



Covid-19 Learning and Precautions

Rakesh Agarwal

Covid-19: Learning and Precautions

Rakesh Agarwal



LAMINATES | PLYWOOD | WPC
GHAR SAJAYE SAATH NIBHAYE

Purbanchal Laminates Pvt. Ltd.
Amulya Mica.

Covid-19: Learning and Precautions

**Author:
Rakesh Agarwal**

© Writer

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Kamla Nagar, Delhi-110007**



Dedication

Dedicated this book
as a tribute to Chacha ji
Shri Hari Prasad Agarwal ji,
who guided me
during every crisis.



Acharya Devvrat
Governor, Gujarat
Gandhinagar-382021



सत्यमेव जयते

आचार्य देवव्रत
राज्यपाल, गुजरात
गांधीनगर-३८२०२१
*11 JAN 2022

संदेश

यह जानकर प्रसन्नता हुई कि श्री राकेश अग्रवाल जी द्वारा कोरोना के संक्रमण के प्रति लोगों को जागरूक करने के उद्देश्य से "कोविड-19 सीख और सावधानी" पुस्तक का प्रकाशन किया जा रहा है।

मुझे आशा है कि पुस्तक में कोविड-19 के संबंध में प्रस्तुत उपयोगी जानकारी न केवल लोगों को विशेष मार्गदर्शन प्रदान करेगी, अपितु उन्हें कोविड उपयुक्त प्रोटोकॉल से भी अवगत कराएगी।

पुस्तक की सफलता के लिए शुभकामनाएं।

(आचार्य देवव्रत)

गंगा प्रसाद
GANGA PRASAD



सत्यमेव जयते

राज्यपाल सिक्किम
GOVERNOR OF SIKKIM

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RAJ BHAVAN
GANGTOK-737103
(SIKKIM)

संदेश

ओ ३५

“कोविड-19 महामारी ने पूरे विश्व को प्रभावित किया है और समस्त व्यवस्थाओं को दुष्प्रभावित किया है। इस महामारी के चलते आम जनता को काफी पीड़ा और परेशानी झेलनी पड़ी है। इससे लड़ने के लिए इसके प्रति जागरूकता एक महत्वपूर्ण हथियार है।

मुझे यह जानकर प्रसन्नता ही रही है कि श्री राकेश ओमप्रकाश अग्रवाल-गांधीधाम जी “कोविड-19 सीख और सावधानी” नामक पुस्तक का प्रकाशन कर रहे हैं। आप द्वारा प्रकाशित ये पुस्तक जनता को कोविड-19 से कैसे बचा जा सकता है और उसके दुष्प्रभाव को कैसे कम किया जा सकता है, की जानकारी मिलेगी। आम जनता के लिए यह उपयोगी होगी।

आपका ये प्रयास प्रशंसनीय है और इस पुनीत कार्य के लिए मेरी हार्दिक शुभकामनाएं हैं।

गंगा प्रसाद

गंगा प्रसाद
राज्यपाल, सिक्किम



अध्यक्ष, लोक सभा
SPEAKER, LOK SABHA
INDIA
संदेश

मुझे यह जानकर प्रसन्नता हुई है कि वैश्विक महामारी कोविड-19 के परिप्रेक्ष्य में "कोविड-19 - सीख और सावधानी" पुस्तक का प्रकाशन किया जा रहा है।

इस वैश्विक महामारी में दैनिक जनजीवन में आए बदलावों तथा सामाजिक संस्थाओं, सरकारों और आम लोगों की पूर्ण प्रतिबद्धता एवं सख्त कोविड प्रोटोकॉल का पालन करते हुए इस पर विजय प्राप्त किए जाने के घटनाक्रम पर आधारित यह पुस्तक निश्चित ही भविष्य में ऐसी आपदाओं से बचाव के लिए उपयोगी सिद्ध होगी।

पुस्तक के लेखक को बधाई एवं सफल प्रकाशन हेतु हार्दिक शुभकामनाएँ।


(आम बिरला)



Bhupendra Patel

Chief Minister, Gujarat State

Apro/Jm/2021/12/31/rs

Dt: 31-12-2021

MESSAGE

“COVID-19 pandemic has impacted several things but it has not impacted the aspirations and ambitions of 1.3 billion Indians.”

- Narendra Modi

Pandemic occurs once in a century but the traces of its consequences may always remain among people. An epidemic can affect various parameters of our lives; either it may associate with a profession or a business or economical or medical and obviously towards livelihood of general people as well. Surviving such difficult time may considered as success.

I am much pleased to learn that **Samvad Media Pvt. Ltd.** is going to publish a book named **कोविड-19 सीख और सावधानी** authored by **Shree Rakesh Agarwal**. I appreciate his efforts to provide informative data such as dangers and precautions to remain safe during **COVID-19** pandemic. I am delighted to know that this book will be distributed free of cost. I appreciate your endeavor to make aware and secure people against the danger of the epidemic. I am sure this publication will prove to be a useful documentation for people. I hereby extend the heartiest best wishes for this book and congratulate everyone engaged in this publication.


(Bhupendra Patel)

To,

Mr. Rakesh Agarwal
Amulya Mica, Gandhidham



**CHIEF MINISTER
RAJASTHAN**

D.O./ADPR/CM/2021
Jaipur, 18 Dec., 2021

Dear Shri Rakesh Agarwal Ji,

Thank you for sending me a copy of your book on Covid-19 vide your letter dated November 30, 2021.

It is appreciable that the book is being distributed free of cost. I hope that the publication will go a long way in generating awareness about the pandemic.

I extend my good wishes for the success of the endeavour.

With best wishes,

Yours sincerely,

(Ashok Gehlot)

Shri Rakesh Agarwal
Managing Director,
Purbanchal Laminates Pvt. Ltd.,
Goyal Avenue, Plot No. 318
Ward-12B, Opp. LIC Office,
Gandhidham- 370201 (Kutch), Gujarat

ড° হিমন্ত বিশ্ব শর্মা
Dr. Himanta Biswa Sarma



মুখ্যমন্ত্রী, অসম
Chief Minister, Assam



Dispur
13 Pausa, 1428 Bhaskarabda
29th December, 2021

MESSAGE

I am really happy to learn that an insightful book christened '**COVID 19-Learning and Precautions**' authored by Shri Rakesh Agarwal is being published to empower the mankind against COVID pandemic. My heartiest congratulations to the writer and the publisher on this noble endeavour.

The COVID 19 pandemic has taken the entire world to a halt. It has taken an unprecedented toll to lives and livelihoods. In such a scenario to bail the mankind and our society out of this scourge, Rakesh Agarwal has thought of this innovative plan and approach to bring out this book. I hope this book encapsulates the 'learnings' our society has had during the first and second waves of the pandemic and the 'precautions' that our people can adopt to keep themselves safe from this unseen enemy.

During COVID 19 pandemic, when the society has had its new dynamics of socio-economic issues, I hope thisbook will very innovatively highlight as to how our behaviour (learning and precaution) transforms the problem into prospects.

I convey my best wishes for successful publication of the book and hope that the book is appreciated by everybody.

(Dr.HimantaBiswaSarma)



Dr. NIMABENACHARYA
SPEAKER
GUJARAT LEGISLATIVE
ASSEMBLY



No. : HSGLA/
GUJARAT LEGISLATIVE ASSEMBLY,
Vithalbhai Patel Bhavan,
GANDHINAGAR-382 010. (Gujarat)
TEL. : (O) 079-23220941
079-23253017
FAX : 079-23255596

Date : 10 DEC 2021

MESSAGE

I am happy to know that you are publishing a Book, namely, "Covid -19 - Learning and Precautions", a Bible on the Pandemic and distributing the same free for the use of the generations to come. I am also pleased to know about your pledge to plant a Lakh tree over a period of five years to make the environment a better place for future generations.

My best wishes for your social activities.

(DR. NIMABEN ACHARYA)

To,
Shri Rakesh Agrawal,
Amulya Mica,
Gandhidham - Kutch.

Good Wishes Message from Mr. Ratan Tata Ji:

From: rnt <rnt@tata.com>
Date: 21 January 2022 at 10:25:34 AM IST
To: rakesh.agarwal@amulyamica.com
Subject: book
Reply-To: rnt@tata.com



Dear Mr. Agarwal,

Thank you for your letter addressed to Mr. Ratan Tata and for the copy of the manuscript of your soon-to-be-published book about the pandemic.

We appreciate your sharing information about your organisation, Purbanchal Laminates and the social welfare initiatives undertaken by you.

Please accept his best wishes for the successful launch of your book.

With regards,

Dilnaz J. Gilder
Senior Manager
Office of Mr. Ratan N. Tata



10/12/2021



सुरेशचन्द्र आर्य
 प्रधान, सार्वदेशिक आर्य प्रतिनिधि सभा,
 दिल्ली

शुभकामना संदेश

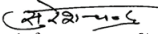
श्री राकेश जी अग्रवाल
 पूर्वांचल लैमिनेट्स प्रा.लि.
 गांधीधाम

मान्यवर,

सादर नमस्ते। आपके द्वारा प्रकाशित पुस्तक 'कोविड 19- सीख और सावधानी' को देखने का अवसर प्राप्त हुआ। कोविड-19 के कारण और निवारण पर ऐसी महत्वपूर्ण पुस्तक मैंने पहली बार देखी है। आपने तीन खण्डों में अत्यन्त सरल भाषा में कोविड-19 की पूरी जानकारी दी है। कोविड-19 के भय से पीड़ित लोगों के लिये यह पुस्तक समबाण सिद्ध होगी। प्रायः यह देखने में आता है कि जिसका आत्मबल और आत्म-विश्वास अत्यन्त मजबूत होता है वह कठिन से कठिन परिस्थितियों पर भी विजय प्राप्त कर लेता है। कोविड-19 का प्रकोप जब अपनी चरम सीमा पर था तब भी यह देखा गया कि जिन्होंने धैर्य पूर्वक इसका सामना किया वे सब बच गये और जिन्होंने धैर्य नहीं रखा उन्हें अपने प्राण गंवाने पड़े। आपकी पुस्तक ऐसे निराश और हताश लोगों के लिये वरदान सिद्ध हो सकती है।

यह जानकर अत्यन्त प्रसन्नता हुई कि उद्योगपति होते हुए भी आप अनेकों धार्मिक कार्यों में अपना अमूल्य योगदान देते रहते हैं। कोविड-19 की पुस्तक भी आप निःशुल्क वितरित कर रहे हैं, यह आपके हृदय की विशालता का परिचायक है। परमात्मा आपको सदैव स्वस्थ और सुखी रखे, इसी कामना के साथ कृपया मेरी शुभकामनाएँ स्वीकार करें।

भवदीय


 (सुरेशचन्द्र आर्य)

From the desk of

Motilal Oswal



Motilal Oswal Financial Services Ltd.
Regd. Office: Motilal Oswal Tower, Rahimtullah Sayeri Road,
Opposite Parel ST Depot, Prabhadevi, Mumbai - 400025.
Board: +91 22 3980 4200 / 3980 4263
Email: mo@motilaloswal.com

1217/MO/BO/2021
December 30, 2021

Dear Rakeshji,

Thank you for sharing a copy of your book which was received by my office.

The whole world has and is bearing the brunt of the covid pandemic and there is rarely anyone who has been not affected by it, either on the personal or the business front.

Your views and live experiences are really practical and relevant, especially they makes us think on how we had been taking things and relationships for granted in the past.

I wish you all the best in your publishing copies of the book which I am sure you will get a huge response.

Warm Regards,

Motilal Oswal
Chairman & Mg. Director

Encl : As above



Century Plyboards (India) Limited

Century House,

P 15/1, Taratala Road, Kolkata - 700088

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CIN : L20101WB1982PLC034435



December 04, 2021

Mr. Rakesh Agarwal
Amul Boards Pvt. Ltd.
Goyal Avenue,
Gandhidham
Gujarat 370 201

Dear Rakesh Ji

I have gone through your Book on Covid-19 on a glimpse and it is nicely composed and well written and I congratulate you for taking this initiative. Undoubtedly this book will give a clear picture to the next generation of the difficult and shocking situation the nation has faced and how we have come out of this impasse. Still we are in the cloud of Covid-19 and we shall definitely overcome this deadly phase very soon.

I wish you all the best and I am very happy to note that you are launching this book on 18th December in memory of our late Hari Bhajya (Shri. Hari Prasad Agarwal) who succumbed to Covid on this day last year.

