



OUTBREAK OF COVID -19: HOW TO STAY HEALTHY AND CONQUER BOREDOM

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Abstract: The COVID-19 pandemic implies that huge numbers of us are remaining at home and doing less exercise and social communications. This can impact on our physical and emotional wellness. We are altogether acclimating to a new and strange way of life, it can be a hazard to our psychological prosperity. Instead of sitting idle and brooding about random kinds of stuff, you should overcome your boredom by doing productive things. This article includes few tips to stay healthy and conquer boredom at home during this period of confinement. Regular exercise activates our lymph system and dead cells are neutralized by it also at the same time cancerous cells are thrown out. While we are doing exercise, chemicals are released by the body such as serotonin, norepinephrine, endorphins, and dopamine can help improve mood and make the person more relaxed, helping with stress and reducing the risk of depression. We should try to stay in playful zone which means being anxiety less, stress less, be happy all time, do something in between when you laugh, be creative, whenever you have anxiety try to link with happiness, so you forget anxiety. The outbreak of COVID-19 has affected almost all over the world which is gradually getting worse for survival leading to a situation where almost everyone is feeling the uncertainty about the future. A small virus has impacted the whole world in a very big way economically, socially, and psychologically. In the current situation, it's normal to have a negative emotional feeling such as stressed, upset, frustration, feared, avoided, ignored, etc. Healthy eating, doing physical activities, reducing stress, and getting enough sleep will surely help support normal immune functioning.

Key Words: Health, Emotional Wellness, Boredom, Diet, Sleep.

INTRODUCTION

Technological advancement has lead to an easier lifestyle which has made people less active. Instead of walking we drive cars or take public transport, we use washing machines to wash our clothes. Fewer individuals are accomplishing manual work, and a large portion of us have employments that include minimal physical exertion. Work, family tasks, shopping, and other vital exercises are far less requesting than of past ages. We move around less and consume off less vitality than individuals used to do in past ages. A study says that many adults spend more than 7 hours a day sitting down, at work, on transport, or in their leisure time. Individuals with an age of 65 years and more go through 10 hours or more every day sitting or resting, making them the most inactive age gathering. Inactivity is limned as a "silent killer". The proof is developing that inactive conduct, for example, sitting or resting for significant stretches, is terrible for wellbeing. In addition to the fact that you should attempt to raise your activity levels, you should attempt to reduce the amount of time you spend sitting ideal.

The COVID-19 pandemic implies that huge numbers of us are remaining at home and doing less exercise and social communications. This can impact on our physical and emotional wellness. We are altogether acclimating to a new and strange way of life, it can be a hazard to our psychological prosperity. As inviting as it may be to remain in nightgown throughout the day, ordinary schedules are basic for our character, fearlessness, and reason.

Instead of sitting idle and brooding about random kinds of stuff, you should overcome your boredom by doing productive things. Being productive helps to avoid lingering and can facilitate to boost your personality and special skills. So, entertain yourself by doing fun things.

Below are a few tips to help to stay healthy and conquer boredom at home during this period of confinement.

PHYSICAL HEALTH

To keep our mind healthy it is essential to keep our body active. There are lots of ways to be active such as doing regular exercise, walking regularly, yoga, and workouts. Being active will reduce boredom. During the COVID-19 pandemic, we are staying at home and sitting down more than we usually do. So it has become difficult for us to access gyms, sports facilities and stadiums, swimming pools, playgrounds, aerobics or dance class, etc. where we used to do our exercise daily, which means that all of us are not actively participate in individual or group sporting or physical activities. But that does not mean we should stop being physically active, at a time like this, people of all ages and abilities need to be active as much as possible.

Regular exercise activates our lymph system and dead cells are neutralized by it also at the same time cancerous cells are thrown out. We can easily do deep berating, brisk walking, yogas even while we are at home. One should be active; it should not happen that you are living a passive life or dormant life. If you are not regularly doing exercise and are being inactive then your body cells and muscles start being converted into fat tissues.

Being active diminishes pressure, expands vitality levels, can make us progressively alarm, and assist us with better resting. Investigate various methods of adding physical activity to your day and discover which works best for you. Even at home, there will be lots of ways to exercise and keep your body moving with no equipment and with limited space. There is a wealth of free and open web apparatuses focused on empowering individuals, considered all things and capacities to remain dynamic and versatile while staying at home.

