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युवाओं व्यक्तित्व लक्षणों पर हठयोग प्रशिक्षण की भूमिका

प्रा.डॉ. राजधर चैत्राम बेडसे

कला व वाणिज्य महाविद्यालय अक्कलकुवा ता.अ.कुवा. जि.नंदुरवार

संसारोपशान्त - हठयोग मानव के शारीरिक एवम् मानसिक विकास के लिए विश्व की प्राचीनतम प्रणाली है जिसका भारत में ऋषियों से मुनियों द्वारा अभ्यास किया गया जिसे योग कहा जाता है। हठयोग करने से हमारा शरीर स्वस्थ रहता है। हठयोग के नियमित अभ्यास से हम अपने खोये हुए स्वास्थ्य एवं मानसिक शांति को प्राप्त कर सकते हैं। हठयोग करने से हमारे शरीर एवम् उस पर आधारित सुक्ष्म संबंधों का ज्ञान प्राप्त करता है और मानव अपनी छुपी हुयी आत्म शक्तियों को अभिव्यक्त कर संकल्प शक्ति का विकास कर सकता है। हठयोग आसन करने से मेरुदण्ड लचीला तथा स्नायु मण्डल में का विकास होता है।

कटु शब्द - हठयोग ग्रन्थों में वर्णित षट्कर्मों एवम् स्वस्थप्रद और चिकित्सीय लाभ प्रस्तावना - योग हमारे सम्पूर्ण जीवन का आधार है। मुनियों के द्वारा सम्पूर्ण अध्ययन के बाद इसे समाज में प्रयुक्त किया गया। योग के द्वारा हमारा सम्पूर्ण समाज क्रियाशील एवम् निरोग्य दिखाई देता है। योग करने से मनुष्य में छुपी हुयी क्षमताये जागृत होती है। योग भयप्रद समस्याओं का निराकरण करता है सूर्य एवम् चंद्रमा क एकीकरण का माध्यम हठयोग है। सम्पूर्ण समाज की जीवन शक्ति सूर्य है। योग के विषय में कहा गया है कि योग का अभ्यास अपने शरीर के अंतर प्राण को चलाने की प्रक्रिया है। योग करने से हमारा शरीर मजबूत बनता है। हठयोग इन्द्रियों के प्रवाह को रोककर अन्तर्मुखी करने की एक पुरानी भारतीय कला है। जो प्रसुप्त कुंडलिनी को जागृत कर नाड़ी मार्ग को क्रियाशील बनाने का प्रयत्न करता है। हठयोग योग के अनेक प्रकारों में से एक है। योग के अन्य प्रकार ये भी हैं - मंत्रयोग, लययोग, राजयोग। हठयोग के माध्यम से हम अपने शारीरिक एवम् मानसिक विकास कर सकते हैं। योग हमारे लिए इतना जरूरी है। जितना की जीवन जीने के लिए श्वाश लेना जरूरी है। हठयोग के आसन करने से मानसिक शान्ति एवम् शारीरिक सन्तुलन और दिव्य प्रभाव को प्राप्त करता है। हठयोग के आसन मन एवम् शरीर के छोटे सम्बन्धों के पूर्ण ज्ञान पर आधारित एक मनोशारीरिक व्यायाम प्रणाली है। युवाओं के लिए योग महत्वपूर्ण है। हठयोग का अभ्यास करने का संकल्प कर इसके अनेक लाभों का स्व अनुभव कीजिए। आसन करने से आपको तेजस्वी स्वस्थ, सफलता, शान्ति, समृद्धि तथा अमरता के लिए ईश्वरीय शक्ति प्राप्त होती है। पुराने योग ग्रन्थों में षट्कर्मों के रूप में वर्णित किया गया है। युवाओं के लिए इस संसार कुछ असंभव नहीं है। सार्वभौमिक शान्ति तथा विश्व प्रेम स्थापित करने का हठयोग सुंदर साधन है। क्योंकि विश्व शान्ति व्यक्तिगत शान्ति पर निर्भर करता है। जीवन के सम्पूर्ण क्षेत्रों में सफलता प्राप्त कर आत्मसाक्षात्कार सर्वोच्च शिखर पर विराजमान हो सकते हैं। हठयोग में षट्कर्मों का विधान इस प्रकार किया गया है कि ये सम्पूर्ण शरीर को शुद्धि प्रदान कर सकें। महर्षि परमहंस अपने योग सूत्र पातंजल में कहा है कि - श्वाश प्रश्वास की प्रक्रिया में सामान्य गति में विच्छेद लाना प्राणायाम कहलाता है। हठयोग व योग के सभी आध्यात्मिक ग्रंथों में प्राणायाम के महत्व को मुक्त कण्ठ से स्वीकार किया गया है। योग अभ्यास का मूल लक्ष्य व्यक्ति की प्रवृत्ति को अन्तर्मुखी कर आन्तरिक शक्ति को जागृत करना है। आज के युग में योग का अत्यन्तपूर्ण स्थान है। प्राचीन जीवन शैली के लिए योग महत्वपूर्ण है। योग एक ऐसी औषधी जिसका मनुष्य के जीवन पर बुरा प्रभाव नहीं पड़ता है। योग भारतीय संस्कृति का गौरवमयी अंग है। जिसकी वजह से भारत विश्व गुरु के नाम से जाना जाता है। योग सगम, सरल एवम् प्राकृतिक पद्धति है जिससे स्वस्थ मन एवम् शरीर के साथ अनेक आध्यात्मिक लाभ प्राप्त करते हैं। योग ग्रंथ 'योग सूत्र' में योग पर लिखा गया पहला ग्रन्थ है। हठयोग का मुख्य लक्ष्य समाज में व्याप्त चिन्ता, बेचैनी, अस्वस्थता और अतिक्रियाशीलता आदि भयप्रद समस्याओं का समाधान है। अष्टांग योग के अनुसार-नेति क्रिया के अभ्यास के द्वारा नाक, कान के रोग नहीं होते हैं। इसी प्रकार धौति क्रिया का अभ्यास करने से पेट संबंधित रोग नष्ट होते हैं तथा पाचन शक्ति बढ़ती है। योग वह क्रिया है, जिसके अन्तर्गत शरीर के विभिन्न भागों को एक साथ लाकर शरीर, मस्तिष्क और आत्मा को संतुलित करने का साधन है।

योग हमारी भारतीय संस्कृति की पुरानी पहचान है। हमारे आस-पास अनेक कारण विद्यमान हैं, जो तनाव, थकान, चिड़चिड़ाहट को उत्पन्न करते हैं जो हमारी जिन्दगी को अस्त-व्यस्त कर देते हैं। ऐसे में जिन्दगी को स्वस्थ एवम् प्रतिशील बनाये रखने में योग का महत्वपूर्ण स्थान है। जिस योग को हमारे ऋषियों मुनियों ने योग साधना कबल पर लोगों तक पहुँचाया उसी योग हमारे श्री. नरेन्द्र मोदी ने उसे विश्व पटल पर स्थापित कर दिया है। त्राटक योग अभ्यास से मस्तिष्क को शान्त और निर्मल बनाया जाता है। वही अष्टांग योग के करने से शरीर की सम्पूर्ण क्रियाये सुचारू रूप से संचालित होती

है। स्वामी स्वात्माराम कृत हठयोगप्रदीपिका के अनुसार - लुहार की धौकनी के समान शीघ्रता से रेचक-पूरक करने से कपालभाति होती है। प्राचीन योग उपनिषदों में हठयोग का वर्णन षट्कर्मों के रूप में किया गया है यह एक व्यवस्थित व्यायाम विज्ञान है। योग हमारे जीवन में महत्वपूर्ण स्थान रखता है। योग प्राथमिक चिकित्सा का कार्य करता है महर्षि घेरण्ड ने अनुसूक्त- प्राणायाम अभ्यास अपने शरीर कभीतर प्राण को चलाने की प्रकिया है। लेकिन प्राण की जागृति और प्राणों स्वतन्त्र प्रवाह तभी सम्भव है, जब हमारे भीतर की सभी नाडियाँ अवरोध रहित बन जाये और इसके लिए शुद्धिका प्रयत्न बलवाने है।