With best wishes

SAJJAN BHAJANKA
Chairman



Nilesh Shah · 2nd

Managing Director at Kotak Mahindra Asset Management Co. Ltd

Congratulatory Message

Dear Rakesh Ji,

Congratulations on writing such a knowledgeable and motivational book.

This book gives a beautiful insight on how Covid-19 took the world by storm. But just like every dark cloud has a silver lining, this pandemic has taught us that indeed 'Health is Wealth'.

Your book truly touched me and I would encourage everyone to read it.

It was indeed a joy to read a book which emphasized on staying positive despite the state of gloom.

Pandemic did bring lot of hardships for the entire humankind but your positive outlook is nothing but encouraging.

Winston Churchill once said "Never let a good crisis go to waste". I think your book captures the essence of this quote so clearly.

Wishing you all the best for your future endeavours.



Harbhajan Singh

H.N 22, DAULAT PURI
JALANDHAR
PUNJAB 03



Dear Rakeesh ji, Agarwal ji,

I would like to take this opportunity and congratulate you on writing your very first book.

This book will definitely help our next generation to know about the pandemic and the situations we have faced that came along with it.

This book will be an insight on the ways to deal with it and how to come out of any situation stronger and more positive.

Wish you immense success with this book and the many more to come

Best Wishes,

Harbhajan Singh

replace with
LOGO



डॉ उज्ज्वल पाटनी
अंतरराष्ट्रीय
मोटिवेशनल स्पीकर व
बिजनेस कोच

प्रयोगशील उद्योगपति, चिंतक, समाजसेवी, व्यवहार के धनी, हट पल सीखने को तैयार, सोच से युवा श्री राकेश अग्रवाल जी के व्यक्तित्व में एक नया आयाम लेखन भी जुड़ गया है। उनकी कलम से पहली कृति भी राष्ट्रहित को समर्पित है।

कोरोना ने लाखों निन्दगियों छोनी है और इसका विकराल रूप थमने का नाम नहीं ले रहा है। इस संकट की घड़ी में उनकी ये कृति *COVID 19 -सीख और सावधानी* बेहद उपयोगी सिद्ध होगी। ये कृति लाखों लोगों को जगाएगी, सिखाएगी और निन्दगियों को बचाएगी। इसका निःशुल्क वितरण एक समाज सेवा का महान कार्य है।

अपनी व्यस्त दिनचर्या से लेखन के लिए वक्त निकालकर अपने दृष्टान्त को पूरा करने के लिए राकेश जी, साथ देने वाली पूरी अमूल्य टीम और संपादकीय टीम को मैं हृदय से बधाई देता हूँ।

समाजसेवा के इस महायज्ञ में अपना योगदान देते हुए हम उज्ज्वल पाटनी यूट्यूब चैनल और अन्य सोशल मीडिया के करोड़ों फॉलोवर तक इस कृति के प्रमुख अंशों को पहुंचाने का प्रयास करेंगे। उम्मीद है कि COVID 19 की ये सीख आने वाले समय में लोगों की रक्षा करेंगी।

Ujwal Patni

प्रति,
श्री राकेश अग्रवाल
पूर्वपाल लेमिनेट्स
गाँधी धाम-कच्छ



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- Founder of Businessjeeto.com



Dr. (Prof.) Sanjay Paswan
Member
Bihar Legislative Council
Ex. Minister (Govt. of India)
Chairperson, Prison Reforms Committee



203, Neelambar Apartment
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Patna- 800001
Mobile: +91 9868135959
Phone : 0612-2530095
Email: drspaswan@gmail.com

Ref. No.



Date: 17/1/2021

शुभकामना संदेश

उद्योग जगत से जुड़े श्री राकेश अग्रवाल जी ने वैश्विक महामारी कोरोना से जुड़े तथ्यों, सावधानियों एवं प्रेरणा से परिपूर्ण एक पुस्तक 'कोविड-19 सीख और सावधानी' लिखी है, जो सभी के लिए बेहद महत्वपूर्ण सिद्ध होगी। इस पुस्तक में कोरोना से जुड़े प्रत्येक सकारात्मक पहलू पर प्रकाश डाला गया है।

मुझे विश्वास है कि आने वाली पीढ़ी इस पुस्तक से अनुभव लेगी कि कैसे भारत ने कैसे कोरोना से जंग जीती। इसके लिए मैं श्री राकेश अग्रवाल जी को शुभकामनाएं देता हूं और कामना करता हूं कि ईश्वर उन्हें स्वस्थ रखें।

(*Sanjay Paswan*)
डॉक्टर संजय पासवान



श्री गुरु रामराय उदासीन आश्रम

प्रबन्धक समिति शिव मन्दिर (रजि.)

आराम बाग लेन, पंचकुड़वा रोड, नई दिल्ली-110055
दूरभाष : 9873244405, 9868338733



शुभम जी शीखर

क्रमांक: _____

दिनांक: 13-01-2022

- * **सरक्षक:**
पु. कार्ष्णिणीदासीन ए. प्र.
स्वामी गुरुशरणानन्दजी महाशय
रामनोरी, मधुपुर
- * **सरक्षक:**
पुत्र तपस्वी
बाबा कल्याणदासजी महाशय
आरकपुरक, ए. प्र.
- * **अध्यक्ष:**
स्वामी राधवानन्द,
एम.ए. वेदानाथार्य
- * **उपाध्यक्ष:**
श्रीगहन आर्याय जी
देवाशला बाबा योगीशय
उदासीनशय,
आधार - बाबा परिपाल
- * **सचिव:**
डॉ. सनदेवी सौविदानन्द
- * **सरस्य:**
श्रीगहन देवेन्द्रदासजी महाशय
रथार श्री गुरुधर्मय देहएतु
- * **महन्त्री (पुमनि जी महाशय)**
पंचासी बहा अश्रमा उदासीन,
इन्द्रार.
- * **स्वामी गोपाल मुनिजी**
इन्द्रार.
- * **कार्ष्णि स्वामी औकातानन्द जी**
दिल्ली
- * **आर्गनित सदस्य**
स्वामी शंकर मुनिजी
रुई



शुभकामना सन्देश

प्रिय शकेश अग्रवाल जी
हरि स्मरणम् ।

मुझे (कोविड-19 सीय और सबबारी) आपके द्वारा
लिखित पुस्तक पढने को मिली । यदकर प्रदलना
हुई । जिस सद्भावना से आपने इस पुस्तक की
रचना की है, वह भावना समाज के लिए तथा
जनसामान्य के स्वास्थ्य के लिए लोकोपकारी हो ।
इसके लिए आप सा धुवाद के पात्र हैं ।

श्री श्री गुरुदेव
स्वामी राधवानन्द

प्रति
श्री शकेश अग्रवाल
आभूलागा भारिका
गौरीदास-कच्छ



Congratulatory Message



Dear Sh Rakesh Omprakash Agrawal Ji,
Very Warm Greetings and Heartiest Congratulations on the upcoming publication of your persuasive book on Covid-19. It gives me immense joy and fills me with pride on seeing such an initiative that should benefit one and all.

Over the last year-and-a-half, the Covid 19 pandemic has had an impact on every sphere of human endeavor and I found this book as a ray of hope and motivation.

“When we need inspiration or face a crisis, a motivational book can help light the path towards success.”

This Book truly exemplifies the lines that “Tough Times Don’t Define You; They Refine You”.

In a world of much suffering, this book is a gift of wisdom and practical help to us and the generations to come as it provides an extremely effective and elegant mind-body approach to healing.

It is not only inspiring but also encourages us to become stronger and gives us the courage to fight such hard times with smiles on our face and helping each other in tough times too.

I applaud the publication of this wonderful book on Covid-19. It’s a good reminder for all of us to keep our health a priority and build a stronger willpower to fight all odds.

I found this Book Insightful, motivational, and realistic, and would highly recommend everyone to give it a read.

Thank you for sharing with us the gift that you have worked so hard to refine. I trust your book will soon be on the bestseller list.

Wish warm regards, Best Wishes and Blessings always,

Rajiv Chawla
Chairman
I am SME of India

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Gratitude

The COVID-19 pandemic has been an unprecedented experience for me as well as everyone. This book is a compilation of the notes collected by me about this epidemic and the clippings of the information published in various newspapers and magazines. I am grateful to Mr. Abhay Srivastava Ji, my daughter Shailja, CA Ayush Aggarwal, Srikanth Pareek and Ms. Jyoti Kyamsariya Ji for their full support in my desire to get my notes published.

I am also thankful to Mrs. Hemlata Chowdhary, who has been my coordinator for years, Shri Vachonidhiji Acharya, Shri Deepak ji Bhatt (who explained my vague writing with care and precision and helped me shape it) and Shri Upendra Chaudhary, my editor and collaborator in the publication.

In the last thanks to all the great personalities, who have encouraged me in writing this book.

This book is dedicated to my revered Shri Hari Prasad ji Agarwal, who died due to this Pandemic Covid-19 disease.



Foreword

COVID the word itself is spooky enough to send chills up the spine. This book is dedicated to my mentor, guide and inspiration Shri H P Agarwal ji who inspired me and guided me in setting up my business. It is very unfortunate that Shri Hari babu, whom I used to call as Chacha, succumbed to Covid and we lost him forever. His passing away was shocking and unbearable to all but more so to me. I always looked forward for his input and guidance, be it any professional matter or family matter. His departure left a void which is impossible to fill, now there was no one on whom I could fall back upon, with whom I could discuss, to whom I could open my heart.

Chachaji was around 72 when he left this world, but even at this age he used to play football, which kept him stress free and healthy. Passing away of such a fit and healthy person prompted me to think and wonder about Corona. Prior to this unfortunate happening, Corona was a distant disease and like any other citizen of this country, I too was following and implementing the guidelines given by the Government and I never gave much thought to it. As such being student of Commerce, I had no Knowledge and neither any inkling about this virus and way it works, etc.

Corona is dangerous but Shri Harichachaji's passing

away made it real for me. If a healthy person like Chachaji can be affected, what happens to people who are not careful about their health and don't bother about fitness. It suddenly made me realize about how vulnerable of each one of us is. This prompted me to take the onus on myself to spread awareness about Corona, its ill effects and ways to take care, precautions to be taken to control its spread.

While reading and gathering information about Corona and its effects and ways to prevent its spread, I also realized that I need to convey to the young population and generations to come about this disease which has become a worldwide nightmare, way it was tackled and some other learnings associated with it. I started making notes, which I am presenting to you in form of this book. I'm not a writer so at the outset itself I would like to apologize to my readers that if you find any shortcomings in my words or language, please excuse me and bear with me; and if possible, please correct me.

As I stated above, there was no intention to write a book but for reasons mentioned above my notes compiled from various sources, such as Government websites, WHO website, news clippings, individual experiences on social media and other inputs are being presented to you. The objective for compiling all this in the form of a book was with the purpose that future generations, should be aware of the happenings, how we as a generation tackled Covid 19, challenges faced and God forbid if such a problem comes up again, learnings shall be available for public at large. If such situation repeats there will be no need to reinvent the wheel, but follow the experiences shared herewith.

One of the greatest learning of the Pandemic has been that, to survive in any such eventuality, it's essential for us to



remain optimistic, and let positive thoughts flow through our mind and body. This is the greatest tool to fight negativity and depression which tends to prevail in such moments of despair. One should not even for a moment allow any negative thoughts to enter the mind.

Negative thoughts are like a whirlpool with a downward spiral direction, and if anyone even by mistake enters this whirlpool, the path is downwards only. I hereby urge every parent to train their children and future generations by regularly sharing positive thoughts and phrases which are motivating.

This is compilation of information, happenings from press clippings and various articles published in print or web. No way is author claiming expertise on the subject. In this book, Author has shared his own views, comments, thoughts and observations. This book as mentioned above is a compilation of information as well as reflects upon the ways of controlling such pandemic. The author hypothesizes the role of leader in controlling such diseases. This book is for free circulation among the mass.

This book consists of three parts. **The first part contains information about the nature, extent and severity of the Covid epidemic. The second part of this book talks about the possible methods of protection that are necessary for a better life in the future and in the third part of this book we have talked about those visions of life, which not only makes life beautiful, but also makes life easy to live.**

Come, we dedicate this book in front of all readers, in the memory of my great mentor, Shri Harichachaji . It is possible that some errors may creep in, for which you are requested to kindly give us your valuable suggestions, So that those suggestions of yours can be incorporated in the

next edition of this book.