World Health Organization (WHO) on 6 April launched a campaign “Be Active” on the United Nations International Day of Sport for Development and Peace to encourage people to be active, healthy and exhibit commonness during this period of social distancing. WHO recommends Healthy At Home and all healthy adults do at least 30 minutes a day and children at least 60 minutes a day of physical activity. To support individuals in staying physically active while at home, WHO/Europe has prepared a set of examples of home-based exercises that can be followed which can be found on the website.

While we are doing exercise, chemicals are released by the body such as serotonin, norepinephrine, endorphins, and dopamine can help improve mood and make the person more relaxed, helping with stress and reducing the risk of depression.

MENTAL HEALTH

Measures are being taken to restrict movement as part of efforts to reduce the number of people infected with COVID-19, which has to lead us to make huge changes to our daily routines.

It will require some investment of time to become habitual to the new reality of work from home, kids' self-teaching or online learning, and absence of physical contact with other relatives, companions, and associates. Adapting to lifestyle changes and managing the fear of contracting the virus and worry about people close to us are challenging for all of us. These can be particularly difficult for people with mental health conditions. Luckily, we can do a ton of things to take care of our psychological well-being and help other people who may require some additional help and care.

Stay in playful Zone – anxiety less, stress less, be happy all time, do something in between when you laugh, be creative, whenever you have anxiety try to link with happiness, so you forget anxiety.

In the current situation, it's obvious that you get bored when you get bored try doing creative things, and bring out your hidden creative skills. Being inventive and doing innovative kinds of stuff will make the mind occupied and will lessen the weariness. Following are the creative ways of killing boredom during a situation of lockdown due to COVID-19:

Read: The first thing which you can do is reading. A book is always a good companion. Understanding books and magazines lessen fatigue. An author's words can assist you in taking a psychological vacation. Reading books can awaken the inner child within you, as well as feelings of wonder and nostalgia. At the point when you are exhausted, select a book of your preferred type. Books consistently give a brilliant magnetic dip and will assist you with forgetting the entire world around you. Learn about something you find energizing. Change the class of books you typically read; not simply fiction, attempt to peruse self-portrayal of renowned and moving characters, like APJ Abdul Kalam, Barack Obama, Abraham Lincon, Gandhiji, etc. If you don't have physical books with your

reading that can be done online, various websites provide a free reading of books online eg. Google books, Amazon Kindle, etc.

Watch funny videos: The Internet plays a major role in entertainment. There are wide scopes of watching recordings accessible on the web. In the ongoing occasions, online entertaining recordings have obtained enormous popularity, the main purpose for this is the way that these recordings have a gigantic and profound effect on its watcher. The greater part of the individuals loves to watch interesting recordings since it revives their brain and brings down their feeling of anxiety. You will be amazed to know that there are various benefits of watching these videos such as Physical health benefits of laughter: boosts immunity, lowers stress hormones, decreases pain, relaxes muscles, prevents heart disease; Mental health benefits of laughter: adds joy and zest to life, eases anxiety and tension, relieves stress, improves mood, strengthens resilience. It is genuinely said that laughing is a decent medication since it keeps your mind unwind and it enhances your body's immune system. At the point when you feel bored, observe some funny recordings and comedy clips online to engage yourself. Laughing is probably the best treatment for slaughter weariness.

Listen to music or sing a song: Music is the best medication for stress, nervousness, and fatigue. At the point when you feel exhausted, tune in to your favorite tune. Some energetic melodies can change your mindset. Along these lines, listening to a favorite tune helps to conquer weariness. You can likewise sing a melody when you feel exhausted. Singing declines the feeling of anxiety and improves mental sharpness.

Scan old photos: It is amusing to search and see old photographs. Returning to your old photographs collection will bring back plenty of sweet memories all at the same time you can understand how your life has changed. If you don't have any photograph collection, view the photographs which you have posted on Facebook, Instagram, and so on when you are exhausted.

