



# Physical Exercise Reduces Depression and Mental Oscillation of Children and Adolescent in the Midnapore District of West Bengal

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### ABSTRACT

Physical exercise provide immense help in assisting an individual to seek his all round growth and development in all the personal dimensions including the union of his self with the greater soul. Physical exercise is based on philosophy that is practical and for our day to day living. Physical exercise produces desirable physiological changes and has sound scientific basis. Physical exercise is the only technique through which the body of any human being can be healthy without any trainer, equipment and medicine. Thus, my purpose of this paper makes an attempt to analyse the role and importance of physical exercise in modern times of 21<sup>st</sup> Century as well as its effect on human being in this contemporary times. Physical exercise influences cognitive emotional, learning and neurophysiological domains both directly and indirectly, thereby rendering it as essential that this non-invasive, nonpharmacological intervention ought to form a part of children's and adolescents long-term health programs. Several manifestation of physical exercise providing health benefits for children and adolescents are evident in healthy and functional muscles and bones, increased strength and endurance, angiogenesis and neurogenesis, the reduces risk for chronic disease such as overweight and diabetes, improve self-esteem and psychological well-being and finally higher levels of subjective and psychological well-being as well as reduces stress, anxiety and depression.

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### Introduction

Physical exercise provide valuable help in the proper functioning and control over the movement of our muscles including the spinal cord. As a result, we are able to maintain proper posture of our body including proper erectness of our spinal cord. These also contribute in the desired increase in our muscular strength besides maintaining the needed muscular flexibility and smoothness resulting in the energetic youthfulness considerably for a quite longer period of our life. Physical exercise uses in the normalization of our body temperature helpful in the avoidance of the emergence of the foul odour and bad smell on account of the excessive sweating and perspiration of the body. Physical exercise helps us in regulation and controlling the functioning of all the glands including the ductless. Physical exercise activities make us enjoy a sound sleep, help us in gaining normal weight and getting increase in our power of endurance and energy level.

Physical exercise activities help us in bringing improvement in many of our motor functioning like increase in breath holding time and improvement in grip strength, dexterity skills, eye finger coordination and reaction time etc. Physical exercise helps us in the tasks of the inner organs and system of our body including the purification of our blood and its pathways, cleanliness of the respiratory and digestive systems and proper let out and recreation of the unwanted foreign material from our body. Physical exercise helps us in having increase in our immunity power and keeping our body disease free by not allowing the harmful disease spreading material accumulated in our body. Physical exercise activities not only prove on strong deterrent for the prevention of the

various ailments and diseases but also provide valuable solution for their proper cure and treatment. For example it has been a matter of wide experience that physical exercise provides substantial cure and treatment in the cases of arthritis back pain and osteoporosis high and low blood pressure, asthma, diabetes and epilepsy, headaches, heart disease and multiple sclerosis etc.

The utility and feasibility of physical exercise training programs in several paediatric disease settings and nursing educational facilities has been explored with some success. In a review of reviews, Biddle and Asare have concluded that, despite shortcomings in research design, there is a real association between physical activity and mental health, as well as a consistent link between sedentary screen time and poorer mental health. In the present review several health promoting and affective status improving aspects of physical exercise are examined and discussed as contributors towards an elevated level of well-being among children and adolescents, these aspects include overweight and obesity which pose world-wide dangers for health, functions, well being and happiness, anxiety and stress that may disturb both the developmental trajectory and academic outcome and neuroimmune functioning complications.