I remember it very clearly that Covid 19 was spreading like wildfire and at it's peak in the 2nd week of March in U.K. and other countries across the globe. My son Abhishek was studying in University of Nottingham and I was very anxious about him. Like every other Indian parent, I also decided to call my son back to India. My parents were in Assam for a family function and we immediately called them back as well. By 22nd of March 2020, our family from different parts of the country had gathered back at home and a joint decision was taken that none of us would step outside our home.

The government imposed complete lockdown from 24th of March 2020. It was a state of complete uncertainty. But we did not dishearten ourselves. We were positive that we will come out of it much stronger. As an industrialist, I was worried about how the business cycle will move as the financial year closing was nearing us. But as other industrialists and professionals, soon we also adapted ourselves to zoom conference calls and digital working.

Looking at internet and television, we realized the importance of Yoga and breathing exercises during this unprecedented times. I always wanted my children to practice yoga and build it as a part of their everyday routine but they had never understood its importance. Covid made them understand its importance and as family we all would do yoga and other breathing exercises every evening in our garden for about one hour. It helped us all to bond well together and even stay healthy and fit.

We had created an office setup at our home where me and my daughter would work from 10 to 6 as we usually do. We have our presence across the country so we would



regularly connect with our sales team members from different areas over zoom and discuss the way forward. During this time, we could reflect on our expenses being incurred for everything and we chalked out the plan to reduce it. We realized the importance of digital marketing and started working aggressively towards it. We also started the process of listing our products on e-commerce websites like amazon and flipkart. In our industry, we are among the first few companies to list our products on an online platform. This period gave us ample time to think different and we are the first in our industry to launch our catalogue on an online platform during the peak of covid with a celebrity, Harbhajan Singh. This helped us in setting a bench mark for our company.

We followed all the instructions laid down by our Prime Minister and we performed every activity instructed by him as a family together. We religiously followed all the activities like the ringing of the bell at 5pm together. We are 13 members at our home including the house help and we performed the activity together. We also lit up our homes with candles and diyas as instructed by our PM. Such activities helped in bringing more togetherness and positivity amongst everyone.

As a responsible citizen of our nation, I, along with my wife got ourselves vaccinated on 5.3.21 as vaccination was made available. After getting ourselves vaccinated and observing our health for 3 days, we also decided to get our parents vaccinated at the earliest. Once the vaccination was readily available we decided to run vaccination campaign in our factory and till date we are running it actively for all the labors, staff and other members who work in our factory. We have vaccinated over 400 members with the help of this

vaccination drive.

I firmly believe in helping the society in every way possible. We requested each and every member of our company to donate their 1 day's salary towards the PM and CM Care Fund. With the help of everyone's contribution and our contribution we collected a handsome amount of 11 lakhs that we donated towards PM and CM care fund. My daughter and I visited Ahmedabad during June 2nd week to give this cheque personally to the CM of our state, Mr Vijay Rupani along with our local MLA. We provided free ration to 800 workers in our plant for almost 45 days along with their full salary. We also distributed ration to the nearby villages for the welfare of the people. As an active member of Agarwal Samaj and Bharat Vikas parishad we helped in providing food kits to the needy people. We also visited the railway station personally to provide food kits to all the passangers travelling to Orrisa in the train from Gandhidham and handed over the food kits to them.

Covid helped me in learning a lot of new things, specially the use of technology. I attended 100+ seminars and webinars on different topics to enhance my knowledge. This helped me in bringing a positive change in myself and also helped me in broadening my horizon of working. Such classes made me think different and helped me in starting a new initiative of collecting testimonials about my company, products, service from our network. We are the first company in our industry to publish a testimonial book with 350+ testimonials from different people like the architects, interior designers, our distributors, dealers, direct clientele and our end consumers. Publishing this book gave me and my team immense pleasure and confidence as it has helped in motivating us to take this 350 testimonials to 1000 in our next edition. Currently this



book is serving as the best sales weapon in our company, better than a sales man's sales pitch.

We as a family who have experienced and seen Covid from close quarters as, my father, brother, son, brother's wife and his son got affected with Covid at the same time. It was a very tough and testing time for our family. Having five covid patients at home was difficult to manage. But with proper guidance from the doctor and the strict routine of quarantine, all of them came out of it. We were scared for my father due to his health issues, we had called for oxygen cylinders at home for emergency as well.

After getting my second doze of vaccine on 5th April 2021, we decided to conduct our annual sales meet program in Gandhidham with some limited number of members from our team as it had been a long time we had not seen each other face to face. Right after the meeting, I developed soar throat and when I got myself checked, to my surprise, even I had become a victim of Covid. I was detected with Covid on 13th April and my 25th anniversary was on 22nd April and my children and other family members had been working very hard to make it a grand celebration in Delhi. But due to my illness, we had to cancel the entire program and I had to get isolated. During my quarantine period, I decided to write a book on Covid and started collating the new paper cuttings, asking friends and family about their experiences and I realized that our next generation should know about this pandemic and should know how to overcome it and use their time wisely even during a situation like worldwide lockdown.

Corona has been hitting us in waves and place in the world is safe from it. However these waves have come at different times in different places. In certain countries the

fourth wave is in progress at present. USA, Italy and UK have been the worst hit. During each wave it has been noticed that the virus mutates and comes with stronger force. In this regard India has been lucky that the third wave has still not come to our shores, and hopefully with the vaccination drive in full swing we will be able to thwart this wave and emerge victorious.

Positive impacts of the Pandemic:

With Corona Outbreak: Nature Started Hitting the Reset Button Globally

Considering the potential threat and the contagious nature of the Covid-19 pandemic, lockdowns had been implemented worldwide to stop the spread of this novel virus. The coronavirus pandemic has hit the world severely, representing the most severe threat to human health in more than a century. The environment from local to global scales has witnessed apparent positive and negative impacts. Global lockdowns have drastically altered the patterns of energy demand and have caused an economic downturn but at the same time, have provided an upside-cleaner global environment. Such immense unintended advantages offer opportunities for unprecedented insights into the dynamics of our natural and built environments that can lead to viable paths for the conservation and perpetuation of the recovered environments and through sensible policies and practices that can help to create new recovery pathways.

Covid-19 impact: How India's healthcare facilities rose to the challenge

Grossly inadequate to begin with, India's healthcare infrastructure was ill-prepared for a crisis of Covid's magnitude. Yet, it rose to the challenge and made the best of limited resources. Indeed, at the height of the pandemic,



India was recording close to 100,000 new Covid cases daily. Not only was the virus spreading but, in the initial days, also claiming lives. In August, 900 people died of Covid within 24 hours. “We were up against a disease that had no known cure and whose symptoms were entirely unpredictable,” says Dr Randeep Guleria, director, AIIMS Delhi. “Our healthcare system wasn’t ready for it. Within a few weeks, national committees were set up to look into beds, medicine, vaccines and research. Hospital staff had to learn to protect themselves and make do with what was available. Given India’s size, the speed with which medical personnel adapted and dealt with such an unforeseen challenge is remarkable.” Many start-ups and companies, too, began to play a role in producing medical infrastructure. Mahindra & Mahindra produced indigenous ventilators, clean air solutions company Nirvana Being manufactured indigenous N95 and N99 masks, PPE kits were made in India under the directive of the ministry of textiles, and the railways opened up coaches for Covid isolation beds. “From stitching masks and making hand sanitisers to helping people return to their hometowns, everybody wanted to do their bit. And that is where our strength lies as a country. That we do what it takes to solve problems,” says Dr J.C. Passey, former medical director of LNJP Hospital, Delhi’s largest Covid facility. We might have started with less information and a weaker healthcare system, but we learned to adapt and survive the pandemic.

Worlds Largest Vaccination Drive:

India began administration of indigenously made COVID-19 vaccines on 16 January 2021. As of 18 November 2021, India has administered over 1.15 billion doses overall, including first and second doses of the currently-approved vaccines. In India, nearly half the

eligible population received at least one shot, and 19 per cent received both the doses in the first nine months after vaccine rollout.

In January 2021, India began a humanitarian initiative known as Vaccine Maitri (vaccine friendship), which aims to leverage the country's pharmaceutical industry to export Indian-manufactured vaccines to other countries. The Ministry of External Affairs stated that since 20 January, India had donated over 5.5 million vaccines to neighbouring countries such as Bahrain, Bangladesh, Bhutan, Maldives, Mauritius, Myanmar, Nepal, Seychelles, and Sri Lanka, and that the country was also planning to send doses to Africa, Nicaragua, Oman, the Caribbean Community, and the COVAX programme, and to distribute vaccines to other countries via commercial exports.

Fight on the economic and other fronts:

As we are all aware India is a developing country and a pandemic of this magnitude left it in shambles. The efforts put in by the Government of India in fighting this menace were gigantic. Lots of economic reforms were introduced to lessen the burden of the common man. For months free ration was distributed to about 800 million people. Innovation had become the key word. One such was the conversion of spare railway coaches into isolation centres, this move decreased the load on already overburdened medical facilities. Shramik express trains were run free of cost to transport the poor people to their homeland so that they could be together with their near & dear ones. One person's loss is another's gain, in keeping with this doctrine we made progress in the IT field and webinars, zoom meetings became common household names. India's Cowin portal has been appreciated all over the world and many developed countries have approached



India for this technology. Children were the worst affected as they had to stay indoors and were not able to attend schools. Here also the government came forward and started online classes for them.

Lessons For The Future

1. Invest in healthcare infrastructure, particularly at the primary and secondary level
2. Improve national doctor to patient ratio and patient to bed ratio
3. To prevent future pandemics, more research needs to be done. Improving funding and research infrastructure for virologists and epidemiologists will help set up early warning and response systems
4. Set up special public outreach workers for dissemination of healthcare information to prevent spread of fake information
5. Immunity-building and long-term health needs to be a part of public healthcare programmes
6. Border control mechanisms need to be improved and a protocol for pandemics should be in place for the future
7. Guidelines for vulnerable groups-the elderly, the comorbid and frontline workers-need to be set up in case of future outbreaks
8. Strengthen indigenous medical device, drug and vaccine manufacturing to become self-sufficient
9. Make adequate transport and ration provisions available

In keeping with my positive nature I have tried to see the brighter side of the otherwise grim situation. To sum up this pandemic has made India from ZERO TO HERO.



PART: ONE





Covid : A pandemic that shook not only India but the whole world

Epidemic v/s Pandemic:

As per dictionary meaning, epidemic is a disease that affects many people within a community, population, or region whereas A pandemic is an epidemic that is spread over multiple countries or continents

Wherever and whenever humans existed, so has been diseases affecting humans. Our ancient texts “Ayurveda” (A book about medicines for illness as well as healthy living) and mention of “Sushruta” (The ancient Indian surgeon) are the proof about humans’ coexistence with illness. This indicates that health issues and diseases have been prevalent from time immemorial or can be said since human existence.

Coincidentally, there has been no mention about epidemic in India during BC or even AD. Maybe experts need to verify this and check the reasons why there was no epidemic in India in the past. If this is a reality, it will be worth studying whether we Indians had the tact to prevent spread of such disease or did the lifestyle practice in ancient India didn’t allow such diseases.

If we Google about epidemics, it shows up pre-historic 3000 BC epidemic onwards and includes even pandemics which happened just a couple of years back. Throughout history, epidemics have happened, but pandemic is a

beginning since 80's when AIDS pandemic hit the modern world. H1N1 Swine Flu was also a pandemic around 2009-10.

With world coming closer, today diseases are no more remaining restricted to a geography, rather they cross over human made national boundaries. Rather, the spread is also rapid almost like the internet speed which we desire.

AIDS, Swine Flu and Corona Virus have shown that world shall be repeatedly attacked by such diseases but the world community has not learnt its lessons yet. Uncontrolled and rapid spread of Corona is evidence to this fact. One thing is for sure, such repeat of diseases shall continue to happen and mankind must come collectively to find a solution to contain its spread at least.

What's Covid?

Covid 19 is a short form for "Corona Virus Disease 2019" and is caused by the SARS-CoV-2 Coronavirus

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

Most common symptoms are:

- fever
- cough
- tiredness
- Loss of taste or smell.