Open your imaginative side: as now daily you have ample of time, one of a great way is to open up the masterful side of yourself, and it is entertaining. Expressing your imagination and dreams with a paintbrush is always fun. It tends to be the best method of helping your empty mind to invigorate for new learning. Underneath here are a couple of methods of doing it:

- **Sketching:** Doodling, sketching, or drawing is one of the best ways to engage your mind in creativity. If you are already an expert in drawing pictures then, visualize some images in your mind and try to sketch your imagination. If you are not an expert and have no idea what to draw then, look at the images of any cartoon characters or any other type of images that are available in books, magazines, or newspapers and draw it.
- **Coloring:** Coloring is a creative way to reduce boredom. Whenever you feel bored, take out some colors, and start painting or coloring. Be it a watercolor or a crayon, select the colors of your choice, and try to give a beautiful shade to the picture. Draw your picture and color it or else pick a coloring book or any black and white newspaper and try to color the images as per your choice. Painting or coloring an image for a few hours will give a big refreshment to the mind.
- **Craftworks with waste objects:** If you're bored because you're stuck at home, there are a lot of crafts you can do with objects lying around the house. This can help lessen your boredom without forcing you to spend extra money or make an extra trip. Do some craft works using waste objects such as newspapers, plastic products, glass, ice-cream sticks, etc. whatever is available at home. Instead of throwing out the plastic bottles, containers and other waste products, you can convert the waste products into reusable products through creative craftworks, a plastic bottle can be reused as a storage container, water sprinkler, pen stand, mobile stand, etc. Similarly, you can do a lot of useful and decorative craft works at home when you are bored. For making creative craftworks, lots of useful videos are available online. Watch the videos and try at home. Doing crafts with waste objects will reduce your boredom and will also help you to develop your creative skills.
- **Clay modeling:** When you are bored, create models or creative figures using pottery clay or modeling clay. To play with clay you need not be a kid. People of all ages can play with clay and develop their creativity through clay modeling. Clay art also helps to improve interpretative skills, motor skills, concentration, and visualization. Clay modeling is one of the best therapeutic methods to reduce anxiety, stress, and boredom.

Learn a new language: Learning a new language can be fun as well as beneficial. It will open up new horizons for and will help in communication. With the online world being just a touch away, learning a new language can be very easy for example the most commonly used Google Translate can be used or else there are plenty of apps online that teach new languages and are designed in the form of a game so that you can have fun while learning.

Cooking: Cooking is an art, so whenever you feel bored, cook something new. Instead of cooking the common dishes you know, try some new recipe. Try a recipe that requires some efforts than daily cooking. In the current situation one has a lot of time so you can risk in your kitchen it is the only way you can discover new dishes and can get better in cooking. While cooking, your concentration will be completely on cooking and it will be a great diversion.

Clean your home and find new ways to decorate it: If you are too bored, clean the dust present in your home and decorate your rooms. Re-organize your closet and bookshelf at home. Cleaning the rack and arranging as per our choice is always fun and time-consuming. Clear the mess presents in the newspaper rack and re-arrange it neatly. While cleaning, you will be too busy clearing the kinds of stuff and will forget about your boredom.

Be Interactive

We are social beings we need to talk to people. Being in touch with your friends and family may ease the stress caused by COVID-19. Talking through your concerns and feelings may help you find ways of dealing with challenges. Getting support and care from others can bring a feeling of comfort and stability. Also assisting other people in their time of need and reaching out to someone who may be feeling alone or concerned can benefit both the person receiving support.

In these days of lockdown, we are usually in our homes, we don't go to college, school, or office and our daily routine has changed. If we sit alone and don't interact with friends and family members then obviously it leads to boredom. So, to break the monotony of not following the routine we must connect to friends and family. Following are the few ways:

