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4. **Sharing Instructional Material** : Instructional material for teaching different topics is also available on the websites.
5. **Developing Research Competencies** : Many teachers working in different colleges of the different universities are not involved in any research work activity and hence standard of research work conducted is declining day by day. This happens due to the poor research competencies of teachers. This may be one of the reasons of it. This can be improve by using e-mail and chat on internet.
6. **Enriching Teacher Education Curriculum** : The UGC and NCTE have put the teacher education curriculum on their website. This agency seeks comments of practicing of teacher educators and subject specialist. Their comments may suggest modification of the curriculum before it is finalized. The good comments / points may be incorporated in new curriculum being drafted. This will go a long way in improving the quality of teacher education curriculum.
7. **Research and Development** : Researchers working in education can also contribute their share by conducting the needed type of research. The potential area of research and development are instructional materials, training Programmers for developing, reasoning, thinking, creativity, reading and compression etc. The efforts canbe enrich by using ICT.

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The Role Of Physical Activity And Exercise In Obesity And Weight Management: Time For Critical Appraisal

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Abstract

The pervasiveness of overweight and stoutness has expanded significantly amid most recent 3 decades with wrecking outcomes to general wellbeing. Prescribed systems to diminish heftiness have concentrated on more advantageous eating routine and physical movement (PA). Obviously, these methodologies have not been effective, however whether this is because of inability to confine vitality admission or to keep up large amounts of vitality use has been the subject of incredible contention. Thus, there has been a lot of disarray about the job of PA and exercise in stoutness and weight the board. In this article, the hypothetical reason for considering lessened PA and vitality consumption as the reason for weight is evaluated. Further, the job of PA in nourishment admission and weight control is inspected. The possibility that heftiness is caused by reliable decrease in day by day vitality use isn't upheld either by target proportions of vitality use or physiological hypothesis of weight increase alone. In any case, since willful exercise is the most essential optional segment of aggregate day by day vitality consumption, it can influence vitality balance. In this way, PA and exercise hold potential as a component of the answer for the continuous weight pestilence.

Introduction:

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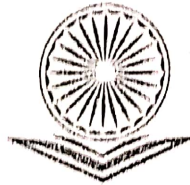
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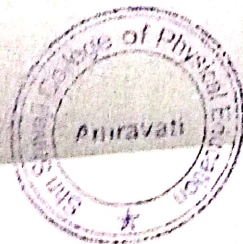
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20. Maintenance of Physical Fitness and Educational Studies during Covid-19

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Abstract

Covid-19 has shouted down the whole world without any Warning, Information or Alarm. Covid-19 has given the whole world restless nights and days like scorching heat. It enforced for thinking the whole world what it is. Mainly Scientists, Doctors, Professors, Assistant professors, Research scholars etc. Researchers started studying deeply that how this Pandemic will leave the whole world. The effect of virus is so much that governments across the countries declared a single solution to some extent is lockdown with which whole world is suffering from. International borders were sealed hence no movement of people were taken with which roots of businesses economy among the whole world were weakened that is the great fall of our country's GDP (Gross Domestic Product). During this situation first of all we have to keep our self physically and mentally fit for this we have the best solution that is yogic exercises which we can do individually and with our family without any risk. Second is to keep whole nation and our self in Educational studies for this to some extent we have a solution that is MOOC learning (Massive Open Online Courses).

Key words: Covid-19, Yogic Exercises, MOOC Learning.

Introduction

Covid-19 effects the human body parts in such a ways Respiratory Illness, Nasal Lavage, Lung conditioning etc. but it can damage also other parts of the body especially during serious illness till to death as usually we watches and hears. As with other corona virus illness including SARS, MERS and the common cold. Covid-19 is a respiratory disease so the lungs are usually effected first. Early symptoms include fever, cough, shortness of breath etc. these appear as soon as 2 days or as long as 14 days after exposure to the virus. From the list of symptoms everyone who gets infected have not