Less common symptoms are:

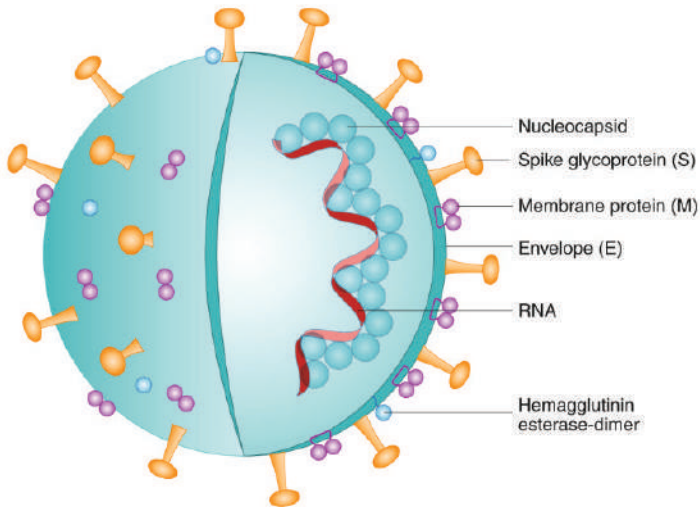
- sore throat
- headache
- aches and pains
- diarrhoea
- a rash on skin, or discolouration of fingers or toes
- Red or irritated eyes.

**Serious symptoms are:**

- difficulty breathing or shortness of breath
- loss of speech or mobility, or confusion
- Chest pain.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Schematic representation of SARS-CoV-2 structure.



Corona Virus Chronology

31st Dec'19

WHO's Country Office in the People's Republic of China picked up a media statement by the Wuhan Municipal Health Commission from their website on cases of 'viral pneumonia' in Wuhan, People's Republic of China.

World Health Organization (WHO's) Epidemic Intelligence from Open Sources (EIOS) platform also picked up a media report on ProMED (a programme of the International Society for Infectious Diseases) about the same cluster of cases of "pneumonia of unknown cause", in Wuhan.

Several health authorities from around the world contacted WHO seeking additional information.

9th January, 2020

WHO reported that Chinese authorities have determined that the outbreak is caused by a novel coronavirus.

11th January, 2020

WHO tweeted that it had received the genetic sequences for the novel coronavirus from the People's Republic of China and expected these to soon be made publicly available.

Chinese media reported the first death from the novel coronavirus

30th January 2020

WHO held a Member State briefing to provide more



information about the outbreak.

The WHO Director-General reconvened the International Health Regulation(IHR) Emergency Committee (EC).

The EC advised the Director-General that the outbreak now met the criteria for a PHEIC public health emergency of international concern. The Director-General accepted the EC's advice and declared the novel coronavirus outbreak a PHEIC. At that time there were 98 cases and no deaths in 18 countries outside China. Four countries had evidence (8 cases) of human-to-human transmission outside China (Germany, Japan, the United States of America, and Viet Nam).

The EC formulated advice for the People's Republic of China, all countries and the global community, which the Director-General accepted and issued as Temporary Recommendations under the IHR. The Director-General gave a statement, providing an overview of the situation in China and globally; the statement also explained the reasoning behind the decision to declare a PHEIC and outlined the EC's recommendations

11th March 2020

WHO announced that the disease caused by the novel coronavirus would be named COVID-19. Following best practices, the name of the disease was chosen to avoid inaccuracy and stigma and therefore did not refer to a geographical location, an animal, an individual or group of people.

7 March 2020

To mark the number of confirmed COVID-19 cases surpassing 1,00,000 globally, WHO issued a statement calling for action to stop, contain, control, delay and reduce the impact of the virus at every opportunity.

11 March 2020

Deeply concerned both by the alarming levels of spread and severity, and by the alarming levels of inaction, WHO made the assessment that COVID-19 could be characterized as a pandemic.

Speaking at the COVID-19 media briefing, the Director-General highlighted how WHO had been in full response mode since being notified of the first cases and “called every day for countries to take urgent and aggressive action”.

Recognising that COVID-19 was not just a public health crisis but one that would touch every sector, he restated WHO’s call – made from the beginning – for countries to take a whole-of-government, whole-of-society approach, built around a comprehensive strategy to prevent infections, save lives and minimize impact.

Emphasising that “we cannot say this loudly enough, or clearly enough, or often enough”, he stressed that “all countries can still change the course of this pandemic” if they “detect, test, treat, isolate, trace, and mobilize their people in the response”.

He stressed that “the challenge for many countries who are now dealing with large clusters or community transmission is not whether they can do the same – it’s whether they will”.

4 April 2020

WHO reported that over 1 million cases of COVID-19 had been confirmed worldwide, a more than tenfold increase in less than a month

9 April 2020

WHO marked 100 days since the first cases of ‘pneumonia with unknown cause’ were reported with an overview of key events and efforts taken to stop the spread of coronavirus.



Covid: A Global Challenge

Globalization was first introduced in 1930 and as per Oxford Dictionary, it meant ‘to become global.’ It was not until 1951 when Merriam-Webster Dictionary entered the word Globalization. With collapse of Berlin Wall, and the end of cold war the word became a buzz word and it seemed to become one world, one planet or one globe! Over the years the word was applied for the economies of different nations were getting integrated through flow of goods, services, capital, and labor – in other words global market.

Covid was declared as pandemic by WHO on 11th March 2020 however virus had already spread to multiple nations by the time it was declared so by WHO. As given in the chronology WHO had observed that the spread was much faster.

No one expected that this favorite word of the world leaders will become the biggest curse of 21st century.

Corona’s rapid spread to almost 114 countries within couple of weeks of its discovery happened due to globalization. By the time, nations could realize the giganticity of the challenge, corona had stealthy crept into possibly every nation on this earth. Hypothetically, if we imagine, the world would not have been as close as we are today, maybe the spread of corona could have been contained

within couple of geographies.

Epidemics in the past were mostly through identified causes and the challenge in case of corona was that the source itself was shrouded in mystery and with rumors floating around, whether this virus was created in the lab or it was passed on from some mammal which was consumed by humans, etc.

Delay in identification of the source combined with globalization can be attributed to the rapid spread of the disease. There have been some views that even WHO which had become aware of the new disease in December 2019 never imagined the seriousness of the problem and hence it delayed announcing it as a pandemic.

Covid 19 has impacted the world economy very badly and it has put most nations under tremendous economic pressure and the economies of many countries have slipped back by few years. This has been probably the first pandemic which has affected the common man in every country. Due to lockdown, industrial production was affected and supply chain cycle was badly disrupted. Direct impact of loss of business resulted in reduced salaries, non-payment of wages and salaries and many companies world-wide had no option but to issue pink slips to their employees.



Worst Economic Depression

International Monetary Fund (IMF) in an article published in April 2020 based on the previous quarter data (since the time of lockdown had started in various parts of the world since January 2020) had stated that the Great Lockdown shall be the worst economic downturn since the great depression*, which happened almost hundred years back, in 1929.

(*Great depression started in August 1929 and lasted for 43 months, in which Global GDP declined by 26.7%)

In the reports, IMF mentioned that the magnitude and speed of collapse in activity that has followed is unlike anything experienced in our lifetimes. In the World Economic Outlook, report published, IMF projected global growth in 2020 to fall to -3 percent. This makes the Great Lockdown the worst recession since the Great Depression and far worse than the Global Financial Crisis.

IMF projected in April 2020 that even in 2021 the recovery would be partial since the level of economy activity was projected to remain below the level projected for 2021 before the virus hit. IMF estimated that cumulative loss to global GDP over 2020 and 2021 could be around 9 trillion dollars, greater than the economies of Japan and Germany, combined.

Covid situation in India in relation to developed countries

In the beginning of Covid, almost till March'20 the world never knew the gravity of the situation, nor it had any prior experience or knowledge on how to tackle spread of Corona. Even WHO, took time to declare Corona as a pandemic, in which valuable time was lost and the spread of Corona got multiplied in the interim.

Covid in India spread very slowly as compared to many nations particularly in European and for much longer the spread was contained and subsequently the disease boomed due to multiple situations prevailing during March and April 20. Huge population of India which is considered as a positive asset from point of business opportunity became the biggest liability in situation of pandemic. A detailed discussion about action undertaken by the Government has been discussed at a later stage.

The challenge in India was quite complex, yet the initiative of the Prime Minister is creditable, since the data, which is given below talks in favor of Indian Government. Following data highlights the fact that many nations, such as US, UK, Germany which are considered as benchmark with regards to public policy, public awareness, human rights, health care system, etc. These countries have well-established health infrastructure as well as availability of



billions of dollars of funding towards public health facility as compared to India, failed miserably to control the pandemic.

This is a classic case of leadership optimizing and managing limited resources effectively and this can become a lesson for future generations of researcher on the subject of “Effective Leader”

Country	Population	Coronavirus Cases (% to Population)	Deaths (% to Coronavirus)	Recovered (% to Coronavirus)
India	1,393,271,975	30,464,956 (2.18%)	393,338 (1.29%)	29,128,267 (95.61%)
United States	332,902,583	34,464,956 (10.35%)	618,685 (1.79%)	28,871,914 (83.77%)
France	65,415,010	5,764,329 (8.81%)	110,906 (1.92%)	5,590,123 (96.97%)
Russia	145,995,790	5,388,695 (3.69%)	131,463 (2.43%)	4,915,615 (91.22%)
UK	68,235,125	4,684,572 (6.86%)	128,048 (2.73%)	4,310,259 (92.00%)
Germany	84,046,340	3,733,077 (4.44%)	91,178 (2.44%)	3,616,800 (96.88%)

Source : <https://www.worldometers.info/coronavirus/#countries>

Above chart is interesting, which shows cases, how India with challenges of large population with almost 6.7% population which lives below poverty line and literacy rate of 77.7% only yet was able to perform better. The above table has been limited to comparison of India with that of highly developed countries, which has all the resources & highly literate population

Two countries have been specifically mentioned below giving highlights about the impact of Covid on them and the

way, the crisis was handled (or mishandled). US & France, both being a highly developed nation with high literacy rate and limited population yet the data as reflected shows how they fared in comparison to India, which has limited resources and challenges of large population, etc.



US and Covid

First case of Covid was reported on 20 January 2020 in US and President Donald Trump declared the US outbreak a public health emergency on January 31. Except for restricting flights arriving from China, US's response was slow, in terms of preparing the healthcare system, stopping other travel and testing. Unlike Indian leadership, Trump was optimistic and later he was even criticized of underestimating the severity of the virus.

President Trump declared national emergency on March 13, which was almost 51 days after the appearance of first case in US. 8.3 billion \$ was the amount allocated towards emergency funding to respond to the outbreak.

Downplaying the danger and side-lining experts:

During the pandemic's crucial early days and weeks, then President Donald Trump and other authority figures actively minimized the virus's threat. Trump dismissed it as no worse than the flu and said the pandemic would be over by Easter.

“One thing that shouldn't have been done is people downplaying the infection” Perlman says. “That was a real big problem, because if you let the pandemic get out of control and don't take it seriously, it gets worse.” The U.S. Centres for Disease Control and Prevention (CDC) initially told the media that the threat to the American public was

low. When a CDC spokesperson acknowledged in late February that disruptions to daily life could be “severe,” the agency was quickly side lined and Trump himself became the government’s main conduit for COVID updates through his daily briefings. “The Trump administration really tightly controlled what [the CDC] could put out,” says Angela Rasmussen, a virologist at the Georgetown University Centre for Global Health Science and Security. This muzzling of the CDC and top government health experts made it hard for them to communicate accurate and lifesaving scientific information to the public.

Inadequate tracing, isolating and quarantines:

The timeworn methods of combatting an infectious disease—testing people who may be sick, tracing their contacts and isolating and quarantining those who are positive or exposed — worked for COVID as well. The WHO repeatedly stressed the importance of these measures and countries that followed this advice closely (such as Vietnam, Thailand, New Zealand and South Korea) succeeded in controlling their outbreaks. In addition to its test problems, the U.S. did not do an adequate job of isolating those who were known or suspected to be infected (or had recently travelled to a high-risk area), tracing their contacts or requiring quarantines for those who were exposed. China imposed extremely strict, city-wide quarantines. Other countries required those who may have been exposed to stay at a government-approved hotel or other facility for a quarantine ranging from a few days to a couple of weeks. Such policies would likely have been harder to implement in the U.S., a nation that prides itself on personal freedoms. But not doing so came at the expense of keeping the virus in check.