आसन से हमारा मतलब है शरीर को निरोग्य बनाना। हमारे मुनियों ने शरीर को स्वस्थ रखने के लिए योग आठ नियम बताए है। १) यम २) नियम ३) आसन ४) प्रत्याहार ५) प्राणायाम ६) धारणा ७) ध्यान ८) समाधि

योग से हमारा तात्पर्य - मन में उत्पन्न इच्छाओं को वश में करना योग है। योग में कुछ ऐसे आसन जिस से अंतरिक्ष खतरनाक बिमारीयाँ दूर हो जाती है। योग बहुत अच्छी किया जो किसी के द्वारा किसी समय किया जा सकता है। योग करने के द्वारा भी किया जा सकता है। योग विज्ञान की तुलना में आयुर्वेद चिकित्सा विज्ञान अत्यधिक छोटी है। चरणदास ने कहा है कि - प्राणायाम अभ्यास के मध्यपरक कमक तथा रेचक के अनुपात को १:२:१, १:२:२, १:३:२ तथा १:४:२ का अनुपात माना है। प्राणायाम का अभ्यास धीरे धीरे बढ़ना चाहिए जिससे चक्रि का भेदन होता है। योग प्राचीन समय से भारतीय समाज में प्रचलित है। हठयोग बड़े ही सहजता एवम् सरलता से किया जाता है।

'स्वामी सत्यानंद सरस्वती' - आसन, प्राणायाम, मुद्रा, बंध के बारे में बताया है। हठयोग मन व प्राण छिपी शक्ति को जागृत करती है, समाज में कुछ ऐसे भी व्यक्ति जो योग को अपने जीवन का आधार मानते है भगवतगीता के अनुसार सुख-दुख, हानि-लाभ, जीवन-मरण सभी दशाओं में समान भाव से रहना ही योग है। योग के माध्यम से व्यक्ति का जीवन एक संगीतमय दिशा प्राप्त होती है। योग करने से कमजोर व्यक्ति भी ताकतवर बन जाता है।

● लाभ - योग करने से हमें निम्नलिखित लाभ होते है।

१) रोग प्रतिरोधक क्षमता में वृद्धि - योग करने से व्यक्ति में रोग प्रतिरोधक क्षमता विकाश होता है। त्वचा चमकती रहने और मनुष्य का शरीर निरोग और बलशाली रहता है।

२) मांशपेशियों को मजबूत बनाना - योगाभ्यास एक तरफ मांस पेशियों पुष्टता प्रदान करता है, दुसरी तरफ दुबल पतल व्यक्ति को ताकतवर एवम् बलवान बनाता है। योगाभ्यास नियम पूर्वक करने से व्यक्ति का मोटापा कम होता है, इस तरह मोटे एवम् पतले दोनों प्रकार के व्यक्ति के लिए आवश्यक है।

३) तनाव से मुक्ति - योगासन का नियम पूर्वक अभ्यास करने से मांशपेशियों का अच्छा अभ्यास होता है। जिससे तनाव दूर हो जाता है। अच्छी नींद आती है, और पाचन शक्ति बढ़ती है, और भूख अच्छी तरह से लगती है।

४) शारीरिक विकाश - योग आसन करने से हमारा शारीरिक विकास होता है। हमारा शरीर निरोग रहता है। पाचन शक्ति बढ़ता है। जिससे शरीर स्वस्थ रहता है।

५) स्व चिकित्सा प्रोत्साहन - अपने द्वारा अपने शरीर की स्वयम् देख भाल करना उसे स्वस्थ रखना स्व चिकित्सा का प्रोत्साहन करता है।

● निष्कर्ष - योग हमारे जीवन का अमूल्य अंग है। योगासन के नियमित अभ्यास से हमारा शरीर निरोग्य एवम् स्वस्थ रहता है। शरीर को स्वस्थ रहने पर हमारा मस्तिष्क भी उर्जावान बनता है। योग करने से शुद्ध वायु शरीर के कण-कण में पहुँच जाता है। यदि हमें स्वस्थ रहना है, तो योग करना आवश्यक है। योग करने से मन की अशान्ति दूर होती है। हमें नींद अच्छी लगती है, और हमारी बुद्धि तेजी से कार्य करती है। संहदमंद रहने से हमें आत्मिक सुख की प्राप्ति होती है। सम्पूर्ण अध्ययन से हमें यह ज्ञात होता है, कि योग हमारे जीवन में महत्वपूर्ण भूमिका रखते हैं।

● सन्दर्भ -

१. जितेन्द्र एवं जयपाल सिंह राजपूत, २०१७, वर्तमान समय में योग का महत्व, पृष्ठ ५००-५०४
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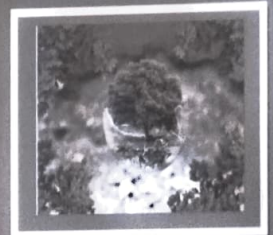
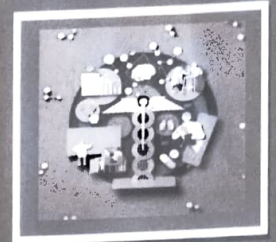
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A Brief Study on the Effects of Covid-19 on Economy of India

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Abstract

The spread of pandemic Covid-19 has definitely disturbed each part of human existence including instruction. It has made a phenomenal test on Education, Economic and public activity in India. Due to Lockdown Moody's downgraded India's Gross homegrown item improvement rate for 2020 from 5.5% to 2.5%. However, the Indian Government had declared a boost bundle of Rs 20 lakh crore, yet the inquiry emerges is it enough. Is it functional for India to offer assistance to the practically 6.4 crore creation units, of which just around one crore are enrolled under the GST and, having kept these alive, offer them a real presence more overpowering than perseverance on a ventilator? What steps should be taken by the public authority to reengineer the economy and ensuring general prosperity at the same time? Accordingly, this investigation attempts to investigate answers to these inquiries. The examination centers around the ramifications of lockdown on the Indian Economy, the different difficulties looked by the Government of India in getting the nation to work once more. The examination additionally proposes measures to engage the economy to restore monetarily supporting the prosperity and security of inhabitants.

Keywords: Covid-19, Economical Crises, Credit Loss, impact, India, post Covid-19

Introduction

On March 11, 2020 World Health Organization (WHO) pronounced Covid-19 as a pandemic. Coronavirus has influenced in excess of 90 million people groups around the world (WHO). In India, the main influenced instance of Covid-19 was recognized on 30 January 2020 in the province of Kerala and the influenced had a movement history from Wuhan, China. In India, the principal passing was accounted for on March 12, 2020 and the country noticed Janta Curfew for a day on March 22, 2020. India again noticed 14 hours Janta Curfew on March 24 to battle the Coronavirus pandemic and survey the nation's capacity to battle the infection. At that point, the first period of lockdown was declared by the Prime Minister on March 25, 2020 for 21 days. Checking the impacts of the infection, Indian Government has been expanding the lockdown time frame in various stages and the lockdown 5.0 was pronounced on April 30 which is powerful from first June to 30th June 2020. In all the periods of lockdown beginning from lockdown1.0 to lockdown 5.0, the instructive establishments all through the country have never got any unwinding to begin their instructive exercises. Along these lines, pandemic Covid-19 affected fundamentally on the instruction area. As indicated by the UNESCO report, Covid-19 has influenced almost 68% of absolute world's understudy populace according to the information taken during first seven day stretch of June 2020. Flare-up of Covid-19 has affected about 1.2 billion understudies and young people across the globe by school and college terminations.

