



VIDHYAYANA

ISSN 2454-8596
www.MyVedant.com

An International Multidisciplinary Research E-Journal

PHYSICAL EDUCATION TEACHER IS ENTREPRENEUR OF POST COVID-19

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Abstract

Current Paper highlights how teacher become Entrepreneur of post covid-19 because teacher is the real role model of society its prove from many ways after pandemic finish then real challenge for every one including state and central government it's very difficult survival for each one whether it is job, education, social, political, economically, etc.

In such situation very difficult for recovery every personnel face with physical mental depression and so many health issues will be come forward and that is big challenge for everyone how to come up from such situation.

This paper mainly highlighting those points after post COVID-19 Physical Education teacher will be a main Entrepreneur for society because he/she knows how to tackle physical, mental health issues and give them fun, enjoyment activity. So they can give their output in their work also with research they can bring good remedy.

Keywords: – Teacher, Entrepreneur, physical, Mental, Health, Fun, Enjoyment

Introduction: –

Teacher Meaning & Definition: –

A teacher is a person who helps students to acquire knowledge, competence or virtue. Informally the role of teacher may be taken on by anyone. Leaders are teachers or teachers in training, high school or normal school students, potential lawyers, businessmen, or “ordinary” people. CITATION Wik20111033 (*Wikipedia, 2020*)

What is a Physical Education Teacher?

Physical education teachers, commonly known as P.E. teachers are liable for the education of primary and secondary school students in physical activity. Physical education teachers have different personalities. They tend to be social individuals, which mean they're kind, generous, cooperative, patient, caring, helpful, empathetic, tactful, and friendly. They excel at socializing, helping others, and teaching.



Entrepreneur: –

Entrepreneurship is the capability and eagerness to develop, organize and run a business enterprise along with any of its uncertainties in order to make a profit. The most prominent example of entrepreneurship is the starting of new businesses.

Concept of Entrepreneurship: –

This refers to those who “undertake” the risk of new enterprises.

Entrepreneurship is a process of actions of an entrepreneur who is a person always in search of something new and exploits such ideas into gainful opportunities by accepting the risk and uncertainty with the enterprise.

CITATION sim2011033 (*simplynotes, 2020*)

Physical And Mental Challenges: –

Post COVID-19 people will face many challenges related to physical aspect. People will have to keep their self physically and mentally fit. During this lockdown period of 40 days people were restricted to going out of their house for safety purpose they won't be able to visit garden, gym. By sitting home for such a long period people will gain obesity and become lazy. Many people who completely determined to maintain their fitness do exercise, practices yoga at home but not everyone. There are many people who don't do exercise or yoga and this thing are very dangerous for their health. While they are at home they just eat, sit, and sleep and this routine will harm their body in both the ways physically as well as mentally. A lack of activity increases the chances of many heart diseases, heart attack, diabetes, hypertension, depression and other diseases. So after the lockdown people have to gain their physical and mental fitness level. Physical education teacher can guide them to gain their fitness by giving them physical as well as mental activities, exercise.

Role of physical education teacher: –

Physical education teachers now involve students in much more than game play. Recent developments have directed the physical education prospectus towards the goal of overall wellness and teachers now include health and nutrition subjects into their classes.



Generally, physical education teachers teach students many physical activities relevant to curriculum necessities. While teachers are normally permitted to create their own course syllabi, those outlines must follow to school guidelines as well as the prospectus standards set out by governing bodies in the state, region or country.

How Physical Education teacher will help post COVID-19: –

Post COVID-19 people have to start their routine life and for this they have to keep themselves physically and mentally fit. Physical education teacher knows the exercise and many ways to help your body to gain physical and mental fitness level.

By giving exercise to maintain your Physical health:

Regular exercise is one of the best things and it has many benefits, it will improve your complete health and fitness, and reduce the chances of many dangerous diseases.

- **Endurance, or aerobic,** exercise improves your breathing and heart rate. They keep your heart, lungs, and body system fit and improves your overall health. Exercises like brisk walking, jogging, swimming, and cycling improve your fitness.
- **Strength, or resistance training,** exercise helps you in achieving strong muscle. Lifting weights exercise and use of resistance band improves strength.
- **Balance** exercises help you in walking on uneven surfaces and help prevent falls. Exercises like try tai chi and standing on one leg develop your balance skill.
- **Flexibility** exercises make your body limber these exercises stretch your muscles. To make your body flexible Yoga and doing various stretches.

By giving exercise to maintain your mental health:

We all know exercises make you physical fit but it also makes us mentally fit as well. Expert says that increasing your activity level from nothing to thrice a week, will reduce depression by 30%.

WALKING: – Running almost calms you down instantly, if you have a fairly busy mind and prone to some pretty dark thoughts. Walking is very easy and simple so that moving your body, effortlessly and enjoyable. Physical activities have a huge potential to amplify our



wellbeing. Even a short 10 minutes brisk walking can increase your mental alertness, energy and positive mood. Good running may help you to fall asleep easily at night which benefits your overall mental health and improves your memory, lowers your stress levels, and protects from depression.