**Confusing mask guidance:**

Although face masks are now widely considered a crucial part of stopping transmission, U.S. and global health authorities were slow to recommend them for public use. Many countries in East and Southeast Asia, including China and Japan, had normalized mask wearing well before the pandemic—in part because of the SARS outbreak in 2002–2003. Even after health experts reached a consensus that masks were effective, Trump refused to set an example by wearing one in public. Instead he mocked people who wore them and many of his supporters rejected masks as well.

Airborne spread and “hygiene theatre:

Early in the pandemic, U.S. health authorities believed the virus spread primarily by direct contact or relatively large droplets from a nearby cough or sneeze—not by far smaller droplets, called aerosols, that linger in the air. As a result, officials placed a huge emphasis on washing one’s hands and cleaning surfaces. Scientists now believe transmission from surfaces is not the main way the virus spreads and that aerosols play a much larger role. Ensuring proper ventilation and wearing well-fitted, high-quality masks are much more effective ways to reduce transmission than deep cleaning surfaces

Decentralized response:

The U.S. government’s structure meant that much of the pandemic response was left up to state and local leaders. In the absence of a strong national strategy, states implemented a patchwork of largely uncoordinated policies that did not effectively suppress the spread of the virus. This caused sudden, massive spikes of infections in many local outbreaks, placing enormous strain on health care systems and leaving no region untouched by the disease. “Every district, every

county, every state could make decisions and keep them to themselves,” says Monica Gandhi, a professor of medicine at the University of California, San Francisco. “And we just have uneven applications of public health recommendations in a way that I can’t imagine any other country does. The Trump administration has been widely criticized for how the pandemic played out here. But Gandhi adds that the U.S. government’s decentralized nature would likely have been an obstacle under any president.

What Went Well for US:

Despite the many mistakes and bad policy choices in the U.S. response, there were some incredible success stories, too.

Vaccines:

Perhaps the clearest success amid this crisis has been the development of several vaccines in record time. Less than a year after the virus was genetically sequenced, two vaccines—one made by Pfizer and BioNTech and another developed by Moderna—were found to have roughly 95 percent efficacy in preventing symptomatic COVID and were authorized for emergency use in the U.S. The Johnson & Johnson vaccine, with efficacies of 66 percent in preventing moderate to severe disease and 85 percent in preventing severe illness alone, was authorized as well.

Heroic efforts of health care workers:

Faced with unprecedented levels of sickness and death, health care workers stepped up and risked their lives to care for COVID patients. Nurses, aides and orderlies cared for the elderly and most vulnerable individuals as the virus ravaged nursing homes. Paramedics responded to calls at all hours of the night. Doctors, nurses and other hospital staff comforted dying patients as they struggled to breathe—and held their



hand when they said goodbye over video calls to family members who were not allowed in the room with them. Over time, medical professionals learned better techniques for treating the disease: these ranged from pharmaceuticals such as steroids and monoclonal antibodies to low-tech interventions, including “proning,” or simply turning some patients onto their stomach so they can breathe more easily. Even as nursing homes and hospitals became overwhelmed with 8COVID patients, hardworking staff kept showing up, shift after shift, facing down terror, exhaustion and despair.

The public (mostly) did its part.

Despite COVID becoming a part of the country’s bitter and escalating political divide, many Americans followed public health guidance regarding mask wearing, social distancing and avoiding unnecessary risks. Surveys show the majority of people wear masks when they go out, Johns Hopkins’s Rivers says. “I am really heartened by the sense of purpose—the willingness for the whole country to come together and change their lives and protect themselves and their communities,” she says.

<https://www.scientificamerican.com/article/how-the-u-s-pandemic-response-went-wrong-and-what-went-right-during-a-year-of-covid/>

Covid: Situation in India

India's size in terms of geography and the population is a nightmare in times of such crisis. It's essential for new generation of this country to know in details about the spread of Covid, its effects and the manner the Government dealt with the pandemic. I feel that decision and action taken by any individual, agency or Government are time specific. The impact of the decision taken can only be seen and judged at the later date by the outcome. The decision taken by the Government for controlling the pandemic and its related impact on the population will be a matter of study and research in times to come. Below I have shared the chronological happenings in India, action taken and its outcome. Every Indian present during the Covid must have experienced, yet I've tried to share details, as per my notes and my comments.

Spread of covid:

Globally It took 67 days (~7th March) to infect 1 lakh people from COVID-19, an additional 12 days (~19th March) to infiltrate further 1 lakh and with a third invasion taking only 4 days (~23rd March), indicating Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) to be a highly transmissible type virus. By 30th March, the number of confirmed cases has shown an exponential spike to 7.25



lakhs across the globe.

India has the second-largest population in the world having a rural-based and growing urban developing economy also suffered severely from this COVID-19. India reached its first 1 lakh infection on 18th May 2020 and crossed 8.5 lakhs infections as of 11th of July.

COVID-19 not only killed people through virus incursion but also due to economic and mental collapse, where developing countries suffered from unemployment and hunger. India enforced 68 days of four-phased-lockdown starting from 24th March to 31st May to deal with COVID-19. However, in this current scenario of the COVID-19 period, what remains unanswered is whether the virus or the hunger is prepotent in India. Thus, how India is equipped to deal with, coping with the current situation, adverse effects on the economy, human living, and environment along with various approaches undertaken to overcome this pandemic is the topic of discussion in this work.

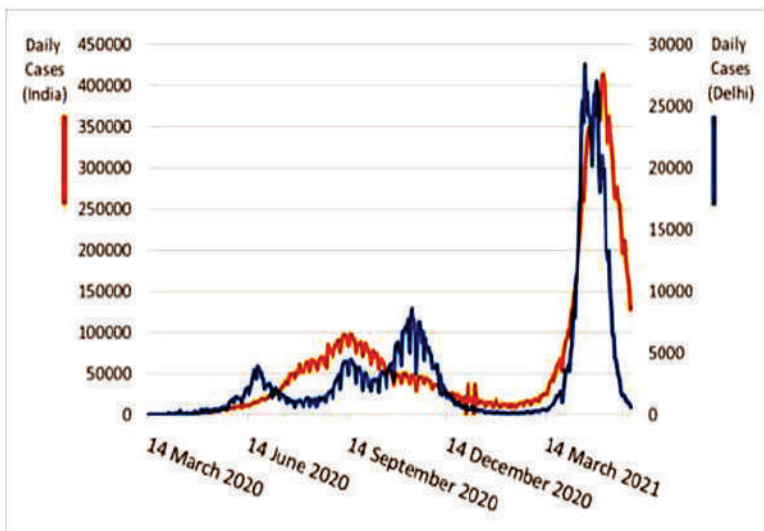
In the beginning, coronavirus cases in India happened due to the abroad connection rather than transmission within the country. The first three infection cases occurred on 30th January and 3rd February in Kerala as they returned from Wuhan, China. Within a month later on 3rd March, two more cases were reported where one patient had a travel history from Italy while the other in Hyderabad visited Dubai. On the very same day, few other cases were observed in Jaipur. To control this spread, the Ministry of Health and Family Welfare (MoHFW) issued travel advisory restrictions including the imposition of self-quarantine rules for 14 days to all international travelers entering the country. Additionally, travel visas were restricted until 15th April for other countries and on 16th March 2020, MoHFW proposed

various interventions such as social Distancing of ≤ 1 m to avoid / decrease the rate and extent of disease transmission in community which eventually leads to decreasing in a spread, morbidity and mortality due to the disease.

First cases of COVID 19 in India were reported in the towns of Thrissur, Alappuzha, and Kasaragod, all in Kerala, among three Indian medical students who had returned from Wuhan. The first case was reported from Thrissur on 30th January 2020. On 12th March 2020 the first fatality in India was reported of a 76-year-old man with a travel history of Saudi Arabia.

Kerala was the first state to declare lockdown on 23rd March 2020 followed by rest of country on 25th March 2020.

By 13th March 2020 India had 52 labs capable of virus testing. Initially, the testing was limited to those who with a travel history to 12 countries designated as high-risk or those who had met anyone testing positive for the coronavirus or showing symptoms as per the Government guidelines.





On 14 March 2020, scientists at the National Institute of Virology (NIV) isolated a strain of the novel coronavirus. India was the fifth country to successfully obtain a pure sample of the virus, isolation of the virus would help towards expediting the development of drugs, vaccines, and rapid diagnostic kits in the country.

Testing for community transmission began on 15 March 2020.

On 17 March 2020, the health ministry decided to allow private pathology labs to test for COVID- 19.

As of 18 March 2020, no evidence of community transmission was found after results of 500 random samples tested negative.

On 22nd March, Prime Minister Narendra Modi encouraged people to follow 14 hours of Janata curfew in India. On 24th March first phase of 21 days lockdown started in India. Due to this lock down, mobility in grocery and pharmacy, recreation and retail, transit to station visits to parks, and workplaces reduced by 64.2%, -70.51%, -65.6%, -46.17 and -60.03% respectively.

Due to the growing number of infestation from COVID-19, on 14th April, Indian government declared an extended 2nd phase lockdown till 3rd May which was further lengthened till 17th May and later imposed till 31st May. To make the lockdown and social distancing effective, India also levied the quarantine law under the Epidemic Disease Act, 1897. This 123-year-old legislation allows a state/country to inspect people traveling by railways, ships (air travel was not an option at that time when this law was created), and segregate suspects in hospitals, under temporary accommodations, or otherwise to prevent the spread of dangerous pandemic disease.

After the first confirmed case been reported on 30th January, the total number of confirmed patients reached 107 by 15th March, and since then, the number of positive cases increased constantly. Within 15 days (15th to 30th March), confirmed cases of COVID-19 in India multiplied by 10 times. As of 30th March, India crossed more than 1071 cases with 29 deaths. Indian Council of Medical Research (ICMR) projected that India can reduce the cases by 62% if social distancing and proposed quarantine interventions are effectively executed. Another research revealed that India may corroborate nearly 13 lakh cases by mid-May if the spread of the virus is not contained, which however can be reduced with increased testing, obeying stringent measures, and implementing restrictions.

Nevertheless, in India COVID-19 cases reached 1,01,139 by 18th May. Initially, it was considered that India was dealing well with a low number of positive cases from COVID-19 because of the constricted transmission during a lockdown and social distancing, however, at the end of all lockdown phases, India experienced a total of 1,90,648 confirmed case including 5407 deaths due to this disease. Cities like Ahmedabad, Bengaluru, Bhopal, Chennai, Delhi, Hyderabad, Indore, Jaipur, and Kolkata were identified as the COVID-19 hotspots with four major metropolitan cities accounted for nearly 40% of the COVID-19 cases in India. It was speculated that the disease speeded in a higher number among children age ≤ 10 years and elder people diagnosed with other health issues. As of 11th July 2020, India was the 3rd most COVID-19 infected country with currently 2,922,58 active cases, along with 5,34,620 patients being cured and discharged (recovery rate of 60.86%) followed by the demise of 22,674 COVID-19 infected patients. Fig. 1



shows the total infected cumulative cases in India till 11th July 2020.

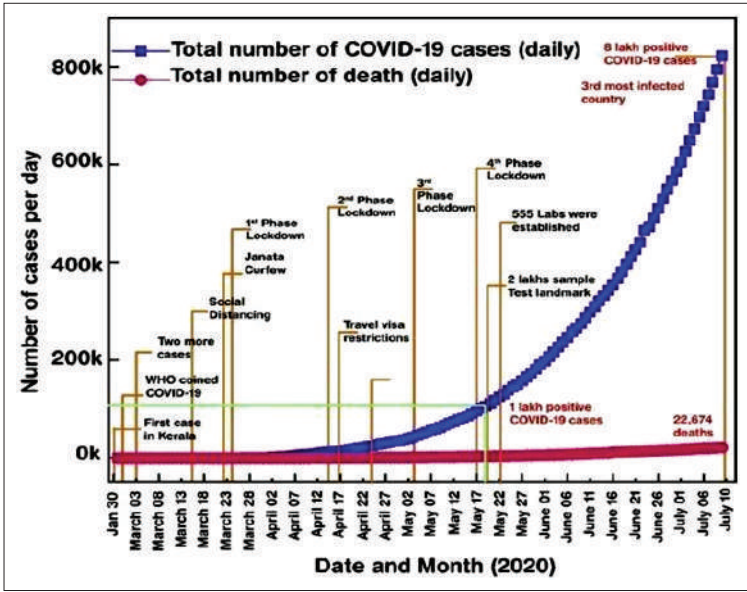


Fig. 1. Cumulative total COVID-19 cases in India till 11th July 2020

Impact on Economy

Indian economy, a developing market was already been in a crisis phase since last year when its economy reduced to 4.9% (in 2019) being the least since 2013. The primary reason for this downfall was Demonetization in November 2016 which made 86% of the money in the economy unusable overnight. This created a great negative impact on the growth of the industry e.g. demands for vehicles sale in India was low last year particularly the motorcycle which is a very popular mode of transportation in rural India. Tourism was also severely affected which is one of the most powerful sectors worldwide and India is no different. India ranked 34th among the 140 economies over the world in 2019. In 2018–2019 more than 10 million foreign tourists visited India and contributed an enormous amount into the Indian economy.