Implications Of Lockdown On The Indian Economy

As per the recent report by Asian Development Bank [1], it is estimated that about 2.3 percent of Gross Domestic Product will be taken by the lockout. Moreover, the expense of India's 21-day lockout could be \$120bn as per KPMG Report [11]. Aside from Air India, all the carriers have grounded their local and global flights, the loss of which is estimated to be \$600 million[7]. Not just a fourth of \$2.8 trillion Indian economy is practical under full lockdown. We're depended upon to lose more than \$4.5 billion dollars per day during the lockout (Business Today).

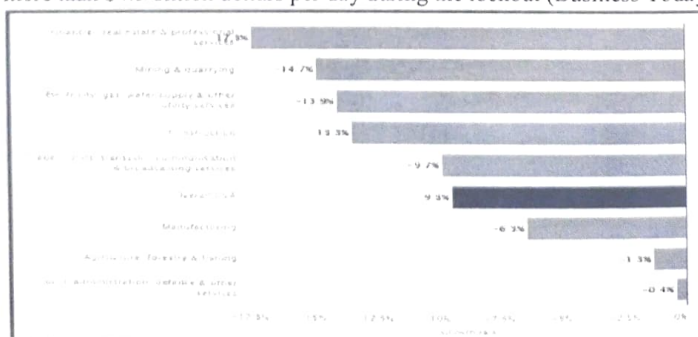


Fig. 1. Estimated Sector Wise Impact of COVID-19 on India between April and June 2020.

As exhibit in Fig.1, Financial sector is amongst the top hit sectors in India. On March 23, the Indian Stock Exchange suffered its most strikingly awful one-day setback ever, with speculators trapped in a free market for all while coronavirus upset institutions and shut down a few states. The NSE Nifty 50 index dropped 12.98 per cent to a shutting low of nearly four years, while the S&P BSE Sensex dropped 13.15 per cent to 25,981.24. The rupee touched a lifetime low of 76.16 in comparison to US \$ [7,9].

Banking stocks have slacked the market in the bounce back off COVID-19 lows. Between December 31, 2019 and March 23, 2020, the Bank Nifty had nearly gone halved. Be that as it may, from that point forward, Bank Nifty is up simply 11.5%, while Nifty 50 is up 21%. In the previous one month, as well, the Bank Nifty Index has declined 5.3%t contrasted with 2% gain in the Nifty 50 [13]. The underperformance isn't just obvious as banking stocks have been at the cutting edge of market gains previously, however has additionally cost banks their clout in the benchmark indices. The consolidated weightage of all financial stocks has slipped from a pinnacle of 42% percent to underneath 35% at present [6]. While the 3-month moratorium declared by the Reserve Bank of India (RBI) for March- May repayment dues provides some reprieve regarding lower net NPAs, the size of moratorium book appears to be upsetting as examiners see more slippages originating from the moratorium pool. Numerous moneylenders, who have proclaimed their Q4 results up until now (ICICI Bank, Axis Bank, RBL Bank, and so forth), announced at the least 25% of their loan book, in esteem terms, under moratorium[13]. Outstandingly, in the past numerous quarters, a great deal of banks has changed their loan book blend in with a higher portion of retail section, which is currently presented to the danger of defaults, because of job losses and lower disposable incomes. In spite of the fact that most banks, which have reported their Q4 numbers, have supported provisioning towards Covid-19, it appears to be lacking (under 1% of loan book) given the expansion in asset quality feelings of trepidation in the midst of financial interruption. Numerous examiners and specialists accept that the potential danger of default is exasperating with the circumstance[10]. The moratorium time frame will end soon and organizations and individual borrowers should continue reimbursements from June. With no business occurring, workforce accessibility staying an issue and wild compensation cuts, it is suspicious what number of borrowers will have reimbursement limit. In general, bank stocks are relied upon to stay under tremendous pressure. As Public Sector Banks represent 70% of the market share of overall Banking industry in India, the onus of supporting Indian economy and encouraging its monetary improvement falls on them. Despite the fact that Public Sector Banks are predominant players in the financial part, they slack impressively in execution measurements when contrasted with private banks[7,20]. Their share prices have extensively tumbled down (Fig. 2). In addition to banks, Non-banking Finance Companies (NBFCs) which also forms an essential part of the Indian lending ecosystem, also battling with the effect of COVID-19 on their liquidity position and asset quality. There might be enormous scope business disturbances that can conceivably offer ascent to liquidity issues for specific entities. This may likewise impacts the credit quality along the supply chain. The crumbling in credit quality of loan portfolios because of the flare-up will significantly affect the Expected Credit Loss (ECL) estimation. Markets moving down, when known as the most favored stocks, a large portion of the NBFCs have lost near roughly 30% to 40% esteem over the most recent one month. The income stream of all NBFCs will be tremendously affected as there would be a critical drop in exchanges, loan reimbursements, and so on at all levels countrywide. This implies less assortment by the NBFCs affecting their everyday activities and benefit. Affected business due to COVID-19 may set aside effort to reimburse their credits and would additionally require monetary help to endure the hardship once the emergency is finished. The accumulated debt servicing, including interest, is estimated at Rs 40,000-60,000 crore for the June quarter 's key 11 retail NBFCs, whereas Cash Reserves are fixed at Rs 45,000 crore, as per the report of Acuité Ratings and Research[15-17].

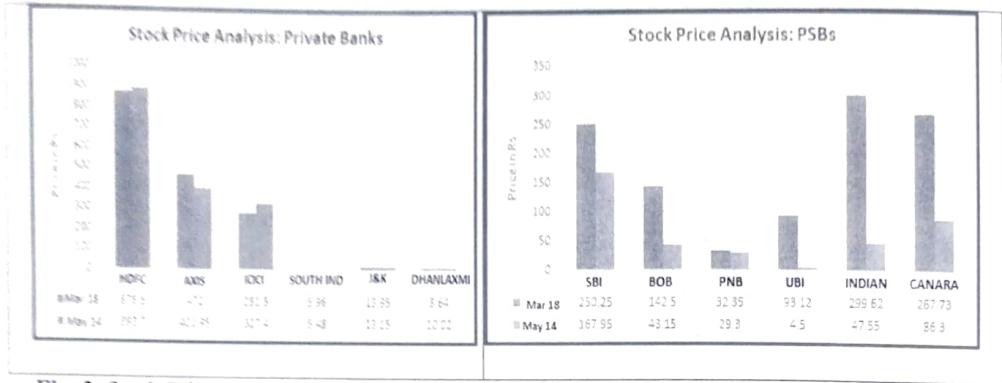


Fig. 2. Stock Price Analysis of Public and Private Sector Banks. Source: Stock Prices taken from equitymaster.com

As indicated by the Insurance Regulatory Development Authority of India, in April, new business premium declined 32.6% to 6,728 crore as against 9,928 crore for a similar time of a year ago. In March, new business premium assortment had declined 32% to 25,409 crore when contrasted with 37,459 crore in March 2019. Premium from new business represents 42% of the Life insurance market. This displays the serious monetary misfortunes to the Insurance companies due to COVID-19. Insurance companies are getting affected regarding their liabilities and assets reflected in their balance sheet [15]. This, therefore, compromises their business coherence just as future development. The pandemic is an acid test for Financial Institutions and all the more so Insurance companies as a pressure that they have tried and investigated in their financial risk analysis, operational risk evaluation and business progression planning. As an effect, Insurance companies can hope to be overwhelmed with general requests and claims over various lines, regardless of whether that be for health & wellbeing, life or non-lifespread. Apart for this, Informal sector workers and individuals from lower salary bunches have been hit especially hard as their wages vanish. The International Labour Organization appraises that 400 million individuals in India are in danger of sinking further into destitution. India recorded a joblessness pace of more than 26% as of April 19, 2020 [18]. This was an enormous spike from April 12 and an immediate effect of the lockdown following the coronavirus (COVID-19) pandemic (Fig.3).