- **Try to talk with the people around you:** in the current situation, you feel bored, talk with the people around you. Interaction with others can teach lots of things in life talk with elders and tell them to share their life experiences. By socializing one can learn good characters from others. Also at the same time, you can share your experience with others and gain knowledge from others. This is the time to build a strong relationship with neighbors and colleagues by talking to them. Interacting with others is a great time pass and the best ways to break the boredom. Engage with your children by talking to them about your childhood, playing board games, reading stories together, solving a puzzle, doing art and craft, or baking a cake together, etc. The ideas are plenty, it only needs your creative thinking to generate opportunities for togetherness and bonding.
- **Chat with your friends and family members:** have a chat with friends or family members who are not residing with you. Chatting with friends and family members will give happiness. Try to find old friends who are not in touch with you, a phone call to them try to discuss your old days with them. Remembering those old days with friends has always been fun for all. Talking about life and sharing joy and sorrow with your closed ones will help you to forget boredom. When you interact with people you don't know, you get the chance to break out of your comfort zone and change your view of reality altogether. Talking to friends can give you new ideas about being creative by listening to what they are doing.
- **Write an email or letter:** To lessen your boredom, you can also write an email or letter to a person whom you have not seen for a while. Share your feelings and spread positive words. Pouring your feelings in a letter or email will make you feel relaxed.
- **Create a blog:** If it feels a little silly to write with no particular goal, create your blog and start writing about your favorite subject or topic that interests you. For example, if you love watching movies, you can write movie reviews. Also, you can start blogging about music and songs which you like to listen to. You can write a blog on the places you have visited so far. By sharing your experience through your blog, you can get rid of boredom and can connect with a group of online peers. Blogging is one of the best ways to eliminate boredom and the readers can get information also.
- **Research Your Family Tree:** when you start surfing the web with one topic in mind and end up with some 20 sites later on something completely different? Genealogy is just like that, only instead of websites, you're finding your ancestors.

- **Clean Out Your Inbox:** we all have emails since long times might be 10 years or above, and we get lots of emails daily, so till now we might have collected many unwanted or not useful mails in our inbox. Just try to delete junks and older mails from your inbox and no one knows you might get some idea or some work to eliminate boredom. You'll be amazed at how freeing an empty inbox can be.

Relaxation Technique which can be helpful to overcome Boredom

Relaxation techniques are one of the extraordinary methods to help in relieving the stress. Relaxation isn't just about mental peace but it is a process of decreasing stress in our mind and body. Relaxation procedures can assist with adapting to regular pressure by identifying stress and finding ways of curing it also helps relieve pain in the body.

Relaxation methods can help in easing pulse rate, bringing down circulatory strain, easing back your breathing rate, keeping up optimal glucose levels, lessening movement of stress hormones, improving rest, boosting certainty to deal with issues. To get the most advantage, use relaxation techniques alongside other positive adapting techniques, for example, thinking decidedly, discovering humor, critical thinking, overseeing time, getting enough rest, and connecting with strong loved ones.

Types of relaxation techniques include:

- **Meditation:** in this technique sit comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future. Research suggests it may be helpful for people with anxiety, depression, and pain. Through meditation, you can feel relaxed and find calmness. While doing meditation, your mind and soul will be focused. Meditation not only eliminates boredom and brings calmness, but also reduces anxiety, keeps your body healthy and also gives more psychological and spiritual benefits. In the current situation, people are dealing with lots of stress in daily life, meditation can prove to be one of the best techniques to relieve stress. Our brain is mostly like a boiling pressure cooker and it needs rest so that the body can rejuvenate and heal itself for oncoming activities.
- **Progressive muscle relaxation:** Progressive muscle relaxation is a two-step process in which you systematically tense and relax different muscle groups in the body. You can also start with your head and neck and work down to your toes or in a reverse manner also. Tight your muscles starting from the bottom to head or head to the bottom for around five seconds and afterward release the tighten muscles. By practicing it regularly it will make you familiar with how tension and relaxation feel to various body parts. This can assist you in responding to the primary indications of the solid pressure that goes with stress. Furthermore, as your body unwinds, so will your brain feel relaxed.
- **Visualization.** In this relaxation technique, you create mental images to take a visual journey to a peaceful, calming place, or situation. By loosening up utilizing visualization technique, attempt to unite the same senses including smell, sight, sound, and contact. For example, if you are visualizing that you are relaxing at a seashore then think of considering the smell of salt water, the sound of smashing waves, and the glow of the sun on your body.

Other relaxation techniques that can be practiced are massage, deep breathing, yoga, biofeedback, music and art therapy, aromatherapy, hydrotherapy, etc.