The day Prime Minister Narendra Modi first declared the 21 days of lockdown he also warned that this lockdown will have a negative economic impact and we will have to pay the price for it. The All India Association of Industries (AIAI) estimated loss for Indian economy to be \$640 million with growth stated to be between 5 and 5.6% till 2022. After the first lockdown phase, within 7 days, electricity demand reduced to 30%, traffic in port became 5% less, oil demand



lessened by 70% and Indian rail activity was below 36% compared to last year. The unemployment rate increased to 19% after a month of lockdown and overall unemployment was 26% across India by 24th April. Hence, the lockdown had a havoc impact on small, medium, and large enterprises of the country, which led to no job and economic downturn condition.

Swiggy and Zomato, two key food delivery players already started laying off the employees. Previously they both used to handle over a million orders a day across more than 300 cities. The tourism sector also expected to have 70% job losses. Likewise, India has an economy where a large section of people depends on the daily wages e.g. autorickshaw drivers, carpenters, delivery boys, domestic laborers, scrap or waste collectors, tea girls, vegetable vendors and waiters. Unaware of the end to this pandemic COVID-19 and restricted lockdown scenarios, returning to its pre-lockdown stage will take time. For 2020, the tourism industry and air travel were expected to suffer greatly, and India's GDP growth was forecasted to decline \square 2.5% from 5.3%.

However, complete lockdown in China could have opened a new place for the Indian economy as senior industrialists from India were hoping that India can be the new manufacturing hub for the world nonetheless India needed to improve on the raw material sector otherwise this fact will not be a reality. India can take advantage particularly in the pharma industry, where India depends on 70% pharmaceutical ingredients. Also, oil price reduced a lot from \$68/barrel (on 3rd Jan) to \$28.2/barrel (20th March). Even though there were huge economic losses due to lockdown but the government had no choice. To stir up

the economy Indian government were planning to spending a \$266 billion package which could improve 4% of the GDP. These were a few measures but still not enough to reach India's previous growth of GDP.



Impact on People

Life in India includes urban and rural and they both got impacted by COVID-19. The disease in transmission was previously epicenter in all the major metro and capital cities of Indian states. However, both people from rural and urban sectors faced a real traumatized situation. COVID-19 created a negative impact on human life also. First to tame the COVID-19 transmission, locked down and social distancing measure was taken. From 24th March, 1.3 billion people were in lockdown situations in India. Social distancing, advised in India, is difficult to follow for the urban poor who lives in slums or closed and small places. Mumbai, the capital of Maharashtra state is also known as the business center of India is renowned for its large number of slums. It is estimated that 9 million people live in Mumbai slums where houses are fairly 10 ft by 10 ft and under such conditions obeying social distancing is a questionable issue. In return, it can also be seen that in India number of COVID-19 cases were maximum in Maharashtra (37,136 cases by 20th May; 75995 cases by 1st July) and particularly high in the city. In reality, social distancing is an oxymoron in such scenario of India.

The directive was issued by the Kerala Chief Minister Pinarayi Vijayan taking into consideration the surge in

COVID-19 cases in the State during the second wave of the coronavirus pandemic. “Kerala is going through a serious situation with COVID spreading rapidly in the state. The test positivity rate is not coming down. The situation calls for imposing more restrictions in the state,” said Vijayan. The announcement comes after a record 41,953 new cases were reported in Kerala.

Additionally, sudden lockdown enforcement on 24th March 2020, forced millions of migrant workers to undergo an uncertain future without family, food and job. Usually, more than 50 million people migrated from Assam, Bihar, Madhya Pradesh, Odisha, Punjab, Rajasthan, Uttar Pradesh, and West Bengal to Maharashtra and Delhi for work. Due to lockdown, these people were forced to move out of their cities and return to their homes in the countryside. In the absence of transport facilities, workers with infants, pregnant women, and the elderly were forced to walk on foot. Hence, India experienced the second-largest reverse mass migration in its history after the Partition of India in 1947.

Additional directives for workplaces like work from home (WfH) were advised in India which is however suitable only for urban upper- and middle-class people and is challenging for the rural agriculture-based population. Also, India still lacks places with the facility of computers and the internet, and hence these WfH is a challenge. The Indian IT industry with primarily call-centres and knowledge process outsourcing were not ready for the lockdown and WfH situation. However, a 60% hike of Wi-Fi network equipment, e.g. routers and mobile hotspot dongles demand were observed in India during the COVID-19 lockdown and WfH scenario causing a little boost up to the telecom industry.



Parallely, the education system came at a halt due to COVID-19 in India. During this lockdown period, the educational institutions were closed which hampered the overall teaching - learning process and education system due to the unavailability of online and computer systems among all the students in rural India owing to the disparity of economic condition. However, accessibility of android mobile and 4G connection, mobile phones in the urban sector of India, resulted in running schools online, where rural sections remained deprived of education.

Medical facilities faced critical time in India. Under the normal scenario, available beds per 10,000 people were 3.2 for rural and 11.9 for urban which had to increase to accommodate COVID-19 Patients. Because of the busy schedule for COVID-19 cases, some disruption and discrepancies were observed for other treatments. Little difficulties occurred for running the children vaccination program for tuberculosis, meningitis, pneumonia, whooping cough, tetanus, hepatitis B and diphtheria. For adults, disruption of kidney dialysis, chemotherapy services were also noticed. Lockdown cases had a great increasing impact on the TB cases while they are also vulnerable to COVID-19 infection. Nevertheless, to manage the COVID-19 cases, colleges, hotels, railway train coaches, were converted into quarantine facilities while stadiums were converted into isolation wards.

Isolation, fear, uncertainty, economic turmoil were mainly a few issues that greatly caused psychological distress among humans due to COVID-19. In India poverty, starvation, hunger is still an issue that was escalated due to COVID-19. Mass unemployment created frustration and drive people to chronic stress, anxiety, depression, alcohol

dependence, and self-harm. In the 2008 economic crisis, 10,000 “economic suicides” cases were reported across the US, Canada, and Europe, due to the financial crisis. For a country with the highest number of poor and malnourished and individuals with depression and anxiety, India reported 1,34,516 suicides in 2018. Reportedly on 12th Feb 2020, a 50-year-old man diagnosed with a viral illness had a constant fear of getting infected by COVID-19 and this led him to commit suicide. From 19th March to 2nd May, 338 deaths were reported due to lockdown which includes suicides arising due to fear from corona, self-isolation, starvation, and financial distress. Further, suicide cases were registered for the reason of banning alcohol during the lockdown period.

Impact of lockdown on orthopaedic surgeons in India (611 orthopaedic surgeons from 140 cities in India participated in this survey) was conducted and it was found that 22.5% of surgeons faced stressed while 40.5% faced mild stress. Further staying at home during the lockdown, caused poor physical activity and unhealthy food habits which in turn generates weight gain, diabetes and increases the risk of developing cardiovascular disease.

Comparably some positive health issues were also observed. During the analysis performed using 100 registered patients from MV Hospital for Diabetes, Diabetes Research Centre, Chennai, it was observed that among 92% of the participants who had Type 2 diabetes, 80% of patients followed a routine lifestyle and controlled diet during the lockdown period while 40% of the participants were anxious for COVID-19 infection. Another probably positive side of the lockdown was people staying home and had time for family, which is only legitimate for economically stable families.



Effect on Environment

Air pollution in India is severe and has an adverse impact on human health causing more than 3,50,000 new cases of childhood asthma and 16,000 premature death every year. This is due to the presence of NO₂ and particulate matter in the range of 2.5–10 μm diameter in the air generated from fossil fuel burning and primarily from the transport sector in India. Due to lockdown, air flight and every possible mode of transportation, along with industries, which are the primary sources of air pollution, were ceased. Hence an improved air quality was visible.

Probably environment is the only sector that got an immense positive impact from this COVID-19 scenario. International energy agency reported that global coal use was 8% lower in the first quarter in 2020.

This Fig. 1 shows the Copernicus Sentinel-5P satellite of India before and after lock-down and also the previous year. A considerable amount of reduction in nitrogen dioxide concentrations reduction was observed. Delhi and Mumbai had a 40–50% NO₂ emission reduction compared to the previous year. The electricity consumption level declined by up to 9.2% while vital industrial states Tamil Nadu and Maharashtra faced a 5% reduction in electricity consumption during the end of March 2020. Several cities

in Gujarat (Ahmedabad, Rajkot, Vadodara, and Surat) are equipped with power plants, transportation, outdoor waste incineration, construction, and brick kilns resulting poor air quality, also recorded a 30% power consumption decline due to lock-down along with a 34–75% reduction of particulate matter, SO₂, NO₂, and CO, was between which enhanced the air quality index.

In India, coal-fired power generation was 15% less in March and 30% less in April. Except for two units at Dadri Power Plant, all other coal-based power plants within a 300 km radius of Delhi (Haryana, Punjab, and Uttar Pradesh) were shut down due to low demand. Because of the lock down in March, total fossil fuel consumption reduced to 18% compared to last year's March. The first phase-lock down showed improved air quality particularly the reduction of NO₂. Delhi the capital of India which experienced air quality index up to 900, now air quality index below 20, because of the absence of 11 million registered cars from the road. The reduction of PM 2.5 was alarming in Delhi. Dwarka river basin of Eastern India is highly polluted because of stone quarrying and crushing. During the lockdown period, it was found that the maximum PM₁₀ concentration reduced from 278 µg/m³ (pre lockdown) to 50–60 µg/m³ after 18 days of the lockdown in that area. An improvement in the quality of the Yamuna river (concentrations of pH, EC, dissolved oxygen, biological oxygen demand, and chemical oxygen demand reduced by 1–10%, 33–66%, 51%, 45–90%, and 33–82% respectively) was also observed due to the shutting down of the Delhi-NCR industries, which mostly discharged the wastes and the toxic effluents into the river (vice-chairman of Delhi Jal Board Raghav Chadha. S).

The surface temperature was reduced by 3–5 °C while



the noise level dropped to $<65\text{dBA}$ from above 85dBA . Further, water quality of river Ganga was also improved during lockdown conditions. Critically endangered, South Asian River Ganges Dolphins were also spotted back in the Ganga river after 30 years. Tens of thousands of flamingos have gathered in the city of Navi Mumbai. The birds normally migrate to the area every year, but residents have reported that this year they have seen a massive increase in their numbers. The Uttarakhand Pollution Control Board also reported that the Water from Har-ki-Pauri in Haridwar is ‘fit for drinking after chlorination’, which is due to the absence of industrial drainage waste into the river.

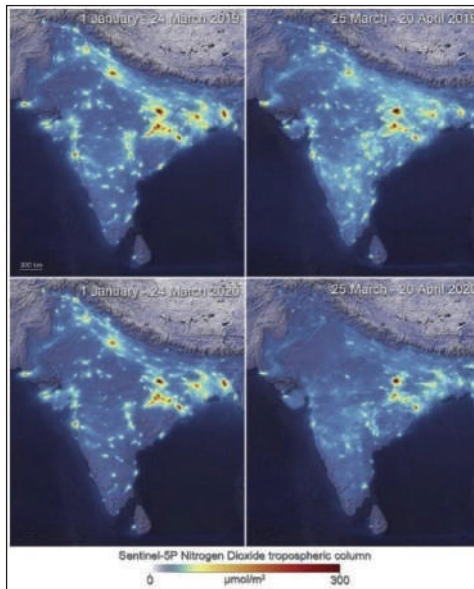


Fig. 1. Nitrogen dioxide emission before and after a lockdown in India [90].

Challenges for Common Man

This has been for the first time in the history of mankind, that public must be confined to their homes. Even during the war time, people movement was never restricted except for those times that time or hours when a city was under fear of air attack and on blowing of sirens, light out was done.

