Watching sports can be therapeutic, even combat Covid-induced trauma

BHASKAR HARI SHARMA
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While the entire world is struggling to overcome the Covid pandemic and its aftereffects of mental trauma, prominent hospitals in Ghaziabad have introduced indirect sports therapy with an aim to shift the attention of the patients. This has helped them overcome the trauma caused during the quarantine period.

Recently, a study conducted by some prominent hospitals in Ghaziabad has claimed that following indirect sports therapy helped in improving the psychological conditions of Covid-19 patients who are really undergoing trauma and need such timely intervention to improve their overall feel-good factor.

Under this therapy, the hospitals ditched news channels and showed only sports channels on the TV sets to the Covid patients and psychologists analysed its impact on them.

A study conducted by doctors has claimed that following indirect sports therapy helped in improving the psychological conditions of Covid-19 patients who are really undergoing trauma.

The man behind this study, Dr Kanishka Pandey, the head of sports research centre at IMT Ghaziabad, said that the fields and playgrounds are very much an integral part of sports therapy for overcoming negativity and depression.

“However, in tough times where social distancing is prevalent, the option of a field is out of bounds. Keeping the government norms in mind and the hardships that Covid patients have to undergo, it’s not hard to imagine the psychological impact.

“Therefore, I suggested indirect sports therapy at hospitals. It helps in creating positivity and gives emotional stability,” he said. “Earlier, patients were misbehaving with the health staff. I sent a recommendation to Yashoda Hospital, Santosh Medical College, and Max Hospital to study how patients behave with the health staff. The outcome was that the patients were_tired, stressed, anxious, etc,” said Dr Pandey.

“I asked them what the patients did to entertain themselves. The hospitals told that the patients watched news channels all day. I suggested they switch to sports channels instead and see whether any behavioural change. In the beginning, they were reluctant to watch sports channels but once they did they started taking interest in sports,” said Dr Pandey.

Dr Amoolya Seh, department of psychiatry at Santosh Medical College, said that due to the ongoing pandemic, people are not able to indulge in sports.

Moreover, all the news channels are mainly telecasting about Covid, which has created panic. We have introduced indirect sports therapy and telecasted sports channels. The recovery rate has gone up and the treatment duration has also reduced,” Dr Seh said.

“There is remarkable change in the recovery rate of the Covid-19 patients prior and after June 20, 2020, the day the hospital started using indirect sports therapy through sports channels. The average duration of stay at the hospital has reduced from 20-22 days to 6-8 days,” he added. Dr (Lt Col) Rahul Shukla, the director of Yashoda Hospitals, said.

“The outcomes of the study have been encouraging. The patients have shown remarkable improvement in overcoming their fear and anxiety. It is appreciable that it helped them cope well with stress related to the pandemic.”
Latest in Covid care: Sports therapy?

A Youth’s Innovate Approach Of Helping Covid Patients

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Meerut: A couple of months ago, Lucknow’s Mayo Institute of Medical Sciences, a Covid-19 facility, conducted an experiment on the advice of a young college professor. In its 25 private wards each fitted with a television, patients were shown only sports channels.

The results were encouraging. Madhulika Singh, vice-chairperson of the Institute, said, “The therapy had a positive impact on our Covid-19 L1 and L2 patients. It strengthened their morale to fight the disease. We replicated this model in our Barabanji medical facility too.”

The model had an identical impact in Ghaziabad hospitals also. Speaking to TOI, a Ghaziabad resident, who was treated in one of the local hospitals that adopted the experiment, said, “Becoming Covid positive has a huge psychological impact on any individual. With so much negativity propagated around this disease worldwide, it seems you’ll never come out of it. And I too became a victim of that mindset. I found watching sports all the time quite resilient. It helped me to stay positive.”

The novel approach is a brainchild of 20-year-old Kanishka Pandey, head of Sports Research Centre at a private college in Ghaziabad. Pandey is a former state level badminton player himself.

Though involved in introducing sports literacy among rural kids, during lockdown, Pandey turned his attention towards lessening the negative impact of pandemic on patients’ mental health and suggested a few hospitals to undergo what he termed as “indirect sports therapy”.

“Sports has a powerful impact on the psyche of sports lovers. And I always wondered why it cannot be used as a therapy to treat patients and then came Covid-19. A few of the hospitals I approached liked my idea and incorporated it on a pilot basis,” said Pandey on whose PIL in 2018, the Supreme Court had issued a notice to the University Grants Commission (UGC), NCERT and Sports Authority of India seeking their response on whether sports could be treated as part of fundamental rights.

