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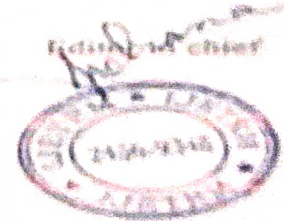
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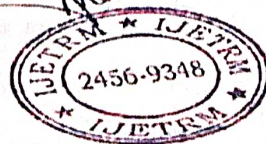
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**SOCIO-ECONOMIC, MENTAL AND MORAL PERSPECTIVES AFTER THE  
IMPACT OF COVID-19 AND IT'S WAYS TO RECOVER AT PRESENT**Nanigopal Das<sup>1</sup>Monoj Maiti<sup>2</sup><sup>1</sup>State Aided College Teacher, Department of Philosophy, Swarnamoyee Jogendranath Mahavidyalaya, Nandigram Purba Medinipur, West Bengal,<sup>2</sup>State Aided College Teacher, Department of Physiology, Bajkul Milani Mahavidyalaya, Kismat Bajkul, Purba Medinipur, West Bengal**ABSTRACT**

We find various destructive phenomena in this diversified world at anytime and anywhere. When we go through the history we find a disease that took the form a pandemic and leads the world towards destruction, e.g., Bubonic plague in 1720, cholera in 1820, again Spanish flu in 1920 and novel Corona virus at present, 2020. There's going on the dominance of death and its great procession due to COVID - 19 around the world. Then started curfew, postponement on each type of vehicle and means of transportation, e.g., railway, aero plane, route bus etc. And even followed lock down on each aspects of interaction as school, college, shopping mall, office, court, and local markets etc. Instead of these, there followed quarantine, testing at airport, and sanitizing measurements at everywhere. Then there followed the declaration of home quarantine, social distancing, and the increasing of beds in hospitals and the related medical treatments. There are the occurrences of changes since the last few months due to this global pandemic. Due to these changes there are seen deliriums in great number. There followed only lock down around the world and craving for alternative jobs. In this struggle there is the loss of occupations on the parts of job holders and there are no ways for earning livelihood due to staying at home.

**Keywords:**

Socio-economic, moral and mental perspectives, ways of recovery

**INTRODUCTION**

The predominance of this disease, Corona virus that's marked for the first time at the province of Hubei, in the Town of Uhaan, in China, in December ,2019 and instead of this World Health Organization declared it - a global pandemic - in 11th March, 2020. And according to this declaration , the virus is named as COVID - 19 ( R. Prasad 2020). Besides, there are seen the predominance of covid 19 in the world nearly in 197 countries. To prevent this pandemic the governments from each country started to take effective measures. Generally, there arises a simple question in our mind that - what's COVID - 19? From whiter has it come? - that drives the world towards apocalypse and as its impact falls on socio-economic, mental and moral layers. The word *virus* that means poison. A virus that arises from an animal's body and it becomes malicious for human being. Viruses as polio virus, influenza virus, and again human Corona virus 229E, sars Corona virus that spread in human society in 2003 , sars Corona virus NL63 in 2004, HKUL virus , mars Corona virus in 2012 that inflicted human being, although it's not took the form of pandemic but sars cov 2 took the form of pandemic since 2019. And its results are the death-processions around the world. When this virus is viewed with the aid of telescope, it's seen that its shape is of circular covered like mushrooms with fork like protein ( Spike protein). That's it looks like a crown. The word crown whose Latin origin is Corona. After experiments the scientists told that it has similarities with severe account respiratory syndrome ( SARS), whose origin is from a bat. The scientists told that the protein which has similarities with the protein of a bat is of 98 percentage. This is the protein of novel Corona virus. They too proposed that SARS Cov 2 whose protein is Corona virus 19 . That means covid 29 causes this. This virus enters into human cell ACE-2 that means it enters with the aid of angiotensin converting enzyme 2

respirator. The Spike proteins in covid 19 which is prone to be attached with the human cell of respirator more than 10-20 times. And that's why this virus spreads speedily in human society from one body to another ( Dr. MD. Roshidul haque, 2020).

## THE MEDIA AND SYMPTOMS OF COVID- 19 DISEASE IN HUMAN BODY

First of all, if anybody is infected with COVID - 19, it spreads through the subtle droplets of respiratory system. If the droplets are attached with anything and anybody touches that particular thing and then he touches his nose or face , it's prone to be infected. And if that person is infected , there are some symptoms to be seen within two days or two weeks . The symptoms are mainly like fever, coughing, and having pains during inhaling and exhaling. Besides there are so many symptoms like joint pains, throat pain, headache, losing the flavors, suddenly jerking etc (Goutam Menon 2020).