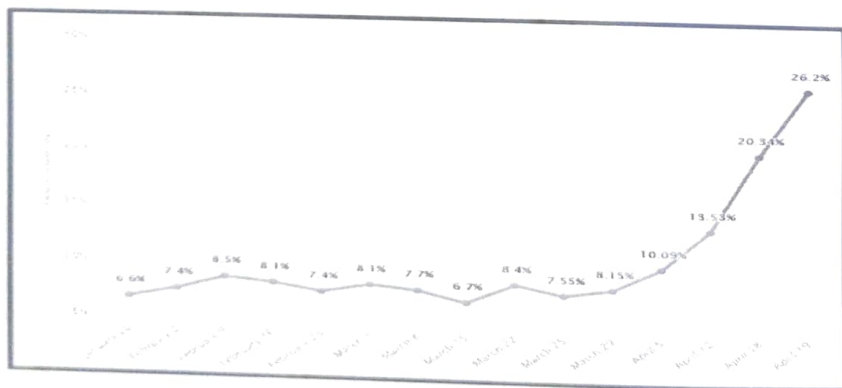


Fig. 3. COVID-19 Impact on Unemployment Rate in India from January to April 2020.
KEY CHALLENGES FACING GOVERNMENT IN GETTING INDIA TO WORKAGAIN
 The entire nation is facing lockdown till 18th May which may further be extended. According to the new guidelines of the Indian Ministry of Health and Family Welfare, the nation has been partitioned into red, orange and green zones. Red zones are assigned as the hotspots and won't perceive any relaxations in contrast with the territories considered less inclined for the spread of the infection. The greatest incongruity is that the 130 regions named red-zone areas are probably the most urbanized and industrialized parts of the nation. They represent somewhere in the range of 41%

of national economic activities, 38% of industrial yield, 40% of nonfarm business, and the greater part of India's devouring class families. Inside this arrangement of red-zone areas, 27 districts that have moderately higher contamination rates and are progressively urbanized record for approximately 33% of the economic activities. Discovering strategies for keeping these red-zone districts operational and safe would be basic in keeping economic activities supportable [9]. Apart from this, there are several other challenges the government has to look after while formulating strategies:

1. Liquidity crunch 2. Financial Freeze 3. Supply chain 4. Absence of labor 5. Forestalling another Covid-19 episode 6. Increasing Health supplies productions
WHAT IS THE LIKELY RECOVERY PATH?

The test now for pioneers is attempting to get economic activity ready for action while additionally guaranteeing that the general wellbeing endeavours so far won't be futile and that coming back to a typical life won't chance a second, conceivably increasingly lethal influx of contaminations. Basically, it's tied in with finding some kind of harmony - the correct equalization - and it must be done well the first run through. Continuing the economic activities in a nation is definitely not a straightforward choice to take in the midst of the coronavirus pandemic, nor is it a simple errand. It is an extreme call that needs to consider the general wellbeing worries as well as similarly significant the financial soundness of a country[4]. To empower the economy to revive economically advocating the wellbeing and security of residents, India needs to think about a few kinds of measures: To revive reasonably, public health system readiness should be improved over an enormous number of locale, especially the redzone ones. Moving from a rundown of permissible activities to a not-allowed or "negative" list. Short, sharp correspondence around what isn't allowed would be more obvious and execute than would a rundown of passable activities. It would likewise help maintain a strategic distance from the danger of whole parts or enterprises being denied on the off chance that they were not referenced in the allowed list. For dealing with the endemic and the resultant general wellbeing emergency, the government may utilize technological solutions in addition to augmenting financial resources and increasing the insurance coverage. Public sector financial institutions should be additionally promoted and pushed by the RBI to loan out low-ticket credits underneath INR 1 Crore through working capital to guarantee that liquidity returns into the system. Banking sector should be pushed to give rate cuts instigated by RBI to the borrowers. RBI may bolster banks by giving unwinding in asset classification standards. Also, few missed instalments not to be delegated NPAs and should loosen up capital norms for banks. Individual tax reductions and tax holidays upto one year can be embraced to restore utilization, which will help spike economic growth. Fortifying coordination and correspondence among different arms of the administration-central government divisions, states, neighbourhood organization, and controllers-and with partners from industry and business insignificant. Looking forward and making arrangements for possibilities since the future stays unsure. India should be prepared for a wide range of projections. It would be savvy at all levels of government to create alternate courses of action dependent on situations of potential COVID-19 effects. India should be creative in the coming a long time to have a V shaped recovery. It ought to get thoughts from differentiations.

Conclusions

India's economy should work close by COVID-19 for a delayed period. An all-around executed, granular, dynamic, and privately determined lockdown-and restart-management capacity while overseeing wellbeing dangers is required. There is much in question for India-in the two lives and occupations-in getting this right. To maintain a strategic distance from a subsequent wave or top in the viral spread, a steady opening of the lockdown in a staged way will be key. This should be possible through opening of schools, colleges, instructive establishments and other organizations with 30-40% employees working at a time, while social gatherings should be restricted. Also, the option of work from home needs to be practiced more wherever possible. The general population should get ready for the best and get ready for the most noticeably terrible situations, remembering that a V shaped curve isn't ensured. The next six months at least could be atrocious, but after that things will be changing. It will be everyone's duty - government, organizations, educational establishments and residents - to consolidate to carry out the government's set procedures