When the lockdown was declared in the last week of March 2020, initially the overall feeling of the working class was this was much needed paid holiday. There was an air of rejoice, about having an opportunity to spend time with the family, which was not happening.

Migrant workers who were dependent on daily wages and staying in large cities miles away from their homes, within the first week started to depart to their homes in the heartland of the country. The number of exodus kept on increasing on daily basis, and with limited availability of public transport, migration was started by any means of transport which the individual can lay hand on. Individuals having cycles, cycles started their thousands of kilometres journey on it, having a single objective of reaching their homes.

This movement of people from towns towards their villages which initially was in few hundreds turned into waves, almost like migration which happened during the



time of partition of India in 1947. There was utter chaos with various political parties jumping into this either to take credit or use it as an opportunity to highlight Government failure.

The average employed class and small-time business class, school going and college going children all started getting to realise the effect of confinement at homes within a week; and the initial euphoria of paid holiday was soon worn out with frustration, boredom setting in.

By third week of April 2020 various organizations, started contemplating and initiating the process of salary cuts, which ranged anywhere from 10 % to almost 50%, since the business houses could foresee the impact of lockdown on their turnover and earnings.

The impact of lockdown was across the nation, and few such impactimpacts on common man are shared below:

- Video calls and web meetings became the preferred choice of all heads of organisationorganization. Earlier so-called IT challenged individuals, adapted to the use of technology almost like ducks adapting to water.
- With payment gateways** being percolated to the level of local vendors, was very handy for housewives making purchase without physical cash transaction. Imagine, if the economy had remained cash economy as was the case for almost six decades; it was just couple of years back where the Government encouraged moving over to cashless transactions
- Education was no more a brick and mortar but transformed into virtual zones. This has impacted school going children both physically and psychologically.
- House support by way of maids, drivers, gardeners, dhobis etc., was impacted and the huge middle class

who outsourced such services were affected in a large way. People who were having such support employed full time and staying in their house were not affected much. These necessitated housewives doing all home jobs and with complete families at home, this segment was extremely busy. Some housewives were lucky with their family members chipping and supporting in housework

- Number of people became jobless, particularly those associated with tourism, hotels, restaurants, entertainment, malls, retail, etc., were badly affected
- Individuals who were dependent on restaurants and canteens for their daily meals for initial few days had to manage with some dry snacks, but soon once take-home facility started it allowed food delivery. Sit down restaurants were not operating for many months, thus rendering people in serving or order taking were also let go by the owners

Overall, every common man was affected by the lockdown in some way or the other. In adverse situation, humans have the tendency to seek innovative methods, could be best seen during the lockdown.

Non-movement of people was leading to huge discontentment with law enforcing agencies, whose task was to discourage social gathering and not allow people to move without mask.



Tackling of Corona

The Indian government (central and state level) worked intensely to minimize the number of cases and consequences on a war footing. Governments took all necessary steps to combat the challenges and threat posed by this growing invisible pandemic war involving public, medical association, nurses, NGOs, police forces, including paramilitary. Earnest efforts of all the frontline workers especially medical doctors, nurses, healthcare staff, sanitation workers, police personnel, volunteers, and active support and obedience of people of India has been the only possible reason owing to the control and treatment of pandemic. Additionally, to treat/stop this COVID-19 infection there was a pressing need to handle this battle at a scientifically advanced level.

Indian Government got critically involved with the COVID-19 outbreak and started scanning every person. The testing facility included Real-time PCR test, Point-of-Care molecular diagnostic assays, rapid antibody test (suitable for surveillance as the results come after 7–10 days of the pandemic infection) and point of care rapid antigen detection test for early detection of COVID-19. Starting from less than 100 tests per day, on 18th May India reached a 2,00,000 test landmark in its fight against COVID-19. This 2000 fold increase became achievable with cooperation from airlines,

railways, medical colleges, ministries, postal services, research institutions and testing laboratories.

In January 2020, India had a single laboratory testing for COVID-19, at the Indian Council of Medical Research's National Institute of Virology, Pune and by 20th May, 555 laboratories were set up across the country which was further increased to 1105 operational labs (788 govt labs and 317 private labs) to deal with COVID-19 cases. Cumulatively 1,15,87,153 samples were tested and 2,80,151 as on 11th July 2020. Additionally, over 2.02 crore N95 masks and 1.18 crore PPE kits were distributed in Indian states and UTs for free since 1st April.

India launched 'ArogyaSetu' mobile application for tracking the movements.

With no vaccine or antiviral drug available against SARS-CoV-2, Hydroxychloroquine (HCQ) were being advised as chemoprophylaxis drug for asymptomatic healthcare personnel handling COVID-19 cases, frontline workers and asymptomatic contacts of the confirmed cases while hydroxychloroquine-azithromycin combination is recommended for patients with serious sickness.

Ministry of AYUSH made recommendations based on Ayurvedic literature and scientific publications for preventive measures and boosting immunity with special references to respiratory health. Medicinal plants such as *Tinospora cordifolia* (for chronic fever), *Andrographis paniculate* (for fever and cold), *Cydonia oblonga* *Zizyphus jujube* *Cordia myxa* (Antioxidant for immune-modulatory, anti-allergic, smooth muscle relaxant and anti-influenza activity), *Arsenicum album 30* (for Effective against SARS-CoV-2, immune-modulator), *Agastya Haritaki* (Upper respiratory infections), *Anuthaila*, *Adathodai* *Manapagu*, *Bryonia*



alba, Rhus toxica, dendron, Atropa belladonna, Bignonia sempervirens, and Eupatorium perfoliatum because of their antiviral, anti-inflammatory and antioxidant properties, was considered and recommended to be favourable for the COVID-19 treatment and boosting immunity.

Ministry of AYUSH advised few health care measures and self-care guidelines for enhancing immunity (to fight against COVID-19) with ayurvedic procedures, like drinking warm water throughout the day, regular practice of Yogasana, Pranayama and meditation for at least 30 min, intake of spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic), drinking herbal tea/decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day, application of sesame oil / coconut oil in the nostrils every morning / evening, oil pulling therapy, intake of chavanprash (10 gm/day), Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day, etc.

Additionally, steam inhalation with fresh pudina, clove powder with honey were advised to take to fight against dry cough/sore throat.

How India Tackled Covid

India's strategy in March, 2020 was focused on cluster-containment and this was based on earlier experience country had to contain epidemics of "breaking the chain transmission."

In spite of challenges and with limited and no experience in tackling such an emergency, the people at the helm of affairs made an actionable plan knowing very well that time is of essence and if the pandemic is to be controlled, it shall require tough measures and that too without wasting much time. The decision makers sitting in Delhi were aware of the challenges the country poised, large population, which are often misguided and with such large population below poverty lines, which predominantly comprised of daily wage workers based in densely populated localities, which will be affected.

Many countries had started to contain the spread by restricting movement of people and disallowing congregation of people to any one point by stopping all activities of routine was the only way found appropriate by the decision makers in the Centre, at Delhi. Considering the challenges as stated earlier, the leaders in the Government decided the "ABS" technique.

In the modern-day automobiles, ABS is anti-brake



skidding technology, which doesn't allow the wheels to be clamped immediately on application of brakes, rather it stops and releases the wheel and this process keeps on repeating in quick succession, resulting in the automobile coming to a halt without skidding. India, as a nation also needed the same formula.

Government took a smart decision, by preparing the nation and giving them a taste of situation or days that may come.

As it has been the habit of the Prime Minister Shri Narendra Modi in the past, that he has announced tough decisions by speaking to the nation over electronic media, even in this case he did the same. The growing uneasiness and the fear of covid which was rising in the minds of the public due to various media reports, social media many of the information was true and many was mere rumor, PM Modi decided to calm nerves and urged Indians to remain indoors as much as possible, he addressed the nation on how it could battle the coronavirus pandemic.

In a televised address, PM Modi announced a 'Janata Curfew' from 7 am to 9 pm for one day. He declared Sunday, 22nd March as the day of Curfew, which by that time had claimed four lives and infected almost 169 others. PM in a way prepared the public for the forthcoming days. In the address, he explained that spread of covid can only be stopped through such isolation drives only. He also explained that one day will act as a symbol of "our self-control" and the experience shall prepare for days ahead.

In the history of the country, probably this has been for the first time when the leadership has been tested to the maximum. In various research and studies about leadership, this act displayed by the PM will become a topic of debate,

discussion, and research.

As an Indian, I carried the feeling that unlike in many nations, the opposition parties in India were only critical about Government actions taken to control spread of Covid and fight the virus, rather than supporting and collaborating with the Government. India is considered as the largest democracy but somehow the politics is in its infancy. Reason my view is so, since in every calamity, opposition tries to score brownie points, rather than standing in unison with the Government.

Almost 140 countries were affected by the pandemic. It's always assumed that countries which are developed, and which have wealth and all resources are better off. It's also presumed that many countries which are not economically developed like India which have large population, poor hygiene standards as well as constraint of resources particularly in area of health management shall perform badly.

In earlier pages we have seen the chronology of Covid in India and above all its affect and the way it was tackled. I'm deliberately avoiding the use of word "controlled," since I feel that this Virus is still beyond the control of nations, and it's changing its form continuously. Rather, I shall say nations are either "managing" or have learnt to "contain" the spread of Virus.



Aftershock Covid left behind

It is certain that during the first phase of lockdown COVID-19 infected cases were under controlled. Because of the population and population density lockdown was needed. It should be mentioned that the People of India followed the Government prescribed rules and were knowledgeable about the drastic impact of COVID-19 hence tried to abide by the regulations. Lockdown reduced the transmission and several countries got success from it. By the first week of March 2020, several countries like China, Italy, Spain, and Australia were fighting with the COVID-19 pandemic by taking strict measures like nationwide lockdown or by cordoning off the areas that were suspected of having risks of community spread.

India faced dreadful impact from COVID-19 and due to its combined fear and lockdown scenario, a majority of Indians will face unemployment which triggered them towards hunger issues, poverty and mental illness. Even though it is still not clear whether coronavirus or hunger is prepotent to which Indians are exposed every day. So far it is clear that COVID-19 created a mixed impact on society including the economy, lifestyle and environment. It is hard to imagine that the traumatic experiences of the COVID-19 pandemic will be forgotten quickly or disappear entirely

over time. There is no space to celebrate or follow any model as there is a chance of the third wave.

Thus, how India is the topic of discussion in this work. In this work, how India is equipped to deal with an increasing number of COVID-19 cases, coping with the current situation such as adverse effects on the economy, human living and environment during the COVID-19 lockdown period along with various approaches undertaken to overcome this pandemic have been discussed. Three segments were emphasized here: the economy, human life, and environment. It is evident that while the first two had a negative impact due to corona, the environment had an immensely positive impact. However, it's a big question for India that whether COVID-19 or hunger is the real issue?

<https://www.sciencedirect.com/science/article/pii/S2666351120300218>

I have shared some of the observations, reports about Covid in India and its impact in pages earlier. Following are my views.

The sequence of events related to Covid and its impact on India have been discussed earlier. Managing such a crisis is a challenge for any leader, particularly for a nation like India.

India's population is equivalent to 17.7% of the world's population and it ranks # 2 in list of countries. In terms of economy, it ranks 6th amongst the various nations. GDP of India is almost 1/6th of China and 1/8th that of US.

Literacy rate in India is around 77.7% vis-à-vis 96.8% for China and 99% for US. Another important factor that needs consideration is the poverty rate, which in US as of 2019 was 10.5% and around 8% in China and around 26-27% in India.



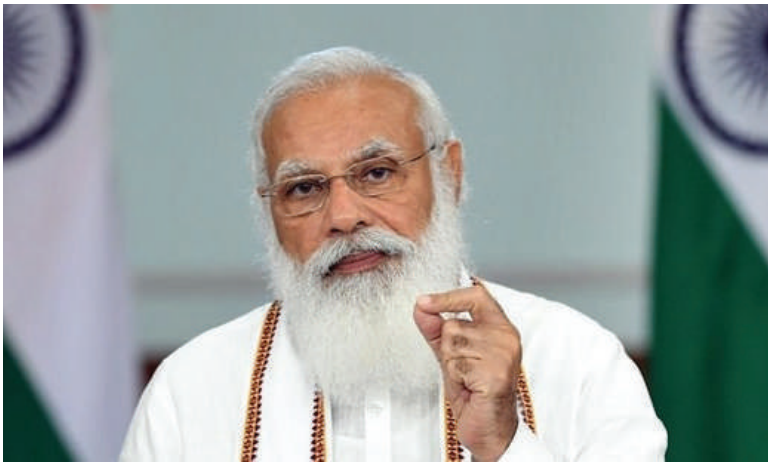
The above data is important since it gives a perspective, about the challenges the leadership faces whenever resources needs to be mobilized and decisions needs to be taken.