AEROBICS: – Experts say that low-intensity aerobic activity is one of the best forms of exercise to procure positive thoughts and improving alertness. If you suffer from any physical health problems or prone to panic attacks that can affect breathing can start with a gentle, low impact exercise which may be the best choice initially.

STRETCHING: – Naturally, our muscles tense up when we are stressed. The slow, gentle movement of stretching calms down your mind and relieves from tension. Stretching is an effortless and effective way to reduce stress. Stretching can dramatically improve your body posture and guides your body and mind in a positive way.

YOGA: – If you'd like to complement stretching and walking with something literally and mentally, yoga could be the dynamic choice. Yoga is best in the business for acquiring better mental health is because it integrates body and mind. Experts believe that yoga mainly focuses on breathing, which helps to slow down and calm your mind and also beneficial for your mental health because when you're breathing deeply, it is difficult to be anxious. Yoga is like a gateway to people works deeply and helps them to understand what they need physically, mentally and emotionally.

MEDITATION: – Meditation is being the most powerful form of mind training practices, where you can control your mind and take yourself to a different state where your soul meets your mind. During the initial stage of practice, it may be impossible to control your mind because of your tension, stress and problems which make you mentally unstable. But, practicing continuously, you can gain control over your mind and body. CITATION SUN2011033 (*HOSPITAL, 2020*)

Fun and Enjoyment: –

Many people find it difficult to keep up with their exercise routine. Especially after such a long lockdown people have to more determined and focused about their workout routine. So



if they get bored to practice any kind of exercise routine Physical Education teacher will give them few simple steps to keep their fitness routine a fun and enjoyable.

Ways to keep exercise routine fun and enjoyable: –

Embrace your inner child: – What types of activities did you enjoy when you were a kid? Did you participate in an organised team sport or do something less structured? Give them a try again. Take time out to discover what suits your physical, emotional and social needs.

Find an exercise buddy: – Let's face it, we're more likely to stick to physical activity if we do it with friends or family. It's a great way to catch up and a great motivator.

Explore the local community: – Join a club or community group – it's a great way to meet new people who may even become lifelong friends. You'll be surprised how many opportunities are out there – from leisure centres and sports clubs to parks, trails, swimming pools and classes. Local councils and libraries can help you track them down.

Be kind to yourself: – Make sure you have a medical check up before starting any form of physical activity, especially if you're over 40, overweight, haven't exercised for a long time or have a chronic illness. Fill out this pre-exercise self-screening tool for adults.

Start small: – Increase your activity time and intensity gradually. Take extra care if you are new to exercise or haven't exercised for a while. Start out gently and build your endurance little by little – this way you'll avoid overdoing it or injuring yourself! It's a good idea to start with 10 minutes each day at first and then eventually work your way up to 30 minutes or more.

Mix it up: – Not only does a range of activities keep your interest up, they challenge different muscles. If you're time and budget poor, be creative and look for other alternatives. Walk or cycle to work, take the stairs or leave the car at home when running errands. Buy some exercise equipment for home, such as online exercise videos or DVDs. A stationary bike is fun to ride while watching TV.

Up for a challenge?: – Keep up your interest by trying new activities. You may like to join others and sign up to a local fitness event, such as a fun run that raises money for a good cause. You'll not only be helping yourself, but others in the process.

Try a mantra: – Replace 'no pain no gain' with 'no fun no future'. If you are not enjoying yourself, you won't be able to sustain it.



Be realistic: – Set a mixture of short and long-term goals that are achievable and you can measure. When you first begin, mark dates and times in your diary for exercise sessions. Review your progress regularly and focus on what you have achieved.

Don't beat yourself up: – If you miss a session that's okay, even elite athletes need downtime after participating in rigorous activities. If you're not in the mood, it's important to focus on how exercise makes you feel – it not only relieves stress but helps fight sadness and depression!

Reward yourself: – Give yourself a reward each time you reach a fitness goal. It gives you the incentive to keep going. Treat yourself to something you enjoy, but make sure your rewards match your healthy lifestyle. As you make progress, you may find you end up rewarding yourself with something physical, such as a walk by the beach or river after a hard day's work! CITATION Bet20 1 1033 (*Channel, 2020*)

Conclusion: –

On the basis of the foregoing discussion, it may be concluded that post COVID-19 situation is might be very dangerous for people. They will find it difficult to return to their normal routine. In lockdown they might find it difficult to maintain their fitness level. So after the lockdown they need to get back to their normal routine and Physical Education teacher can help them. Physical Education teacher knows the exercises which make them physically and mentally fit and even make it fun to do. Physical Education teacher is very important in Post COVID-19 situation to maintain fitness level of citizens.

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