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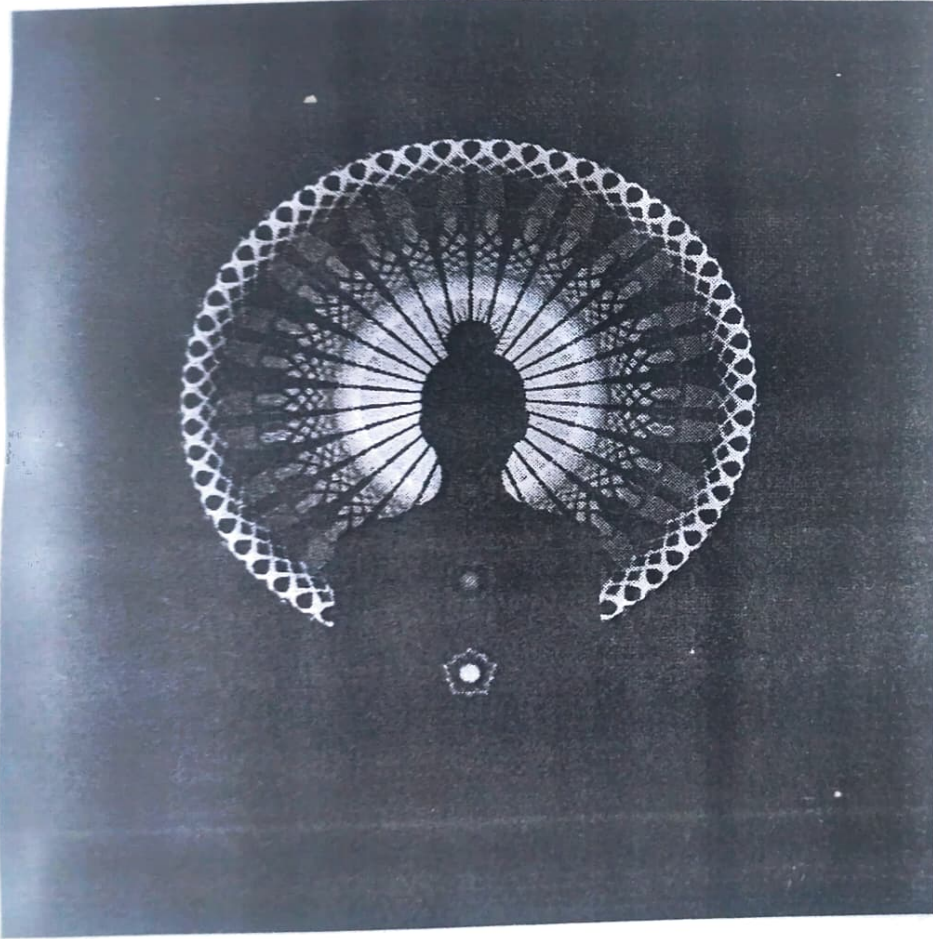
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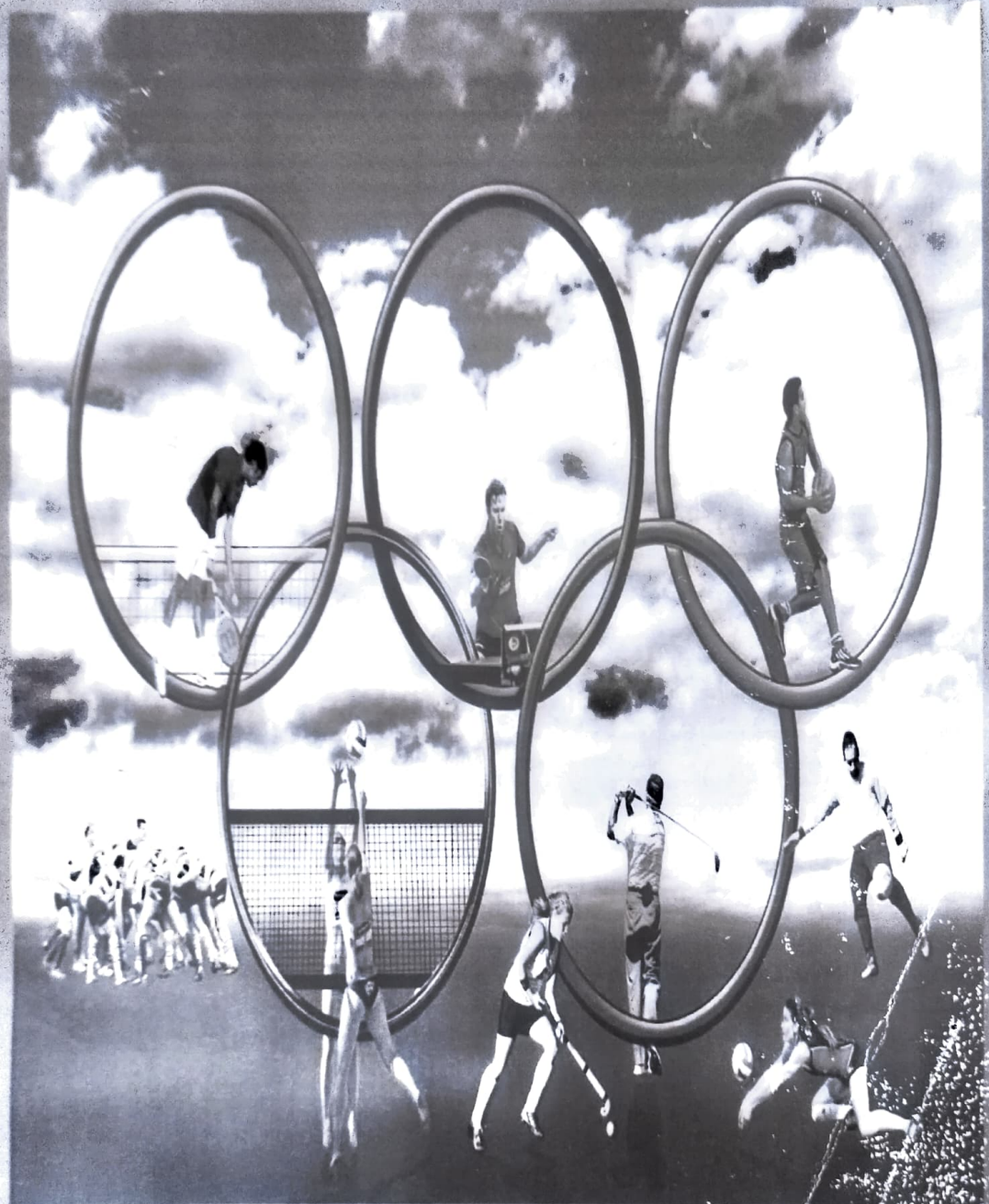
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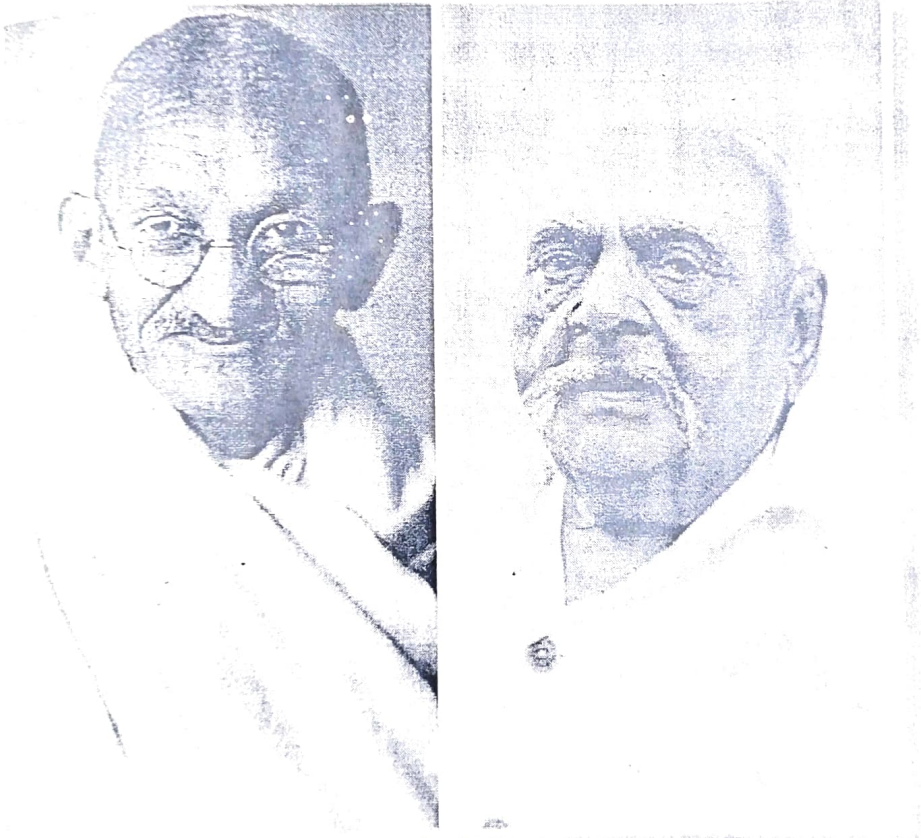
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October 2020

Entire Research, Volume-XII, Issue-1

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October 2020

Entire Research, Volume-XII, Issue-1

Editorial



Dr. Vikram Singh

Welcome to the October 2020 Edition of the Entire Research International Research Journal (ISSN 0975-5020) focusing on "New Perspectives in Yoga, Physical Education and allied Studies during COVID-19 lockdown". It has regularly submitted manuscripts; selected and reviewed by the regular system and accepted for publication. There seems to be a large pool of manuscripts falling within yoga, physical education, psycho-social aspects, family health and biomedical sciences, and putting them together in a thematic edition seems to be the obvious consequence.

The salient features of this edition are the articles that address the issue of immunity, mental health, rejuvenation, exercise therapy among vast population that has been affected due to unprecedented situation of COVID-19 pandemic. Major concerns like psycho-physiology mental health, exercise prescription, gathering data regarding the best practices, impact of online courses, classes and conferences across the world and various strategies of support and encouragement for people who are affected, have been covered from the researchers lens.