UP’s Director General Medical Education Dr KK Gupta is positive on the prospects of introducing the concept in the state.

“The concept is good and it is a known fact that sports has therapeutic values. I feel indirect sports therapy has a positive impact on Covid patients in reduction of fear and anxiety. We can incorporate the concept across the state once we have a go-ahead from ICMB after formal trials are conducted,” he said.
Gzb hospitals introduce 'Indirect Sports Therapy' for Covid patients

Monday, 03 August 2020 | SHEEKHA SINGH | NEW DELHI

While the entire world is struggling to overcome Covid-19 pandemic and its after effects mental trauma, prominent hospitals in Ghazipur have introduced 'Indirect Sports Therapy' with an aim to shift the attention of the patients that has helped the patients to overcome the trauma during the quarantine period.

Recently a study conducted by some prominent hospitals in Ghazipur has claimed that following indirect sports therapy helped in improving psychological conditions of Covid-19 patients who are really under a trauma and need such timely intervention to improve their overall feel good factor.

In this therapy the hospitals ditched the News channel and showed only sports channels on the TV set to the Covid patients and analysed its impact on patients through psychologists.

Speaking to The Pioneer correspondent, the man behind this study Dr. Kanishka Pandey, head Sports research centre IMT Ghaziabad said that the fields and playgrounds are very much an integral part of sports therapy for overcoming negativity and depression.

"However, in tough times like the present one where physical and social distancing is prevalent, the option of the field is out of bounds. Keeping the government norms in mind and the hardships that COVID patients have to undergo in terms of facing uncertainty, living away from loved ones, its not hard to imagine the psychological impact it can have on them. Therefore, I suggested indirect sports therapy at hospitals. It helps in creating positivity and gives emotional stability," he said.

Earlier, patients were misbehaving with health staff. I sent a recommendation to Vashoda Hospital, Santosh Medical College and Max Hospital to study how the patients behave with the health staff. The outcome was that the patients were irritated, stressed, anxiety etc," said Dr Pandey.

"I asked them what the patients do for their entertainment? The hospitals replied that the patients watch news channels all day. I suggested they switch into the sports channels instead of news channels and see whether any behavioural change is coming in them. In the beginning they were reluctant to watch sports channels but when they did they started taking interest in sports," said Dr Pandey.

Dr Armooy Seth, Dept of Psychiatry, Santosh Medical college said, due to ongoing pandemic and lockdown, people are not able to indulge in sports. "Moreover, all the News Channels are mainly telecasting about Covid-19, which has created panic. We have introduced indirect sports therapy and telecasted sports channels through our psychologist for patients. The recovery rate has gone high and duration of treatment has also drastically reduced," Dr Seth said.

"There is remarkable change in the Recovery Rate of the Covid-19 patients prior and after 20 June 2020 the day the Hospital started using 'Indirect Sports Therapy' through Sports Channel. Average days of duration in the Hospital has reduced from 20/22 days to 6/8 days," he added.

The same was the result at the Max hospital Ghaziabad, where two groups were made and one group was shown a sports channel while the other was shown a news channel.

"Initially some people in the Sports group showed resistance but they were counselled. Finally the result was that the people who watched sports channels were psychologically stronger and it helped in removing negative thoughts and these people were happier than others," said the official at Max hospital adding that promotion of sports channels can have positive psychological impact on patients.
India News | Watching Sports Channels Helps Reduce Anxiety, Fear Among COVID Patients: Ghaziabad CMO

Ghaziabad, July 31 (PTI) COVID-19 patients at some hospitals here are being made to watch sports channels every day and this has helped reduce fear and anxiety among them, leading to a "remarkable" improvement in their health, Ghaziabad Chief Medical Officer N K Gupta said on Friday.

He claimed that a few hospitals here have applied "Indirect Sports Therapy" that has helped patients admitted in isolation wards cope with stress.

Gupta said Ghaziabad's Health Department has adopted this therapy on the suggestion of Dr Kanishka Pandey who is head of sports research centre at the Institute of Management Technology here.

"Since we have applied the indirect sports therapy and patients have started watching sports channels, a remarkable change has been noticed in their behaviour and health," the CMO said.

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"We are gauging the psychological impact of indirect sports therapy as playing in the fields is not possible during a pandemic," Gupta told PTI.

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Watching sports channels helps reduce anxiety, fear among COVID patients: Ghaziabad CMO

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By TEAM INDIAS OPINION - July 31, 2020

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Source : PTI