

Dist. Latur - 431515

(NAAC Accredited 'B' Grade)

One Day National Seminar (Online) on

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

Edited by

Shijeeet S. More

Correspondence

Laxman Shete

Editor in Charge, Worldwide International Interdisciplinary Research Journal, Mahatma Phule Mahavidyalaya,
Principals, Sanskrit Prashiksha School, Nanded (M.S.) India Email: shishorya@rediffmail.com
Dr. Rajesh G. Umbarkar
House No. 624 - Barambasa, Near Shivajinagar Temple, Latur (M.S.) Nanded - 431515
Email: umbarkarrajesh@gmail.com, rajeshprakashan2009@gmail.com, Mob: 9823011111
Editor: Mr. S. S. Prakashan (For International Contacts only) + 91 93200 80808
(Arts, Humanities, Education, Sports, Commerce, Science, Education, Agriculture, Law,
Law, Engineering, Medical, Veterinary, Informational, Journalism, Mass Communication, etc.)

16.	ROLE OF YOGA IN MAINTAINING HEALTH	Dr. Dilip Bhadke
17.	BALANCED DIET AND FEMALE ATHLETES	Savita Dabhade
18.	ROLE OF YOGA IN MAINTAINING SOCIAL HEALTH	Dr. Kiran Kishanrao Yerawar
19.	IMPORTANCE OF DIET DURING COVID-19 SITUATION"	Mr. C.B. Satpute Dr. Uddhav R. Aghav
20.	ROLE OF SPORTS NUTRITION AND DIET IN PHYSICAL EDUCATION	Dr. Manda V. Thengne
21.	IMPACT OF COVID-19 PANDEMIC ON SPORTS PRESENT AND FUTURE	Dr. J. D. Kour
22.	IMPACT OF COVID-19 ON PHYSICAL EDUCATION AND SPORTING ACTIVITIES	Dr. Arvind P. Joshi
23.	FITNESS MANAGEMENT FOR SPORTS COMMUNITY DURING COVID-19 PANDEMIC	Miss. Vaishali Prakash Ghatge Dr. Govind Sadashivrao Martale
24.	IMPACT AND IMPORTANCE OF BALANCED AND NUTRITIVE DIET DURING AND POST COVID-19 ERA	Dr. Charanjeetsingh Mahajan
25.	IMPACT OF COVID-19 PANDEMIC ON PHYSICAL FITNESS	Dr. Nitesh Ramling Swami
26.	ASSESSMENT OF PHYSICAL FITNESS, SOCIO-ECONOMIC STATUS AND PSYCHOMOTOR ABILITY RELATED TO THE HEALTH OF TRIBAL SCHOOL GOING CHILDREN IN TRIPURA	Sajna Begam Dr. Abhijeet Shamrao More
27.	EFFECTS OF YOGA ON MENTAL HEALTH	Dr. Palne Kailas Shivharao
28.	ROLE OF PHYSICAL EDUCATION PERSONAL FOR MAINTENANCE OF HEALTH AND FITNESS	Dr. Karad Chandrakant
29.	IMPORTANCE OF YOGA TEACHER IN MAKING THE PRACTITIONERS BETTER AS WELL AS BENEFITS OF BEING A YOGA TEACHER	Dr. Bhaskar Mahadeorao Sawarkar
30.	IMPORTANT OF DIET DURING COVID-19 PANDEMIC	Nandedkar Ishwar Dattatrya Prof. Dr. Venkat Mane
31.	YOGA AND STRESS MANAGEMENT	Madhav Sopanrao Kadam
32.	YOGIC PRACTICES DURING COVID-19 PANDEMICS	Dr. Gomchale Minanath Shivajirao
33.	NEED OF NUTRITION DURING COVID-19 PANDEMIC	DR. NARAYAN JAIBHAYE
34.	'POST COVID CHALLENGES' ON PHYSICAL EDUCATION & SPORTS PARTICIPATION.	Dr. Karad Chandrakant
15.	PSYCHOLOGICAL ASPECTS AND MOTIVATIONS FOR DOPING IN AN ADOLESCENTS AGE ATHLETES	Abdul Ansar Abdul Sattar

IMPACT AND IMPORTANCE OF BALANCED AND NUTRITIVE DIET DURING AND POST COVID-19 ERA

Dr. Charanjeetsingh Mahajan

Director of Physical Education, Narayanrao Chavan Law College, Nanded.

ABSTRACT:

The new COVID-19 pandemic keeps on spreading creating additional general wellbeing, social, and monetary issues. The aberrations in the paces of death between nations offers conversation starters about the significance of way of life propensities and the insusceptible status of populaces. An investigation of dietary propensities and COVID-19-related passing may unwind relationship between these two factors. Without a doubt, while both wholesome abundance and lack are related with immunodeficiency, satisfactory sustenance prompting an ideally working invulnerable framework might be related with better results concerning forestalling disease and difficulties of COVID-19, just as fostering a superior resistant reaction to other pathogenic infections and microorganisms. This article diagrams the vital elements of the insusceptible framework and how macronutrients, micronutrients, and metabolites from the stomach microbiome can be fundamental in the improvement of a productive safe framework. Also, the impacts of irregular fasting on the incendiary state just as metabolic boundaries will be examined.

KEYWORDS: COVID-19, immunesystem, balanced diet, micronutrients, macronutrients

INTRODUCTION:

Coronavirus is the name of a recently recognized sickness brought about by SARS-CoV-2, and it was initially seen as a group of abnormal pneumonia cases happening in Wuhan, China, in December 2019 (2). While this recently distinguished infection has a place with something similar - Covid sort as SARS-CoV and MERS-CoV, the original sickness is by all accounts described not just by gentle upper respiratory contaminations, like other Covids, yet in addition by the presence of manifestations of the lower respiratory plot that are now and then exceptionally serious (4). These gentle and surprisingly asymptomatic cases have added to the quiet spread of contaminations around the world, expanding the likelihood of tinting high danger gatherings of people including immunocompromised-patients and those with ongoing illnesses (1). Some examinations have shown that patients with COVID-19 experience a dysregulation of their invulnerable reaction (13). Then again, different investigations have stressed how a few people can recuperate from COVID-19 manifestations in no time, a powerful safe reaction was viewed as related with effective clinical recuperation (4). Many examinations have featured the significant job of the human natural and versatile framework in COVID-19 pathophysiology (15). Besides, there is proof that natural elements, like lopsided nourishment, poisons, and irritation, and the unexpected way of life changes that happen during isolation/lockdown can cause physicochemical and mental pressure. These variables might prompt a compromised invulnerable framework and liberate the insusceptible framework, making the human body more defenseless against viral diseases (17). An ideal nourishing state has been viewed as fundamental for a well-working resistant framework and for the security against viral diseases (11). Besides, hunger as well as a lopsided eating routine address a significant reason for immunodeficiency around the world, with babies, youngsters, youths, and the older being the most impacted (12). In this specific circumstance, insufficiencies in fundamental