All the papers published in this edition underwent stringent peer-review process involving a minimum of two reviewers comprising internal as well as external referees. This was to ensure that the quality of the papers justified the high ranking of the journal, which is renowned as a fairly-cited journal not only by authors and researchers in India but by those in other countries around the world as well. It has been ensured that no-plagiarized bonafide studies are being taken up through an in-house set of procedure being followed in a rigorous manner to maintain the quality of journal. We anticipate that you will find the evidence presented in this edition to be intriguing, thought-provoking and useful in reaching new milestones in your own research. Please recommend the journal to your colleagues and students to make this endeavour meaningful.

We thank the authors for agreeing to publish their papers in this Edition, and the editors and reviewers involved in the publishing process of these papers.

We are currently accepting manuscripts for upcoming issues based on original qualitative or quantitative research that opens new areas of inquiry and investigation.

Dr. Vikram Singh
JNU, New Delhi

ISSN 0975-5020

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Effect and Relief from Yoga Therapy on various Factors to the Patients Suffering with Multiple Sclerosis

Dr. Rajdhar Chaitram Bedse: VVMS Arts Commerce College, Akkalkuawa, Nandurbar, Maharashtra

Abstract:

This examination planned to survey the plausibility of customized yoga treatment mediation in a private setting and its impact on Quality of Life (QOL), sleep quality, and side effect help among patients with Multiple sclerosis (MS). A solitary gathering pre and post-trial study was directed among 10 individuals from the Multiple Sclerosis Society of India between December 2018 and April 2019. At pattern and during development, QOL, sleep quality, indications, and torment were surveyed utilizing the Multiple Sclerosis Quality of Life, Pittsburgh Sleep Quality Index, MS Symptom Checklist, and visual simple scale, separately. The intercession contained 12 private redid yoga meetings of 1 hour term and three gathering meetings; all spread more than 3 months. Understanding input and direct perceptions by the yoga specialist were reported at every meeting. Ten patients (seven female, three male, age 31–52 years) were taken a crack at the yoga mediation; seven finished 8–12 meetings, and three finished less than 5 meetings. Specialist to tolerant proportion was 1:2. All areas aside from sexual capacity indicated clinically huge improvement in QOL scores. Factually critical improvement was found in social capacity ($p = 0.014$) and change in health status ($p = 0.029$) scores after the intercession. In spite of the fact that there was improvement in agony and rest quality, these progressions were not factually critical. Patients detailed improvement in side effects with training of yoga close by way of life changes. The examination bolsters the attainability of this 3-month yoga mediation for patients with MS. Studies with bigger example sizes are needed to affirm our discoveries.

Keywords: therapeutic yoga, Multiple sclerosis (MS), MS symptom management, asana for MS, pranayama

Introduction:

Multiple sclerosis (MS) is an ongoing fiery demyelinating malady that influences the central nervous system and prompts fluctuating degrees of inability in influenced people. The infection, when thought about uncommon, is by and large progressively determined in India to have enhancements in demonstrative modalities and accessibility of nervous system specialists. Despite the fact that network based evaluations are not accessible, the predominance from clinic based examinations is supposedly as high as 7–10 for each 100,000 populace, almost 180,000 patients in total numbers. Beginning of infection commonly happens in youthful grownups matured 20–40 years and is more predominant in females than in guys. The malady has complex pathophysiology; henceforth, there is consistently eccentricism and variety in people in dis-ease movement, seriousness, and signs and symptoms[1] which influences quality of life (QOL).[2] Fatigue, asthenia, balance and mobility loss, depression, and decreased cognitive function are basic issues experienced by MS patients[3]. Symptomatic administration of the condition with prescription has momentary advantages. Proof for long haul benefits is missing, and unfavorable impacts are

reported[4,5]. Of first significance in patients with MS is upgrading physical capacity and QOL, as there is no fix. Numerous patients utilize offbeat medicines or correlative and elective medication (CAM) that incorporates physical mediations, treatments, and diets. Physical intercessions that have demonstrated improved indicative administration are needle therapy, chiropractic medication, cooling treatment, dental mixture expulsion, Feldenkrais, guided symbolism and unwinding, hyperbaric oxygen, attractive field treatment, knead, neural treatment, reflexology, kendo, and yoga[6]. Regarding the adequacy of CAM, 67.1% patients announced improvement [7]. Evidence is collecting that CAM medicines are helpful for patients with MS. Studies have revealed that MS patients demonstrated positive reactions to yoga treatment and that it is protected and feasible[8][9]. Although yoga might be considered to address torment, psychological wellness, exhaustion, spasticity, balance, bladder control, and sexual function[10] a meta-investigation reasoned that yoga improved just mind-set and saw weakness however not muscle work, intellectual capacity, or health related QOL. The examinations included little quantities of patients with MS and henceforth couldn't permit inside and out evaluation of muscle function, psychological capacity, and different boundaries. As yoga was not related with extreme antagonistic occasions, the meta-investigation suggested that its training in patients with MS need not be debilitated. Yoga concentrates with patients with MS utilized gathering meetings, and the sorts of yoga were Raja Yoga, Hatha Yoga, Iyengar Yoga, Chair Yoga, Sivananda Yoga, or type left to the educator (combination of postures from different schools).

Constraints in yoga-related writing incorporate the premastery of gathering meetings without a benchmark group and deficient depiction of the yoga mediation, halfway because of its emotional nature. Likewise, past investigations don't mention adjustment or customization of yoga rehearses dependent on the individual patient. In this manner, the current investigation expected to survey the achievability of customized yoga treatment mediation in the genealogy of T. Krishnamacharya, in a private setting with a 1:2 proportion of specialists to patients. Patients with MS were given redone, need-based changes in their yoga practices, and impacts of the intervention on QOL, rest quality, and indication alleviation were surveyed. The methodology taken was individual-driven as opposed to infection driven.

Methods:

A single group pre and post experimental design was adopted for the present study. The study was carried out among the members of the Multiple Sclerosis Society of India (MSSI), between December 2018 and April 2019.

MSSI is an enrolled intentional, non-benefit association set up in 1985 and subsidiary with the Multiple Sclerosis International Federation, United Kingdom. The association offers direction and clinical and monetary help to patients with MS. During month to month MSSI uphold bunch gatherings, data about the examination was imparted to patients and parental figures. Banners with data on yoga treatment classes were shown on the release board at MSSI. The yoga specialists assessed patients who assented to partake for qualification to be tried out the investigation. The consideration rules were capacity to impart in Telugu, Hindi, or English; capacity to move around without the help of someone else for at least 25 feet; no act of yoga over the most recent a half year; and assent from a nervous system specialist to rehearse yoga. The prohibition model was presence of any genuine ailments over the most recent two months. An organized proforma was utilized to assemble data on socio segment subtleties, clinical history, and side effects. Clinical subtleties, for example, MS and backslide

history and current objections were gathered from clinical records and clinical meeting. The panchamaya (five sheaths) model was utilized as a comprehensive structure to comprehend the person on the five degrees of annamaya (physical), pranamaya (physiological), manomaya (information and contemplations), vijnanamaya (inward will and capacity to separate), and anandamaya (feeling of euphoria, satisfaction). This system was utilized so every part of the individual was examined, perceived, and utilized for the mediation. An intensive evaluation was finished utilizing perception (darshanam) and meet (prashnam) to inspire data identifying with these perspectives. QOL, sleep quality, indications, and agony were surveyed utilizing the Multiple Sclerosis Quality of Life (MSQOL)- 54,11 Pittsburgh Sleep Quality Index, MS Symptom Checklist, and visual simple scale, individually. All instruments were managed at gauge and toward the finish of the mediation. Moreover, input on changes in side effects and practice adherence was gathered during every meeting. Yoga advisors gathered the information and controlled the psychometric devices.

Framework for Personalized Yoga Intervention:

An individualized yoga therapy module based on the Krishnamacharya tradition was developed by a group of certified yoga therapists to meet the patients' needs and capabilities. Conscious breathing and its application in asana (physical postures) is the main tool for practice, as breath has the power to influence the body and the mind simultaneously.