EAT HEALTHY DIET

Eating a healthy diet is very important during the COVID-19 pandemic. Our diet and drinking habits can surely help our immune system to fight against the unwanted antibody and also in the recovering process from infection. Currently, there is no such research to support or any evidence that particular food or dietary pattern can prevent or cure COVID-19 infection but still healthy diets are important for supporting immune systems to stay healthy. As COVID-19 is one of the viral infection we can take food in such a way that we prevent viral infection. Also, we are staying in home we don't have access to the gym, aerobic class, swimming, etc. where we used to do the workout, thus we have minimized out the time of being active, so according to that few tips for healthy food pattern which we can follow during lockdown are as follow:

- **Balanced Diet:** make sure that your daily diet is a healthy and balanced diet that is rich with fruits and vegetables. This allows getting the required nutrients from food. A diet should also contain vitamins and minerals which are important for good health and normal immune functioning.
- **Vitamins:** the nutrients like copper, folate, iron, selenium, zinc, and vitamins A, B6, B12, C, and D that play an important role in our immune system.

- **Avoid Constipation:** eat in such a way that a diet doesn't lead to constipation, your stomach activity should be normal, increase fiber intake in the diet. When you increase fiber intake you will feel lightweight on the stomach.
- **Staying Hydrated:** good hydration is crucial for optimal health. Keep yourself hydrated you should not feel thirsty, many times watching movies or interesting serials you forget to drink water which is required for your body. Drink water at regular intervals; eat fibrous foods, like fruits, salads. When you dehydrate your body unbalance the bio-chemistry of water in the body which in return leads the body to go into fight or flight mode, due to this your immune fighting soldiers will affect. Avoid drinking large amounts of strong coffee, strong tea, and especially caffeinated soft drinks and energy drinks. These may lead to dehydration and can negatively impact your sleeping patterns.

I have been using *Kangen Water* for the past 6 months, so I suggest drinking alkaline water as it has several benefits including boosting immunity. If your immune system is boosted well it helps to neutralize the acidity from the body, which is generally caused by lack of nutrients in diet, stress, and environmental toxins. Due to the ionization process in which alkaline water undergoes it consists of more eminent oxygen and minerals good for the body which also helps in improving the digestive process. Alkaline water is said to have different minerals like magnesium and calcium, the two of which are significant for keeping up solid bones. Blood viscosity is a tool to measure hydration level in the body, the lower the blood viscosity is, the higher the hydration level ought to be. Several pieces of research suggest that the individuals who drink alkaline water will in general be more hydrated than the individuals who drink normal water.

- **Decrease sugar content in diet:** if you like to eat more sweets then take less. If you are not working hard as a farmer or athlete then minimize it. Cutting the excess amount of sugar from a daily diet is always a healthy habit. WHO recommends that ideally less than 5% of total energy intake for adults should come from free sugars (about 6 teaspoons).
- **Stay away from toxins:** if we consume more toxins in diet then it goes into the blood and directly to WBC, which may lead to an unwanted chemical reaction, our fighting cells surrender against this. Now how to remove toxins in the diet, eat less chemical food, eat high water content food, eat quality food, don't overeat dry food or junk food or trans fat like potato chips they are highly harmful to the body.
- **Limit your fat intake:** WHO recommends limiting total fat intake to less than 30% of total energy intake, of which no more than 10% should come from saturated fat. To achieve this, opt for cooking methods that require less or no fat, such as steaming, grilling, or sauteing instead of frying foods. If needed, use small amounts of unsaturated oils like rapeseed, olive, or sunflower oil to cook foods. To limit saturated fats, trim excess fat from meat and poultry, and choose skinless options. Reduce foods such as red and fatty meats, butter and full-fat dairy products, palm oil, coconut oil, solid shortening, and lard. Avoid trans fats as much as possible. Avoid foods that commonly contain trans fats such as processed and fried foods, like doughnuts and baked goods – including biscuits, wafers, frozen pizzas, cookies, and cakes, that include partially hydrogenated fat. If in doubt, minimally processed foods and ingredients are better choices.
- **Consume enough fiber:** Fiber contributes to a healthy digestive system and offers a prolonged feeling of fullness, which helps prevent overeating. To ensure an adequate fiber intake, aim to include vegetables, fruit, pulses, and wholegrain foods in all meals. Wholegrain foods include oats, brown pasta and rice, quinoa and whole-wheat bread and wraps, rather than refined grain foods such as white pasta and rice, and white bread.
- **Avoid alcohol:** Alcohol is not a part of a healthy diet at the same time drinking alcohol cannot prevent us from COVID-19. Alcohol is not only a mind-altering and dependence-producing substance but it is also harmful at any level consumed and it weakens the immune system. Under no circumstances should you consume any type of alcoholic product as a preventive or treatment measure against COVID-19. Alcohol is a psychoactive substance that affects mental state and decision-making ability which in turn makes you more vulnerable to risks, such as falls, injuries. Alcohol also makes certain medications less effective, while increasing the potency and toxicity of others. Do not consume alcohol in combination with medication, as alcohol will interfere with your liver functions and might cause serious problems, including liver failure. Frequent or excessive alcohol consumption increases your immediate risk of injury, as well as causing longer-term effects like liver damage, cancer, heart disease, and mental illness. There is no safe level of alcohol consumption.

