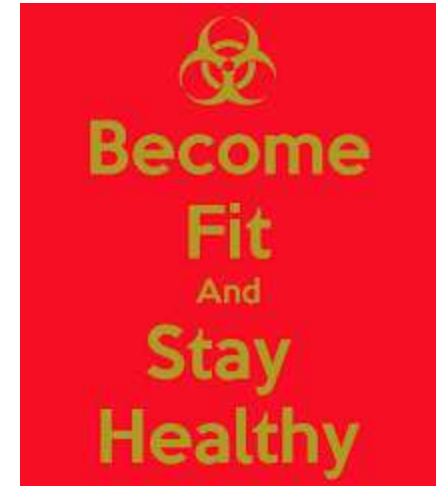


# STAY FIT & HEALTHY AGAINST COVID-19



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# Tips for Stay Fit & Healthy

- **Get up early in the morning (4:30 – 6:30 a.m.)**
- **Take proper Sleep regularly (Minimum 7-8 Hours)**
- **Take proper rest regularly (between 2-3 hour work)**
- **Take Healthy food regularly (1 breakfast + 1 lunch + 1 dinner)**
- **Drink Water regularly (Minimum 2-3 litre daily)**
- **Do exercise – Yoga – Pranayama regularly (Minimum 30 minutes)**
- **Do Surya Namaskar regularly (Minimum 30 minutes)**
- **Walking – Run/Jogging-cycling regularly (Minimum 30 minutes)**
- **Indoor – Outdoor Sports regularly (Minimum 30 minutes)**
- **Use Ayurveda for Immunity buster**

# Basic Exercises

- **Warm up before**  
walking/Running/Cycling/Playing/Exercise
- **Cool down after**  
walking/Running/Cycling/Playing/Exercise
- **Stretching Exercises :**  
Arm/Leg/Neck/ankle/knee/wrist/waist
- **Plank**
- **Push ups**

# Basic Exercises

- **Sit ups**
- **Pull ups**
- **Crunches exercises**
- **Jumping exercises**
- **Gym exercises**
- **Walking/running /cycling**
- **Playing sports**

# Basic Exercises

## Oxford Stretching Regime

**FENCERS CLUB**

- 1** **Big reach**  
Reach as high as possible.
- 2** **Toe touch**  
First to touch the back, then to touch the floor.
- 3** **Neck roll**  
Roll to the sides and forward, don't roll back.
- 4** **Shoulder roll**  
Roll the shoulders forward and back.
- 5** **Shoulder stretch**  
Roll the shoulders.
- 6** **Side reach**  
Stretch to the side, keep the shoulders in line with the legs.
- 7** **20/20**  
Quadriceps  
Subtract by bending "up".
- 8** **Quadriceps**  
Find a wall, stretch the back foot and roll.
- 9** **Runner's stretch**  
Keep the legs aligned, back one foot in, and lean forward.
- 10** **Green thigh hug**  
Pull the leg up and hug it.
- 11** **Lower back**  
Curl the leg, and lean lower back with other.
- 12** **Posterior stretch**  
High up, or variant: drag against the foot.
- 13** **Ankle and flexor and tensor the ankle**
- 14** **Thigh hug**  
Stretch the glutes.
- 15** **Resistance leg**  
Group together and pull back, meanwhile straightening leg, variant: push for down.
- 16** **Sufficient Frog**  
Frog together, and the legs to the floor.

## Tus Estiramientos imprescindibles

- 1** **Estiramiento de la espalda**  
Estiramiento de la espalda y de los brazos.
- 2** **Estiramiento de la espalda**  
Estiramiento de la espalda y de los brazos.
- 3** **Estiramiento de la espalda**  
Estiramiento de la espalda y de los brazos.
- 4** **Estiramiento de la espalda**  
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Estiramiento de la espalda y de los brazos.
- 16** **Estiramiento de la espalda**  
Estiramiento de la espalda y de los brazos.
- 17** **Estiramiento de la espalda**  
Estiramiento de la espalda y de los brazos.
- 18** **Estiramiento de la espalda**  
Estiramiento de la espalda y de los brazos.

**adidas**



# Basic Yoga asana

યોગ કરતી વખતે ધ્યાન માં રાખવાની બાબતો:

- આસન બાંધતાં અને છોડતા સમયે ઉતાવળ ન કરવી જોઈએ. ખોટી બળજબરી ન કરતા ક્ષમતા અનુસાર યોગ અભ્યાસ કરવો.
- પ્રાણાયામના અભ્યાસ દરમ્યાન પૂરક, રેચક અને કુંભક પણ અભ્યાસની ક્ષમતા અનુસાર જ કરવા જોઈએ.
- શારીરિક ક્ષમતા કરતા વધારે લાંબા સમય સુધી યોગ અભ્યાસ કે પ્રાણાયમ કરવાથી લાભને સ્થાને હાનિ થવાની શક્યતા રહેલી છે.
- પ્રારંભના અભ્યાસીએ દસ-દસથી વધુ પ્રાણાયામો ન કરવા જોઈએ. ક્ષમતા વધતા ધીમે-ધીમે પ્રાણાયામની સંખ્યામાં વધારો કરી શકાય છે.
- હૃદયરોગ, સંધિવા, ડાયાબિટીસ, સગર્ભા સ્ત્રીઓ અથવા અન્ય કોઈ પણ શારીરિક કે તબીબી સમસ્યા ધરાવતા વ્યક્તિએ યોગ અભ્યાસ અને પ્રાણાયામ કરતા પહેલા નિષ્ણાત કે ડોક્ટરની સલાહ લેવી આવશ્યક છે.