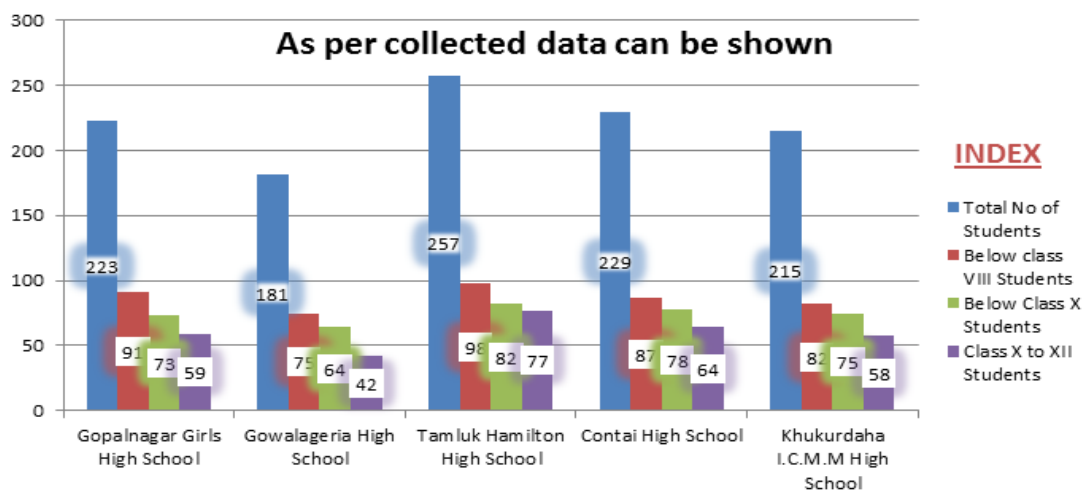
Accordingly, research with a focus on children and adolescents at high-risk for major depressive disorder is important to understand the contribution of the genetic programming to depression as well as to identify abnormal neurophysiological substracks that confer susceptibility for this disorder. In the past few decades, researches have focused on changes in sleep architecture on potential neurophysiological substrates mediating attractions in

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As per data collection in following school is observed.

Sl. No	Name of School	Total No of Students	Below class VIII Students	Below Class X Students	Class X to XII Students	Out put
1	Gopalnagar Girls High School	223	91	73	59	i) Improved immunity. ii) All round fitness. iii) Better intuition. iv) Increased energy.
2	Gowalageria High School	181	75	64	42	i) Living with greater awareness. ii) Stress relief. iii) Weightless. iv) Better intuition.
3	Tamluk Hamilton High School	257	98	82	77	i) All round fitness ii) Better flexibility of posture. iii) Stress relief. iv) Living with greater awareness.
4	Contai High School	229	87	78	64	i) Better relationship. ii) Increased energy. iii) Inner peace. iv) Stress relief.
5	Khukurdaha I.C.M.M High School	215	82	75	58	i) Increased idea. ii) Living with greater awareness. iii) Inner peace. iv) Better concentration.



neuro plasticity related to major depressive disorder. The most reliable sleep electroencephalogram changes associated with a major depressive disorder include lower sleep efficiency shorter latency to rapid eye movement sleep, increased rapid eye movement sleep and altered slow wave activity compared to healthy controls.

#### Objectives

- (i) How physical exercise provides an opportunity to get relax from softened disease.
- (ii) How physical exercise helps the individual to imbibe the spirit of awareness of self-confident and self-disciplines with intensive motivation.
- (iii) How physical exercise helps to purify and clean the internal organs and system of our body.
- (iv) To see how physical exercise and meditation have to improve on intuitive ability.
- (v) To realise immense benefit of physical exercise

#### Methodology

This work is emerged on primary and secondary data. The primary data is collected from school, by the use of sampling tools.

#### Result and Discussion

In the studied schools to get data on the concerned matter only five schools are selected where they have been observed:

#### Conclusion

The modern lifestyle is the slave of intoxicated drinks and drugs, social and moral ethics are harassing various types of stresses and pollution give birth to many diseases like Hyper tension, Depression, Anxiety, insomnia, Allergy, Asthma etc. They are too cured with Ashmas, Sat-karmas, Pranayam and Meditation. The advantages provided by physical exercise for both children and adolescents have been observed several health domains that include physiology neuroimmune functioning recovery from disease, accident and disability, increased strength and endurance, angiogenesis and neurogenesis, reduces risk for chronic disease, improved self-esteem and psychological well-being and reduces stress, anxiety and depression. Concomitantly, much emerging evidence reinforces the motion that physical exercise impacts upon academic performance too, both directly and directly Through cognitive, emotional, learning and neuro physiological domains not unrelated to health issues obtained results showing that physical exercise improved brain health

and cognitive in children thereby enhancing school performance and general functioning. The present account has outlined the putatively positive outcomes associated with the establishment of physical exercise regimes available for children and adolescents presenting problems linked to obesity and being overweight, negative affective status and over multiple domains of physiological and psychological functioning.

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