The information gathered about the patient was organized using the following framework from Patanjali's Yoga Sutras to understand suffering (duhkham) as well as its manifestation, causes, goals, and means to overcome it.

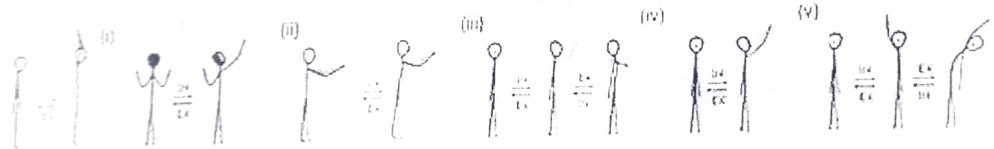
- Heyam: immediate symptoms/issues bothering the person; the effect they have on the individual's life, work, roles they play, etc.; other health concerns and how much they bother the individual
- Hetu: possible causes and factors such as triggers, aggravating factors, diet, lifestyle, personality of the individual, and context
- Hanam: short-term goals of bringing symptom relief and improving the individual's sense of health and long-term goals of strengthening and empowering the person from within
- Upayam: what to avoid; tools to address short-term goals, address/eliminate contributing factors, and prepare the person for long-term goals

At each stage, apparatuses and procedures (asana, pranayama breathwork, meditation) were picked dependent on the capacities to be accomplished, which were then tweaked for the individual and instructed as a training grouping. This strategy for sequencing rehearses that are objective arranged utilizing proper preliminary stances, counter-stances, and satisfactory rest periods where required is a remarkable element of the Krishnamacharya convention of yoga. The intercession of 12 private hour-long meetings, spread more than 3 months, was led by yoga advisors with involvement with overseeing patients. What's more, a sum of three gathering meetings were led to acquaint patients with the fundamental way of thinking of yoga, general rules of yogic practice, diet, rest, way of life alterations, and the function of breathing and its impact on the brain in mending. Each gathering meeting went on for 90–100 minutes, including asana (45 minutes), pranayama (20 minutes), guided contemplation (15 minutes), and conversation (15–20 minutes). Both individual and gathering meetings were booked on ends of the week. The weekly hour long individual yoga meetings included breathing practices (pranayama, 15 minutes), stances with cognizant breathing (asana, 30

minutes), contemplation (5 minutes), and profound unwinding (10 minutes). The length of the training was characterized by the quantity of breath cycles; a normal practice included 80–100 breaths. Patients were relied upon to do the training at home and to return for the week by week audits. In light of the ability of the individual, the training position could be situated (seat or ground), resting (recumbent as well as inclined), or remaining, with development being dynamic, static (and controlled by the quantity of breaths), or both. The pranayama, asana, and different instruments were adjusted for every patient now and again dependent on their changing capacities and necessities, with an attention on the current indications. Stances were held for half a month to empower arriving at versatility/adaptability objectives. The normally yoga practice was envisioned on a gift given to patients after every meeting. The normally utilized asana were tadasana (mountain present), virabhadrasana (champion) I, uttanasana (remaining forward twist), dvipadapitham (or setubandhasana, connect), and jatharaparivrtti (recumbent straight-leg contort). Pranayama strategies were sitali (cooling breath) or sitkari (murmuring breath) and utilizing sounds, for example, OM, murmuring, serenades, or supplications as favored by the patients. Extra devices utilized were perceptions in asana and pranayama, nyasam (finger development composed with breathing), and unwinding practice. Practices were not confined to the yoga tangle, yet interlaced in patients' day by day lives, for instance, situated arm and leg developments and pranayama while at work. A portion of the customizations utilized were keeping the feet separated (mountain, forward curve, connect), bowing the knees (mountain, champion I, forward twist, recumbent wind), uphold from a divider or seat (mountain, fighter I, forward twist, connect), moving each arm in turn (mountain, hero I), in any case adjusted arm developments (mountain, champion I, forward twist, connect), and moving into the stance on exhalation rather than inward breath (connect). The alterations made for the six most basic stances utilized are introduced in Figure 1.

Figure 1. Mean and SD of age variable of all players from 4 sports disciplines

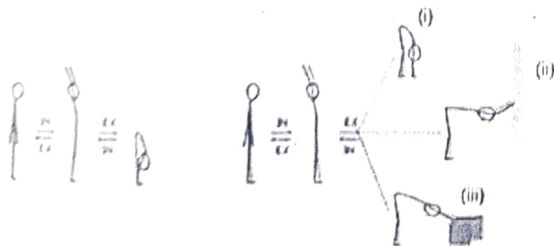
1. Tadasana



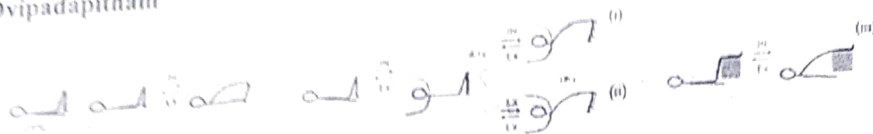
2. Virabhadrasana



3. Virabhadrasana



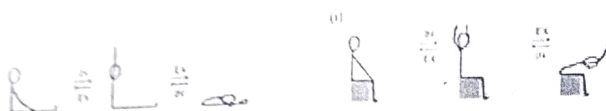
4. Dvipadapitham



5. Seated arm movements



6. Paschimottasana



*For all postures except No. 5, the classical version is shown at the far left, with possible modifications to the right.

Nine patients were given both morning and evening practices, and one patient was given only evening practice due to his work schedule. Evening practices were focused on relaxation. Three patients who worked for long hours in their jobs (shopkeeping, IT, tailoring) were asked to take breaks during their work and do 3–4 asana with breathing. The following lifestyle changes were suggested for patients: going to bed on time, waking up a few minutes earlier, drinking less water before sleeping, making time for family, getting involved in household chores (female patients), and eating home-cooked food regularly. Dietary suggestions were offered based on ayurvedic principles, such as avoiding foods that increase heat (chicken, spice, curd/yogurt) and foods that are heavy to digest such as oily, fried food. Patients were advised to include plant-based fiber throughout the year and cooling foods during summer. Written informed consent was obtained from all patients. Adverse events were reported to the consultant for immediate remedy.

Data Collection and Analysis:

The data were entered using Microsoft Excel. Frequency and percentage were computed for sociodemographic data, attendance, and adherence. QOL scores were converted to a 0–100 scale and summarized using multiple domains as described in the MSQOL-54 tool; the higher the score, the better the QOL. Also, physical health composite score and mental health composite score were calculated based on the range of scores assigned to each item. Differences between baseline and postintervention in pain, QOL, symptoms, and sleep were analyzed using the Wilcoxon signed-rank test with a statistical software program (IBM SPSS Statistics for Windows, version 21.0). Changes in symptoms experienced by the patients were presented as narratives for each patient.

Patients:

Of the 18 patients registered with MSSSI, 8 patients could not be included (5 because of their medical conditions and 3 because of expected difficulty in spending time for the intervention). Ten patients (age range 31–52 years) were enrolled in the yoga intervention.

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Comparative Study of Achievement Capability of Girls and Boys of Individual Sports

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Abstract

Several factors impact the choice of the specific sports participation of the modern examines. First the researcher's familiarity with basketball through participation reveal in, specifically in regards to motivation, to begin with spurred interest within the examination of motivational distinction among players. Like bodily fitness, the psychologist popularity of players is unique. But, this sort of comparative study of sex-sensible distinction on sports activities achievement motivation is measure. As a consequence the purpose of the existing look at turned into to examine the sports achievement Motivation players. SAMT include 20 more than one desire Questions of 40 marks. Every query consists of two (2) marks for correct solution and 0 (0) mark for incorrect solution. The question measured the volume to which pupil had been encouraged closer to sports achievement.