# Basic Yoga asana

• ઉભા – ઉભા કરવાનાં આસનો

તાડાસન



વૃક્ષાસન



પાદ હસ્તાસન



અર્ધ ચક્રાસન



ત્રિકોણાસન



# Basic Yoga asana

• બેઠાં – બેઠાં કરવાનાં આસનો

ભદ્રાસન



અર્ધ ઉષ્ઠાસન



શશાંકાસન



વક્રાસન





# Basic Yoga asana

- પેટ પર સૂતા – સૂતા કરવાનાં આસનો



# Basic Yoga asana

- પીઠ પર સૂતાં – સૂતાં કરવાનાં આસનો



# Basic Pranayama

नाडी शोधन /  
अनुलोम-विलोम



पांय आवर्तन

कपालभाति



१० थि २० स्ट्रोक - ३ वार

भ्रामरी



पांय आवर्तन

भस्त्रीका



# Surya Namshkar/सुर्यनमस्कार

## 12 सुर्य नमस्कार मंत्र

1. ॐ मित्राय नमः
2. ॐ रवये नमः
3. ॐ सूर्याय नमः
4. ॐ भानवे नमः
5. ॐ खगय नमः
6. ॐ पुष्णे नमः
7. ॐ हिरण्यगर्भाय नमः
8. ॐ मारिचाये नमः
9. ॐ आदित्याय नमः
10. ॐ सावित्रे नमः
11. ॐ आर्काय नमः
12. ॐ भास्कराय नमः



# Indoor Sports

(During Lockdown period)

\*As Permission given by the Govt./Authority

- **Table Tennis at home**
- **Chess at home**
- **Carrom at home**
- **Badminton in Society/Street**



# Outdoor Sports

(During Lockdown period)

\*As Permission given by the Govt./Authority

- Gully Cricket
- Volleyball in society/Street
- Badminton in society/Street

# Outdoor Sports

(During Lockdown period)

\*As Permission given by the Govt./Authority

- All Local/Deshi Games for Children

- |                  |                          |                    |
|------------------|--------------------------|--------------------|
| – ડબ્બા આઇસ-પાઇસ | – નદી પર્વત              | – ચોર પોલીશ        |
| – સંતા કુકડી     | – કોથળા દોડ              | – આમલી પીપળી       |
| – પકડ દાંવ       | – લીંબુ ચમચી             | – આંધળી ખિસકોલી    |
| – સાત થીકડી      | – ગીલી દંડા (ટોલા દાંડી) | – માચો             |
| – સાંકળ          | – આંધળો પાટો             | – તાસ/પત્તાની રમતો |
| – સાપ સીડી       | – કોળી                   | – લખોટી ની રમતો    |
| – ઉભી ખો         | – અંતાક્ષરી              | – દુધ કોલ્ડ્રીક્સ  |
| – ચલક ચલાણી      | – લંગડી દોડ              |                    |

# Use Ayurveda RECOMMENDED by Ministry of AYUSH



## COVID-19 Crisis



Ministry of AYUSH recommendations, based on Ayurvedic literature and scientific publications, for preventive health measures and boosting immunity with special reference to respiratory health.

### Measures for Enhancing Immunity

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes.
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.

### Simple Ayurvedic Procedures

- **Nasal Application**– Apply Sesame Oil/Coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- **Oil Pulling Therapy**– Take 1 table spoon Sesame or Coconut Oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

## Immunity Boosting Measures for Self-Care

### Ayurvedic Immunity Enhancing Tips

- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (Natural Sugar) and/or fresh Lemon Juice to your taste, if needed.
- Golden Milk- half tea spoon Haldi (Turmeric) powder in 150 ml Hot Milk - once or twice a day.

### Actions During Dry Cough/Sore Throat

- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway Seeds) can be practiced once in a day.
- Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
- These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

# BMI: BODY MASS INDEX

- $BMI = WEIGHT (Kg) / HIGHT (meter^2)$

The **formula** for **BMI** is weight in **kilograms** divided by hight in **meters** squared. If hight has been measured in centimeters, divided by 100 to convert this to meters.

<b>Under weight</b>	=	<b>less then 18.5</b>	
<b>Normal BMI</b>	=	<b>18.5</b>	- <b>24.9</b>
<b>Over weight</b>	=	<b>25.0</b>	- <b>29.9</b>
<b>Obese</b>	=	<b>30.0</b>	- <b>and above</b>
<b>Obese class-I</b>	=	<b>30.0</b>	- <b>34.9</b>
<b>Obese class-II</b>	=	<b>35.0</b>	- <b>39.9</b>
<b>Obese class-I</b>	=	<b>40.0</b>	- <b>and above</b>

# References

1. <https://bmicalculatorindia.com>
2. [www.ayush.gov.in](http://www.ayush.gov.in)
3. [www.sgsu.gujarat.gov.in](http://www.sgsu.gujarat.gov.in)



**THANK**

**YOU**