- **Take a sunbath:** sunbath is essential as it gives vitamin D and we all know how vitamin d is helpful for the rest of the body. Many chemical reactions in our body we get only from the sun so it is necessary to take sunbath daily and regularly for 12-15 minutes.

GUIDELINES TO IMPROVE SLEEP

The novel coronavirus has brought the world into uncharted waters. Feelings of uncertainty and changes in daily routine life may lead to having more difficulty sleeping. With such remarkable changes going ahead so rapidly, it's reasonable that the significance of rest is flying under the radar.

How better is your sleep, it influences your psychological and physical wellbeing including your efficiency of doing a task, emotional equalization, mind and heart wellbeing, immunity, and even your weight. No other action conveys such a huge number of advantages with so little exertion. It's additionally a key advertiser of passionate wellbeing and emotional well-being, assisting with beating backpressure, misery, and uneasiness. There is a lot you can do to improve your sleep. Wind down before bed by avoiding using your phone, tablet, computer, or TV for an hour before bedtime. If you can't sleep, don't worry about it, get up from the bed and do something which can be relaxing for you like listen to some soft music or you can read some stuff until you get sleepy.

Sleep isn't simply a time when your body's physical activity is stopped but at the same time brain remains active occupied with the required biological process to maintain our body to be healthy. Sleeping for the appropriate hours is essential for working better, learning, being creative, and being at our actual potential level.

Sleep is a basic biological procedure, and it's highly significant when confronting the COVID-19 pandemic, as sleep becomes even more essential because of its wide-ranging benefits such as sleep empowers an effective immune system, sleep heightens brain function, sleep enhances mood, sleep improves mental health, etc.

- **Keep the sleep hours the same:** Going to bed at the same time and allowing your body to wake up naturally, will eventually establish a pattern of sleeping which helps teach your body to sleep better. The optimum sleep required to function at the best for an adult varies from 7 to 9 hours per 24 hours depending upon person to person. Keeping a customary sleep plan even during this pandemic helps to maintain the body's inside the clock and can assist to sleep easily and wake up with energy without any problem.
- **Create a restful environment:** dark, quiet, and cool environments generally make it easier to fall asleep and stay asleep. Listen to Slow Instrumental music. Also can use a ceiling or oscillating fan to create both a quiet and cool environment. The fan will move air in the room to keep you cool and it will also produce "white noise" to help mask the ambient sounds that may wake you up at night.
- **Put down the wake me up:** Cut down on alcohol and avoid caffeine (Tea, Coffee) close to bedtime. Caffeine and alcohol can stop you from falling asleep and prevent deep sleep.
- **Do exercise regularly:** Being active can help you sleep better.

CONCLUSION

The outbreak of COVID-19 has affected almost all over the world which is gradually getting worse for survival leading to a situation where almost everyone is feeling the uncertainty about the future. A small virus has impacted the whole world in a very big way economically, socially, and psychologically. In the current situation, it's normal to have a negative emotional feeling such as stressed, upset, frustration, feared, avoided, ignored, etc. Such emotions could be overcome by writing them down in a journal, talking to others, doing something creative, or practicing relaxation techniques.

Diet can be taken as poison or amrut. Try to prevent toxins from entering your bloodstream as it is an important thing. Healthy eating, doing physical activities, reducing stress, and getting enough sleep will surely help support normal immune functioning. Follow a daily routine and do things which feel you happy that will certainly help to feel that you are staying healthy, you are staying energetic and you are improving your immunity also.

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