Keywords: Comparative study, Achievement capability, girls and boys of individual sports

INTRODUCTION

Motivation is based totally in your feelings and fulfillment related goals. Success motivation is based on reaching achievement and accomplishing all of our aspirations in existence. Motives can be described as factors or conditions which influence occasions or items which might be decided on for interest. The try to provide an explanation for the intensity with which an person engages in some thing or the effort sustained in some activity. Motivation is a broad-primarily based time period and includes a top notch many elements of person in addition to collective behavior. Whether or not it's far in work, examine, or sports, individuals or groups are needed to be prompted to try and respond to the incoming stimuli. As depend of truth, conduct is the end

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result of various motivational factors (conscious and subconscious); a number of them are organic in nature, others psychological and nonetheless others draw their precise traits from the socio-cultural environments. Fulfillment motivation can, be defined as the striving to boom or to preserve as high as viable, one's own abilities in all sports in which a widespread of excellence is notion to practice and wherein the execution of such activities can, therefore both be successful or fail. Success motivation normally refers to the level of I's motivation to interact in fulfillmentbehaviors, based on the interplay of such parameters as need for fulfillment, expectancy of fulfillment, and the incentive value of achievement. Our assemble of motivational orientation refers to the sort of motivational stance which the kid adopts closer to school room gaining knowledge of. Accordingly, one may additionally interact in schoolwork for intrinsic motives, due to the fact paintings is hard, exciting, and piques one's curiosity, or alternatively, one may additionally engage in schoolwork for extrinsic motives, both to gain outside approval or due to the fact the instructional system requires it.

Sports Achievement

Sports Achievement has been found as a sturdy mental factor in the display of conduct. Achievement conduct has been discovered to be worthwhile in aggressive sports. It's far a pressure that engages an athlete within the responsibilities that are challenging and her sufficient to gain. Sports and bodily sports are generally fulfillment oriented. Non-public achievement in crew and character events may be evaluated against precise requirements. One of the motives of the variety in athlete's behavior is sports activities success state of affairs in which athletes perceive situations in one of kind approaches, because of extraordinary wishes for sports excellence. Sports activities fulfillment Motivation has been discovered as a robust psychological aspect in the display of conduct of someone. Fulfillment Motivation of a man or woman has been discovered to be worthwhile in aggressive sports activities. It is a force that engages a sports activities person in task that's challenging and difficult to obtain.

The nature of sports activities and physical activities are usually fulfillment oriented. Private achievement in team and individual events can be evaluated towards requirements. Considered one of the motives of variability in behavior of an man or woman is sports activities success state of affairs is that sports activities individual understand situation in exceptional approaches, due to the fact they have got different needs for sports activities excellence. Tension is one of the

important mental elements for figuring out athlete's performance. Performance is a by product of biological, psychological, sociological and bodily makeup of an individual. In video games and sports activities now not simplest physiological factors but additionally psychological factors play a crucial role in figuring out the overall performance stage of a character. But, exceptional essential is assigned to psychological parameters in aggressive sports. Many professionals endorsed that individuals are affected not merely via their physical and techno-tactical capability but additionally through their psychological make-up.

REVIEW OF LITERATURE

AMANDEEP SINGH AND AMRITPREET SINGH (2017) The goal of present examine was to evaluate the social help among person, team and dual sports activities athletes. The individual, team and twin recreation athletes were differed at the sub-variables family and buddies. However no tremendous differences were mentioned among individual, group and twin game athletes on social guide.

GORAN RANKOVIĆ ET AL (2010) Physical potential of athletes is a crucial element of fulfillment in sports activities achievements. Cardio capability has been typical as its predominant thing. Maximal oxygen uptake (VOTmax) has been regarded via majority of authors because the quality indicator of cardio capacity of an organism, and on the identical time, the fine indicator of an athlete's bodily ability.

TOKTAM KIANIAN ET AL (2017) Bodily pastime is a few of the most tremendous elements behind sleep fine. But, there is restricted information on the consequences of various kinds of physical activity on sleep high-quality. This take a look at aimed to compare the outcomes of aerobic and anaerobic exercising on sleep great among male nonathlete college students. Exercising, either aerobic or anaerobic, extensively improves sleep great among male nonathlete college students.

VAZGEN MINASIAN ET AL (2014) For the reason that correlations have been found between frame composition and physical interest in different components of the sector, inaction and negative physical situation probable contributes most important factors in formative year's obesity. This observes become applied to decide the connection between cardiovascular fitness and frame-composition in a set of Iranian middle faculty students.

BADAMI SUKANYA AND BARAGUNDI MAHESH C (2017) Study's findings inside the alternate 3 many years have shown that physical inactiveness and a negative way of life has significantly threatened health and hastened the deterioration charge of the human frame. Maximum oxygen uptake (VO₂max) is taken into consideration the nice indicator of aerobic health. As a result the existing have a look at became achieved to examine the maximum cardio potential between students of medical education main a sedentary lifestyles and students of bodily education leading a sedentary lifestyles.

BOUFADENE OTHMANEA AND RYAD ALI EL RAOUIB (2015) The take a look at aimed to recognize the impact of c programming language schooling at the indicators of cardio potential, and understanding the life of variances between the exchange parentages of these capabilities after the training, as that the researcher meant that there are variances with statistical importance between pre and submit measurement in cardio skills after c programming language training, and according to the character of the studies that depends on experimental approach, it's been chosen a sample studies non randomly which consist of gamers.

Methodology

To attain the purpose of the take a look at the investigator randomly selected 15 boys and women gamers from various excessive schools in Coimbatore district. Their age ranged among 12 to 14 years. Completely 30 subjects were decided on. The mental variables selected for this examine was sports motivation. Sports activities success motivation Questionnaire is used for the have a look at. For testing mean distinction most of the boys and women gamers the extent of importance changed into fixed at 0.05 level of self-assurance. The information became gathered as according to the same old process. It became in comparison with the aid of calculated way of ratings. The same old deviation and standard errors for the accrued statistics became computed. In addition "t" ratio changed into calculated for all the ratings (sports activities success motivation).

Discussion

The purpose of the present research changed into to examine the workout motivation of male and woman under 17 soccer players of Public high college. The findings of this work shows that feeling of joy and satisfaction, sensing the blessings and valuable outcomes of recreation,

internal self-belief, feeling the need for physical sporting events, enjoying intellectual hygiene and reduction of intellectual strain, pride of the preference for relatedness, weight loss and health were the most crucial exercise motivations for human beings to participate in sport in faculty. Because the effects of this research suggests woman players and the male players have an identical stage of exercise motivation which isn't widespread. Female soccer players scored better at this suggest than male soccer players.

One cause of the girl's ratings at the scoring can be because of the stereotype and/or perception that muscular women do not appearance female. Indicates that gender function struggle can arise in woman athletes whilst women desire to construct athletic frame (muscular tissues), but additionally want to remain appealing to guys. In line with concept a tendency of one of the mental components of motivation might expect dominance in one of the social additives on motivation of both opposition and cooperation. Because there were no enormous differences among men and women inside the workout motivation scales, one cannot expect dominance at any social additives of motivation with the subjects in this examine. Therefore it's far proposed that destiny investigations should hold to explore gender variations in fundamental want delight as a way to gain a higher knowledge of the motivational techniques underpinning recreation activities.

Conclusions

Achievement motivation has been conceptualized in many distinctive approaches. Our knowledge of fulfillment-relevant outcomes, cognition, and conduct has stepped forward. No matter being similar in nature, many achievement motivation procedures had been evolved one after the other, suggesting that most achievement motivation theories are in concordance with one every other in place of competing. In fact, this type of belief became blind because of male ruled society. However, current researcher reveals the other reality and indicates that the lady is properly in studies in owning higher result in examination. But, typical scenario exhibits the psychological states of men and women are more often than not comparable. The end result of the existing have a look at also supports the identical and, then, there may be no distinction between boys and girls in sports fulfillment motivation level.

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