## COVID – 19 AND MENTAL PERSPECTIVE

The impact or expansion of COVID – 19 drives the world towards uncertainty. There are some effective measures or how we can get respite these phenomena are told by daily newspapers and various magazines. In spite of various efforts for prevention and many experiments this virus spreads with unimaginable speed and its results are the loss lives. Watching and reading these news there arises anxiety within human beings. That's why it made an impact on human minds. Especially those persons who had solitudes previously and who are maniac on cleanliness, this virus made them fallen into deep concerns. Now the question is what's delirium? Its answer is deep mental pressure or indulging into a subject apprehendly . Suppose, anybody is thinking on a subject all-time then his mind engrosses with apprehensions. And it becomes uneasy for that person to come out from such a situation. These apprehensions are deliriums and it can lead anybody towards death (BBC 2020). Due to the pre dominance of this virus there is seen Lock Down in the world and then followed struggle for livelihood. In this struggle many populace lost their very jobs and due to home quarantine they found no ways for earnings and because of it they have fallen into economic crisis and it makes a mental pressure on those persons. As a result there is seen suicidal tendency within human society and a chance for being involved in many antisocial activities. Due to this there is seen Lamentations for losing very jobs and on the other hand there is seen high price in essential food accessories and this crisis begets poverty, economic crisis, and unemployment. And being unemployed it made populace tensed with concerns. And due to this virus there's seen social distancing from the friends and relatives and it makes them alienated and this alienation leads them towards mental pressure. For a person there are two hemispheres one is his/her physical world and another is mental world. To stay hake and hearty one needs these hemispheres properly. And one becomes weak because of the lacking of one of the two hemispheres. According to French philosopher René Descartes, these two worlds are for a person is mutually depended. In spite of being different, body and mind act and react towards each other. So it can be said that these two worlds are analogous . If one becomes weak, and then another too becomes weak. Due to the impact of Corona virus there are seen the pressures of livelihood and there increases tensions among populace. As a result they lost their mental balance and because of this they become physically weak and too there are the possibilities of losing immunity Power within human beings. As a result after losing immunity Power they easily become infected with this virus and they are going to heaven.

## COVID – 19 DISEASE AND THE MORAL AND SOCIO-ECONOMIC PERSPECTIVES

In this universe human beings are the supreme animal because they possess intellect. That's why human being is called intelligent. By using intellect they establish themselves within a society. Not only human beings are intelligent but also they are social beings, they have an intrinsic relationship with society. That's why they should establish a strong mutual relationship with each being. As human beings are intelligent, there should be interpretation on the morality based on human behavioral tendency. Morality is something that's associated with good -evil, justice-injustice, just-unjust etc. Aren't humans are responsible for COVID - 19? This question arises within our mind. For each event that occurred on this Earth , there are human beings who are responsible either directly or indirectly. I think for this novel Corona virus, humans are responsible indirectly. On this Earth each beings are dependable on each other in many ways. On this dependability ,the important one is inhalation. One inhales oxygen and exhales carbon dioxide and another being takes it. Again for food habitation one is dependable on another. Within beings one is tree and another is an animal. There are herbivores , carnivores,and omnivores amongst the animals. This nature nurtures every beings as a mother ; that's why humans should use his intellect to make a harmonious bonding with nature and of course, this is expected to

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nature. But , instead humans try to abolish rivers , mountains, seas, and atmosphere. Humans clipped the very forests for urbanization and made sky- kissing palaces. Besides, the usages of chemical fertilisers and pesticides made the rivers and and sources of water lifeless. Therefore, nature lost its very balance (Somay news, May 2020). We've learned that the novel Corona virus has been originated from bat . Now , it's obvious that if humans didn't harm the animals and if they wouldn't have been omnivores, this virus would never have originated and never took the form of pandemic.

