



UNNAT BHARAT GRAM AAROGYA SERIES

उन्नत भारत ग्राम आरोग्य शृंखला

A Tribute to
Late. Prof. Rajendra Prasad
(Founding pillar of UBA Program)

A virtual learning initiative on COVID-19.

Objectives

Health Awareness & Attention
Physical & Mental Health Management
Health habits and Goals
Recovering & Coping
Experience Sharing by COVID-19 Fighters

Date- 28 June, 2021 & Time- 2.30 pm to 3.30 pm

LIVE: Unnat Bharat Abhiyan YouTube Channel

Link: <https://youtu.be/ccErZcvesbs>



Dr. Pawan Kumar Kansal
NITTTR Chandigarh

EXPERTS



Vinay Luthra
COVID-19 Warrior

STOP THE SPREAD



UNNAT BHARAT GRAM AAROGYA SERIES

ਉੱਨਤ ਭਾਰਤ ਗ੍ਰਾਮ ਆਰੋਗਿਆ ਲੜੀ

ਸ਼ਰਧਾਂਜਲੀ

ਸਵਰਗੀ ਪ੍ਰੋਫੈਸਰ ਰਾਜੇਂਦਰ ਪ੍ਰਸਾਦ ਜੀ

(ਯੂ ਬੀ ਏ ਕਾਰਜਕ੍ਰਮ ਦੇ ਸੰਸਥਾਪਕ ਮੋਢੀ)

ਕੋਵਿਡ – 19 ਤੇ ਹਕੀਕੀ ਸਿਖਿਆ ਲਈ ਪਹਿਲ

ਉਦੇਸ਼

ਸਿਹਤ ਚੇਤਨਾ ਅਤੇ ਸਾਵਧਾਨੀ

ਸਰੀਰਕ ਤੇ ਮਾਨਸਿਕ ਸਿਹਤ ਪ੍ਰਬੰਧਨ

ਸਿਹਤ ਆਦਤਾਂ ਅਤੇ ਟੀਚੇ

ਮੁੜ ਸਿਹਤਯਾਬੀ ਅਤੇ ਜੁਝਣਾ

ਕੋਵਿਡ – 19 ਯੋਧਿਆਂ ਦੁਆਰਾ ਸਾਂਝੇ ਕੀਤੇ ਤਜਰਬੇ

ਮਿਤੀ: 28 ਜੂਨ, 2021 ਅਤੇ ਸਮਾਂ: 2.30 ਦੁਪਿਹਰ ਤੋਂ 3.30 ਦੁਪਿਹਰ

ਸਿਧਾ ਪ੍ਰਸਾਰਣ: ਉੱਨਤ ਭਾਰਤ ਅਭਿਆਨ ਯੂਟਿਊਬ ਚੈਨਲ

ਲਿੰਕ: <https://youtu.be/ccErZcvesbs>



ਡਾ. ਪਵਨ ਕੁਮਾਰ ਕੰਸਲ
ਨਾਈਟਰ, ਚੰਡੀਗੜ੍ਹ

ਮਾਹਿਰ



ਵਿਨੈ ਲੂਥਰਾ
ਕੋਵਿਡ-19 ਵਾਰਿਅਰ

STOP THE SPREAD



Stay home
if you are sick



Wash your hands



Cover your nose and
mouth when you
cough and sneeze



Disinfect surfaces
and objects




Avoid touching your
eyes, nose and mouth
with unwashed hands

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VIRTUAL SESSION REPORT

RCI Name	National Institute of Technical Teachers Training & Research, Chandigarh
Date & Day	28.06.2021 / Monday
Time	2.30 pm to 3.30 pm
Language	Punjabi
Expert Name & Designation(Doctors/Consultant/Speakers)	1. Dr. Pawan Kumar Kansal, MBBS, MD (Medicine), Cardiologist & Physician NITTTR, Chandigarh
	2. Sh. Vinay Kumar Luthra Covid-19 Warrior Covid Care Center, Indira Holiday Home, Sector-24, Chandigarh
Expert's Bytes	1. Expert name and description of information they share in session. Dr. Pawan Kumar Kansal, MD (Medicine) shared information about symptoms of Covid-19, precautions to be taken during pandemic and regarding vaccination.
	2. Expert name and description of information they share in session. Sh. Vinay Kumar Luthra, Covid-19 Warrior shared his experience about the challenges and ayurvedic methodology in treatment of Covid-19 patients.
Questions & Answers session	<p>Important question arose during the session and the experts' response</p> <p>How will the patient come to know whether he/she is covid-19 positive or it is a normal cough and cold ? RT-PCR Test needs to be conducted so that the patient can be informed whether he/she is covid-19 positive or not.</p> <p>If RT-PCR test is negative is possible that the person is still covid-19 positive? The test is repeated alongwith other tests if the person shows symptoms.</p> <p>Many a times RT-PCR test is negative in one laboratory and positive in another laboratory ? Yes, it is possible and this is the reason that symptoms of the patient are also looked into.</p> <p>Which vaccine is effective ? All the vaccines are effective with different percentage of efficiency.</p> <p>How to handle the physical and mental state of the covid-19 patient ?</p>

	<p>Covid-19 patient be administered medicine as per doctor's instructions and upon successive progress of treatment, the mental state of the patient is also recovered.</p> <p>Sometime the oximetry is not calibrated ? Appropriate time should be given for getting the result from oximetry.</p> <p>What is the advise for those who want to start covid care centre in the rural areas ? Small groups in the villages can start the covid care centre. The existing infrastructure such as : Schools, Dharamshala can be used for establishing covid care centre. The very first thing should be done is to generate awareness among villages about covid and vaccination.</p> <p>What precaution should be taken regarding black fungus for those who are in home and those who are in covid care centre ? The diabetic patients are more vulnerable to black fungus due to reduced immune system. The precautions to be used should be that the water used in the ventilator should be sterile and be changed daily, mask be changed daily. Some of the symptoms are pain in the eyes, swelling in the face, the doctor should be consulted for further treatment.</p> <p>Many a times people eat food affected with fungus. What do you have to say about relationship with black fungus ? The fungus is all around in the environment. The persons with weak immune system only gets affected and this is the case with covid-19 patient.</p>
<p>Glimpse (2 pictures) of the session.</p>	
<p>Number of participants & category</p>	<p>*The category details will be voluntary (eg: faculty, student, institute representatives, village community) During live programme it was 10+ As on 6th August, 2021 there are 240 views</p>

YouTube Link	Link: https://www.youtube.com/watch?v=ccErZcvesbs
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*The report can be prepared in regional language as well.