

An Interactive Session on
“COVID-19: Prevention, Vaccines, Symptoms and Care”

27th May 2021

The IQAC and NSS organized an interactive session on “Covid-19: Prevention, Vaccination, Symptoms and Care” to spread awareness among staff and students on 27th May 2021. The webinar started with welcome address by Dr. Shilpa Chaudhary, IQAC Coordinator, JDMC. The ‘*Introductory Address*’ was given by **Prof. Swati Pal**, Principal, JDMC who gave an apt motivation of the session by describing the need for being aware of various aspects of the virus that can surely increase our protection and also

The resource person for the webinar was **Dr. Chandrakant Lahariya, Epidemiologist, Public Policy and Health Systems Expert**. Dr. Lahariya highlighted and shared important issues related to the Covid-19 all that we need to know and want to know. He discussed current scenario of the pandemic in India and that India has faced the world’s worst pandemic with highest number of confirmed cases and highest number of deaths per day in its second wave peak but has now slowed down. Dr. Lahariya described the mode of transmission of the virus via interaction with droplets that can go upto distance of six feet and hence the importance to maintain six feet distance. The virus is now found to be air-borne too necessitating the need for double-masking. Cloth mask and surgical mask can be used, it is not necessary to use N-95 masks for general public. We should avoid closed spaces especially if not well-ventilated.

The resource person explained the concept of incubation period and Cycle threshold value and also shared that a person becomes non-infectious after ten days of developing symptoms. Oxygen requirement arises if oxygen saturation measure is 93% or less, or feeling of breathlessness and that the person needs hospitalization. Dr Lahariya then explained the low risk of getting infected with Mucormycosis/black fungus and that the risk is higher among moderate to severe Covid-19 patients who have uncontrolled diabetes, have undergone long use of steroids and have weak immunity. It is important for such people to avoid exposure to damp/dusty/ construction site and wear double mask and full sleeved clothes.

Dr Lahariya then dealt with post-covid symptoms that arise in 1/4th patients who can find symptoms reappearing such as fatigue, fever, breathlessness. It is necessary to seek medical advice. Also a rare infection is the lung infection that could turn fatal. He recommended healthy diet, respiratory exercises, Yoga, good sleep and regular physical activity to Covid patients after recovery.

Dr. Lahariya discussed various vaccines available in India- Covaxin, Covishield and Sputnik. While vaccination has been slow in our country, it has been much faster in USA and Israel. It is



important to understand that vaccination prevents us from moderate to severe illness/ mortality but does not give full protection nor does it stop us from being transmitters, hence the need to continue use of masks even after vaccination. Dr. Lahariya hinted at the possibility of the third wave and that it is necessary to keep ourselves prepared. However, there is no scientific reason to believe that the third wave is likely to hit children more.

The resource person's presentation was followed by Question-Answer session wherein participants sought answers to many of their queries related to vaccination, post-Covid care, prevention mechanisms, how to calculate incubation period, prolonged post-covid symptoms like sleep disorder and brain fog. Dr Lahariya answered the participants' queries and emphasized on the need for investment in health services and that people must demand such investments from governments.

The webinar was attended by 140 participants (teachers, students as well as non-teaching staff) from different higher educational institutions across India. It was an extremely enriching session and provided great insights about several crucial aspects related to the COVID-19 virus and how we can protect ourselves from getting positive. The session ended with a Vote of Thank by Dr. Jayanti Sahoo, NSS Program Officer.


The YouTube Link for the session is <http://www.youtube.com/watch?v=HmRgOXJU1LA>

POSTER


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IQAC and NSS
(Under Community Outreach Program)
 invite you all to
 An Interactive Session on

**COVID-19: Prevention,
 Vaccines, Symptoms and Care**


Resource person:
Dr. Chandrakant Lahariya
 Epidemiologist, Public Policy
 and Health Systems Expert,
 New Delhi

Date: 27th May 2021 (Thursday)
Time: 11 am - 12:30 p.m.
Login Time: 10:45 a.m.

Dr. Shilpa Chaudhary Dr. Jayanti P.Sahoo Prof. Swati Pal
 IQAC Coordinator NSS Program Officer Principal

Some Glimpses of the session