This harmful disease , Coronavirus made us to judge the very activities of few people on the basis of morality. To have respite from Corona, the government declared Lock Down. As a result all kinds of activities such as tourism, entertainment, industry, training, and international activities are suddenly stopped; and so many people become unemployed. Being unemployed, they become penniless. As a result, in future there's also apprehensions of losing jobs. The government declared that there will be no shortages of essential accessories but few culprits used this occasion and they stored the very accessories and spread the rumors that within few days there will be no materials in the market and even the markets will get closed due to shortages. After spreading this rumours , the common people get apprehended. If there are no supplying of materials , due to this apprehension the people tried to store accessories in their house . As a result there is crisis of essential accessories in the markets and follows the high price in the commodities. Such a condition is very terrible for those who are daily laborers. Indeed, such a situation is very anxious. These problems become more complicated by a class of wicked persons and by some irresponsible persons who only focus on their treasury . It's not only limited to humans. There becomes a very active kind of dark underworld due to the downfall of socio-economic conditions. When people become desperate, the activities of such people indicate the immorality within men . That never be accepted on moral ground. The virus becomes took countless lives and it indulges in a horrible game. But, once this game must be stopped. Then humans will dream for life newly in this universe . As , after flood a land becomes very fertile; similarly , the world must watch that - there's none but humans win above all ( Ajanta Sinha2020).

## COVID-19 DISEASE AND THE WAYS TO RECOVERY

First of all one thing is to strengthen immunity Power and it will prevent to be infected. And at the same time, we need hard work and vitamins as - vitamins A, E, C, therefore, we should take food that's rich with zinc. Besides we have to take egg, milk, fish, guava, lemon, cabbages, papaya, banana, and fresh vegetables. Because of these, there will be antibody against COVID - 19. Humans should be conscious regarding their health. That's why we should use mask, hand sanitizer, washing hands with soap and need social distancing ( WHO2020). Everybody should be conscious about how does this virus inflicts in human body, it's symptoms, what parts in body becomes affected after it and we should know how one once affected can be cured after changing few habits. With the prevention of the spread of COVID - 19, the government should focus on economic development as that's beforehand. At the same time, the contributions of the media like TV, social media, and neighbors are unavoidable. With this the mental conditions will be improved and the socio-economic conditions will also be improved.

## CONCLUSION

Although covid 19 spreads around the world, humans can get respite from this virus if we follow up regularly the preventive measures. Now this is the only way to get respite until we get the vaccine. In this universe scientists achieved so many unbelievable deeds, now it's true they will invent vaccine and humans will get the new ways to live. Now we can draw a song sung by popular singer Nachiketa, he signs, " Once the tempest will be stopped and the world will be calmed down". As this virus is contagious and it apprehends to be infected, therefore we need social distancing and proper information regarding COVID - 19. Besides we should follow the instructions of a physician and it provides mental peace. For a while we should exercise those habits from which we get mental satisfaction. Humans should listen to music, drama and they can read religious books and even they can talk to their relatives virtually. To lessen the mental pressure, we need a sound sleep. If we can't avoid mental pressure, it's a great horrible thing for humans. So we should follow the necessary steps to lessen the mental pressure. In this pandemic we should be aware of the fact that living solely is not a good thing, we have to live together that's the proper meaning of living. That's humans should forget selfishness and they have to be humanitarian, sympathetic, and loving towards every being.

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## DECLARATION

This paper is original and not published anywhere.

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**A REVIEW ON MENTAL STRESS AND ITS PHYSIOLOGICAL EFFECTS WITH  
SPECIAL REFERENCE TO YOGA AND PHYSICAL EXERCISE**

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# A Review on Mental Stress and its Physiological Effects with Special Reference to Yoga and Physical Exercise

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**Abstract** - In biological activity, stress is a condition or feeling of body characterized by frustrated, angry or nervous due to physical or mental tension. Stress is of acute and chronic type or short and long term of periods effecting respectively whereas chronic stress can accelerate more physical and mental problems including headache, rapid breathing, heartburn, increased depression, insomnia etc. Yoga is an important method linked with mind and body provides relaxation as well as reduced stress, it can reduce pulse rate respiratory rate, blood pressure and maintain the normal activity of autonomic nervous system specially the parasympathetic nervous system whereas exercise is movement of body parts in static and dynamic state which has ability to change in different system like increase size of heart, number of capillaries, value of vital capacity (VC), tidal volume (TV), activity of respiratory muscles and exercise can maintain blood pressure, blood level of cholesterol, glucose etc. There are numerous physiological changes occurs in chronic stress condition, that changes may be suppress by regular physical exercise and yoga, finding out the different causes, symptoms, and recovery points in the article.

