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# **SPORTS, PSYCHOLOGY AND PANDEMIC**

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SOME APPROACHES



**क्रीडा, मानसशास्त्र आणि महामारी : काही दृष्टिकोण**  
**Sports, Psychology and Pandemic: Some Approaches**

:: संपादक ::

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18.

**Nutrition, Exercise and Immune Function**

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*Abstract: It benefits encompass healthy habits including nutrition and exercise programmes may result in improved health of peoples. The immune system was protect the host from infectious agents that exist in the environment i.e. bacteria, viruses, fungi and parasites. Immune functions may be stimulated by nutrition and exercise. Micronutrients are extremely important for the proper functioning of your body. Consuming an adequate amount of the different vitamins and minerals is keys to optimal health and certain minerals may also play a role in preventing and fighting disease. Exercise may be reducing your chance of getting a cold, flu, or other illness and different protects against a variety of diseases. The better health physical activity should be performed regularly. To need for people of all age to includes a minimum of 30 minutes of physical activity of moderate intensity. Healthy nutrient food and regular practice of physical exercise may be positive effect to develop immunity system.*

**INTRODUCTION:**

Lack of physical exercise, inadequate nutrition, psychological stress and lack of sleep can also depress immunity system and lead to increased risk of infection. The lack of diet and exercise directly effects on abnormalities are seen in cell mediated immunity, complement system, phagocyte, cytokine, mucosal secretory antibody response, and antibody affinity. The addition nutrient the diet and physical activity can restore immune function and resistance to infection. Boosting your immune system may be as simple as getting more exercise and eating healthy food. Defending against disease-causing microorganisms is called as Immunity system. But sometimes it fails a germ invades successfully and makes you sick. It is functions better when protected from microorganisms assaults and bolstered by healthy