**Index Terms** - Stress, Yoga, Exercise.

## INTRODUCTION

Physiology or science of life is a way of biology; it deals with structural, functional, and behavioral activity of living system of an individual. The normal physiology of human includes normal range of different parameters such as blood pressure, heart rate, pulse rate, respiratory rate, blood glucose, protein lipids etc. level. In different chronic or severe condition of individual, the normal parameters are in

abnormal include increase or decrease level than normal. The stress is an important abnormal condition; it is emotional feel of nervous. The stress may be long durable or chronic stress and short durable or acute stress, if short durable may be cure but while it is long durable is harmful of body that initiate different disease. There is a large list of effect of stress e.g., high sugar, high pressure, coronary heart disease or CHD, obesity, depression etc. (Medline plus, 2020). The physical exercise or movement of body parts may be at static or dynamic sate can accelerates the changes in different system of body, there are so many changes in cause of regular exercise, cardiovascular system, respiratory system, muscular system, nervous system etc., these changes are increase size of heart, cardiac output, vital capacity, tidal volume, number of blood capillaries etc. on the other hand the decrease of respiratory rate, blood sugar level, cholesterol level etc. These changes may be again come to past condition through stop the exercise. The exercise is more helpful for mental stress. The stress is also not dangerous, it tries to release danger by alert or fight or fight response through autonomic nervous system, this positive response while is not occurs when the stress continuo to chronic then it will more dangerous. The numerous symptoms are noted are dizziness, headache, indigestion, restless, tiredness, diarrhea, etc. The exercise is more helpful for mental stress (Cleveland clinic, 2020). The urban areas peoples of India suffering with mental stress due to low economical condition. In a statistical record, the patients of mental stress of the age between 30 - 49 year or over the age 60year (R. Srinivasa Murthy, 2017). Due to cause of pandemic situation by n-corona

virus affect the socio-economical, educational system that hampered the get job, low economics, bad teaching learning process etc. The large numbers of job are losing by seal of producing system or factory or company, numerous peoples are lost their job, suffering with the bad economic in pandemic year 2020 in different countries of world include India. The mental stress is developed by the pandemic situation, but the situation may be developed by after long days with the helps through awareness and donation of different necessary products of human live via GOVT, NGO, other units. The health awareness also suppressants the mental stress that may be more prominent through meditation or yoga. There is an evidence the working people are little suffered with stress specially women are more benefited involving with job (Lilian Wiegner et al, 2019). Survey report in 2017 shows that 197.3 million Indian people suffering with mental disorders, out of the data 45.7 million depressive disorders and 44.9 million anxiety disorders patients (WHO, 2017). The regular physical exercise can improve yourself fitness and also helps for prevention of different diseases. The cause of exercise endorphin is release that is good neurotransmitter initiate good feeling in brain. Exercise also helpful for reduce the stress, increase the confidence, mood, relax, sleep etc., and decrease the stress, depression, and anxiety (Mayo clinic staff, 2020). The physical exercise also helpful for the physical development and release of mental stress full life through increasing the blood supply as well as nutrients, glucose to exercising parts of body and release of neurotransmitter endorphins respectively, there are large effects of exercise e.g. increase capillary numbers with more gaseous or nutrients exchange, increase vital capacity (VC), tidal volume (TV), prevent the pulmonary edema, blood sugar and cholesterol level etc. which are also related with stress less (Robin Madell, 2020). The evidence recorded the regular exercise has positive effects for the treatment of anxiety, depression, long -term mental health acts as medication (ADAA, 2020).

#### CAUSE OF STRESS

Stress is feeling may be of physical tension and emotional or mental tension, there are numerous causes of stress are including under more pressure, in front of big or large changes, uncontrolled situation,

times of uncertainty etc. (Mind for better mental health, 2017). Stress is a common condition of human life, but it can be harmful for health while proceeds for chorionic periods. There are common causes are working for long time, unhappy in job, more workload, management system poor in workplace, lack of safeties etc. the social cause of stress are divorce, lack of job, loss of job, death of loved person, chronic illness, loveless, lack of love via friends or relatives etc. (WebMD, 2020). There are several types of yoga and exercise that can recover the stress or stressfully lifestyle. There are so many causes of stress in pandemic by COVID – 19 are 1. Feeling of fear, anger, sadness, worry, numbness of frustration, 2. Changes in appetite, energy, desires, interests, 3. Difficulty concentrating and making decision, 4. Difficulty sleeping or nightmares, 5. Physical reactions, such as headaches, body pain, stomach problems, skin rashes, 6. Chronic health problems, 7. Chronic mental health conditions, 8. Increased use of tobacco, alcohol, and other substances (CDC, 2021).

#### EFFECTS OF STRESS ON HUMAN

The stress for long term is more harmful in body. These are physical effects include headache, trouble, sleeping, muscle tension, skin problems, indigestion etc., mental effects are lack of concentration, problems of learning and speech etc., emotional effects are more excitable, anxiety, depression, anger, irritability, problems in relationship etc. and the behavioral changes due to cause of stress are anorexia, drug abuse, accident porn etc. (Fairview, 2019). The stress response or fight response for helpful or recover in our body's activity, but while it is longer then too many hazards are noted include irritability, anxiety, depression, headache insomnia etc. The different systems are suffering with stress and characterized are the endocrine system and nervous system also control the activity of other system of body in normal. Due to stress the hypothalamus releases C-RH which effects anterior pituitary for synthesis and secretion of ACTH. The ACTH travel via blood circulation and its target gland is adrenal gland. The adrenal gland release cortisol which increases the heart rate or activity of heart as well as increase blood circulation into acting organs, muscles etc. that will be helpful for decrease the stress less. The hypothalamus also will be acting until the normal physiological condition. Respiratory

rate, heartburn, acid reflux also is the suppressor of stress. In short-term stress the testosterone level increase but in long term stress condition decrease the testosterone level which is dangerous for normal reproduction. Stress can hamper the reproduction process, it can cause of erectile dysfunction, infertility etc. For long durable stress hampered the immune system of body the flu, infection is common (Timothy J. Legg, 2020). The novel corona virus that causes of pandemic with disease COVID – 19 throughout world include India. The pandemic is suppressed by lockdown in India from March 2020 that suppress the rapid spread the infection in human being on the other hand the death rate is decline but the lockdown effects on socio-economical condition, education etc. and lockdown hampered the mental condition due to cause of loss of job of many peoples, loss of many of daily payable workers, laborer or contract basis workers come to self-home also suffering with money, accommodation and job (Britannica, 2021).

#### PHYSICAL EXERCISE AND YOGA WITH STRESS

The major five points of physical exercise has recorded which are involved with reduce the stress are chemical epinephrine of brain release during exercise also helpful for decrease the stress. The blood circulation is increase in stressful area of brain during exercise also effective for reduce the stress. The gym session or walking can reduce the irritation or stressful. The regular exercise also for maintain normal body weight, reduce the risk of cancer etc. which are also helpful for reduce the stress. The yoga increases the activity of breathing capability that also helpful for oxygen supply in all living cells as well as increase the metabolic status. The 15 minutes meditation also acting in control of stress and helpful for initiate the cognitive development. The yoga is powerful for decrease the stress, it causes of relaxation and cause of recovery of stress (Sara Clark, 2020). The mental stresses that can initiate harmful disease which are also reduce by relaxation of physiological parameters via exercise and yoga. Negative stress or chronic stress also recovers slowly by large time meditation or yoga, but positive stress quickly recovers which is good effective for life. There is not too much evidence for stress less by yoga and exercise. Breathing and relaxation techniques of yoga also

powerful for decrease the stress. There are some factors also helpful for stress less are intake regularly balanced diet contain fruits, vegetables that maintain immune system in stress life. Time spending without job with friends or family members also helpful for stress less (Stacy Sampson, 2020). There are some types of exercise has identified that are responsible for release of chronic stress are biking, jogging, swimming, playing tennis, dancing, rowing the following exercise types are aerobic as well as oxygen consuming and ling durable with slow speed (Robin Madell, 2020). The Harvard medical school has identified the six important techniques of relax stress are Abdominal breathing, body scan, guided imagery, mindfulness meditation, repetitive prayers, and yoga tai chi qigong (Julie Corliss, 2020).

#### CONCLUSION

Mental stress through neural stimulation in human is effective or not effective sometimes. For the healthy lifestyle exercise regularly with intake of frees foods maintain the caloric and nutritional values are essential. The good health with or without mental stress exercise with meditation or yoga is more potent or helpful that are not only the factors of decrease mental stress, but they also decreasing factors of different diseases e.g., CHR, occupational disease, diabetes mellitus, obesity, atherosclerosis etc. The release of neurotransmitter endorphins during exercise or yoga is the best for feel good that is latest point of release of mental stress.

#### DECLARATION

This paper is original and not published anywhere.

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