The present generation has not seen or faced an emergency such as war or epidemic affecting the whole country in India during last 30-35 years, so there has been no preparedness even at bureaucracy to handle such a crisis. Yes, there have been localized calamities which have not impacted daily lives of people for such long period. Floods, storms, earthquakes challenges and even terrorist attacks have been faced, for which the Government machinery has been prepared; and in all such previous calamites the threat was known, seen and to some extent forecasted. In case of coronavirus, none of such conditions prevailed and the above all the enemy was unseen, and its attack path could not be forecasted with confidence.

PM Modi's Lockdown Speech Highlights

PM Modi in a televised address to the nation, made efforts to calm nerves and he urged for the people to remain indoors as much as possible. He understood, this will be a challenge for people to remain indoors for an extended period.

PM Modi, instead of announcing lockdown straight for long period, he declared a day's lockdown and declared it as a Janata Curfew. This was probably to prepare the citizens with the hardship of days ahead when they will have to remain inside and confined to their homes. In the address, he did indicate that isolation drive was the only way to contain



प्रधानमंत्री श्री नरेंद्र मोदी



the spread of Covid 19. On a post analysis basis, preparing the people of the way ahead is a sign of leadership.

PM Modi, to highlight the gravity of the situation, which was initially not known to an average public, he compared it with World War, knowing fully well that more than 80% of the population have no idea of what happens during a war, but the word war itself could indicate seriousness.

Modi announced creation of a task force headed by a union minister. This again was not the way country operated and it was almost in line with what happened in US on day of 9/11, where the Mayor of New York was the head of the task force with all authority to take decisions.

Modi in his speech categorically mentioned that supplies of essential commodities will be ensured and hence no panic buying should be resorted to.

Another much criticized action he proposed, for the citizens at the appointed time, announced by blaring of sirens, to clap or ring bells from the safety of the individual houses. He indicated that this action was to express gratitude towards the health care and other staff who were actively involved in the containment of Covid 19. This action was again criticized by opposition parties. They probably failed to understand the clever move by the PM, that this action was to get involvement and commitment of the public.

Modi Ji introduced the word social distancing to the average citizen and explained its meaning and significance in prevention of the disease. Modi in his address encouraged individuals to take care of their own health and in a way he probably knew this shall work as chain reaction for overall health of the citizens to be healthy. Modi understood the public health infrastructure will crumble if there is rush to hospitals even for routine check-ups; hence he urged citizens

to postpone any elective surgeries by at least a month.

Modi in the televised broadcast also pre-empted another worry of most of the people in the country, about the impact of lockdown on the economy. He linked this message to that of pandemic and indicated that if pandemic is not controlled within time, then people should be ready for hardship. He did mention that how the supply chain will be affected as well as demand for exports will be reduced given the lockdown situation in other countries too.

Overall, as a leader, Modi's speech was transparent and as required for the leader he shared the situation and the way ahead, as well as gave the message that the role citizens must fulfil of maintaining and observing social distancing.

In this way, the speech given by Prime Minister Narendra Modi while addressing the citizens of the country on 24 March on the eve of the first lockdown became historic.

That historic speech needs to be read again and again. In the days to come, when the generations to come will read this speech, then they will be able to understand the horrors of Corona and they will be able to see with what foresight their popular Prime Minister faced the Corona pandemic. Therefore, come and you also consider the speech of Prime Minister Narendra Modi ji:

Namaskaar !

My dear fellow citizens,

Today, once again, I am in your midst to discuss Corona Global Pandemic.

On 22nd March, we took the resolution of Janata-Curfew. As a nation, every Indian contributed with full responsibility and sensitivity to ensure its success.

Children-elders, big-small, poor-middle class- upper



class, everyone came together in this hour of crisis.

Every Indian made Janata-Curfew a success.

Through one day of Janata-Curfew, India proved that at the time of crisis befalling our nation, at the time of crisis befalling humanity, how each and every Indian comes together to put forth united efforts to deal with it.

All of you deserve praise for ensuring the success of Janata-Curfew.

Friends,

All of you are listening to and watching news items regarding Corona Global Pandemic situation around the world.

All of you are also witnessing how the most advanced countries of the world have been rendered absolutely helpless by this pandemic.

It is not that these countries are not putting in adequate efforts or they lack resources.

The Coronavirus is spreading at such a rapid pace that despite all the preparations and efforts, these countries are finding it hard to manage the crisis.

The analysis of happenings in all these countries since the last two months and the opinion of experts has proved that there is only one way to effectively deal with Coronavirus - Social Distancing.

That is, maintain physical distance with others and stay within the confines of one's home. There is no other method or way to escape Coronavirus.

If we want to restrict spread of Coronavirus, we will have to break its chain of infection. Some people are under the delusion that social distancing is essential only for sick people. It is wrong to make those assumptions.

Social distancing is necessary for each citizen, for each family, and for each member of the family.

Carelessness of a few, ill-conceived notions of a few can put you, your children, your parents, your family, your friends, the entire country in grave jeopardy.

It will be impossible to estimate the price India will have to pay if this carelessness continues.

Friends,

In the last two days, several parts of the country have been put under lockdown. These efforts by State Governments should be taken with utmost sincerity.

In light of health sector experts and experiences of other countries, the nation is taking a very important decision today.

From midnight tonight onwards, the entire country, please listen carefully, the entire country shall go under complete lockdown.

In order to protect the country and each of its citizens, from midnight tonight, a full ban is being imposed on people from stepping out of their homes.

All the States in the country, all the Union Territories, each district, each municipality, each village, each locality is being put under lockdown.

This is like a curfew only.

This will be a few levels more than Janata-Curfew and also stricter.

This is a necessary step in the decisive fight against Corona Pandemic.

The nation will have to certainly pay an economic cost because of this lockdown.

However, to save life of each and every Indian is mine,



Government of India's, each state Government's, each local unit's top most priority.

Hence, it is my plea to you to continue staying wherever you are right now in the country.

Considering the circumstances at present, this lockdown will last 21 days.

The next 21 days are of critical importance for us.

As per health experts, a period of at least 21 days is extremely critical to break infection chain of Coronavirus.

If situation is not handled in these 21 days, the country and your family could go back 21 years. If situation is not handled in these 21 days, several families will get devastated forever.

Hence, you must forget what going out means for the next 21 days.

Stay inside your home, stay inside your home, and do just one thing- stay inside your home.

Friends,

This decision of a nationwide lockdown that has been taken today has drawn a 'Lakshman Rekha' at your doorsteps.

You must remember, that a single step outside your home can bring a dangerous pandemic like Corona inside.

You must also remember that at times, a person infected with Corona may seem to be completely healthy in the beginning, since it is not evident that the person is infected.

Therefore, take necessary precautions and stay inside your homes. By the way,

The people who are staying at home, are employing new methods over social media to disseminate information in an innovative manner.

There is one banner that I also liked, which I would like

all of you to see. Corona, i.e., Koi Road pe Na Nikle (no one should go out on the road)

Friends,

Experts have even said that when Corona infects a person, it may take a few days for the symptoms to manifest.

During this time, such a person unknowingly infects others who he may come in contact with.

According to a World Health Organization's report, a person infected with this virus can transmit this to hundreds of people within the span of 7 to 10 days.

This means, that it spreads like wildfire.

Another estimate given by the World Health Organization is very important.

Friends,

It took 67 days for the count of people infected with Corona to reach the 1st one lakh all over the world.

After this, it took only 11 days for another one lakh people to get infected.

Think, it took 67 days for it to infect one lakh people at first, but only 11 days to reach a total of two lakh people.

This is even more alarming that it took only 4 days for this disease to reach three lakh people from the count of two lakh.

You can imagine how rapidly Coronavirus spreads. Once it begins to spread, it is very difficult to contain it.

Friends,

This is the reason that situation became uncontrollable when Coronavirus started spreading in countries such as China, US, France, Germany, Spain, Italy and Iran.



Also remember, whether it is Italy or US, the healthcare services in these countries are considered to be among the best in the world. Despite this, these countries have not been able to contain the impact of Corona. The question at hand is, where does one see a ray of hope in this situation? What is the solution, what are the options?

Friends,

The ray of hope to combat Corona comes from the experiences of those countries that have been able to contain Corona to some extent.

Citizens of these countries have not stepped out of their homes for weeks. Citizens of these countries have fully adhered to the government rules and hence, these countries now are heading towards overcoming this pandemic.

We should also accept that this is the only way before us. We must not step outside our homes. Whatever happens, we have to stay indoors. We can save ourselves from Corona only if we do not cross Lakshman Rekha of our homes. We have to stop the spread of this pandemic, and break the chain of the infection.

Friends,

Currently India is at a stage where our current actions will determine how much we are able to minimize the impact of this disaster.

It's time to consistently keep strengthening our resolve. It's time to exercise caution at every step. You have to remember that Jaan hai toh Jahaan hai.

Friends,

This is the time for patience and discipline. Until the

lockdown situation remains, we must keep our resolve, we must keep our promise.

It is my plea to you, that while you are staying at home, you must think about and pray for the wellbeing of people who are fulfilling their duties, who are exposing themselves to great risk.

Think about the doctors, nurses, paramedical staff, pathologists who are working day and night in hospitals to save each and every life. Think about hospital administration staff, ambulance, Drivers, ward boys, sanitation workers who are working to serve others in these difficult conditions. Pray for those people who are working to sanitize your society, your locality, your streets, and public places to ensure that this virus is eradicated completely.

Think about the media persons as well who are working round the clock and risking infection while reporting from the streets and hospitals.

Think about the Police force around you, who are working relentlessly without worrying about the welfare of their family. They are working day and night to save you and, on several occasions, also bearing the wrath of the public.

Friends,

In the conditions that the Corona global pandemic has created, the Central and State Governments countrywide are working swiftly. We are constantly striving to ensure that citizen do not face much inconvenience in their daily life. We have made provisions to ensure that supplies of all essential items continue smoothly.

This crisis has certainly brought on a very difficult time for the poor.

Along with the Central and State Governments,



individuals from civil societies and institutions are constantly striving to reduce the problems of the poor. Several people are collaborating their efforts to help the poor

Friends,

In addition to the basic necessities, lifesaving necessities have to be given top most priority

In order to tackle this novel pandemic, the Central Government is constantly working towards better equipping the healthcare facilities of the country

The Government has been taking decisions on the advice of the World Health Organization, country's top medical and research organizations and top health experts.

The Central Government has put in place a provision of 15 thousand crores for treating the Coronavirus patients and strengthening the medical infrastructure of the country.

This will allow for quickly boosting the number of Corona testing facilities, Personal Protective Equipment (PPE), Isolation Beds, ICU beds, ventilators and other essential equipment. Simultaneously, training of medical and paramedical manpower will also be undertaken.

I have requested the State Governments to ensure that healthcare is the topmost priority at the moment

I am pleased that the private sector is standing shoulder to shoulder with fellow citizens in full capacity during this crucial time

Private labs and hospitals are eagerly coming forward to work with the Government during these challenging times

But, friends, be careful that during such times, knowingly or unknowingly, several rumors are circulated. I appeal to you to beware of any kind of rumors or superstitions

It is extremely important for you to abide by the

instructions and advice given by the Central and State Governments and the medical fraternity.

I request you not to take any medication without consulting doctors if you are showing any symptoms of this infection. Any sort of medical experiment can put your life to great risk.

Friends, I am confident that every Indian will abide by the instructions of the Government and local authorities during this crucial hour.

21 days of lockdown is a long time, but it is equally essential for your safety and that of your family.

I am confident that every Indian will not only successfully fight this difficult situation but also emerge victorious.

Take care of yourself and your loved ones.

Jai Hind!



My Own Experience

In India, except for some modern-day IT or ITES industries, this concept of work from home was pretty alien. Particularly, in family managed businesses, this concept that one can remain at home and yet attend office and hold meetings was not being digested. This concept was “forced upon” the Indian industries and most MNC’s adapted this culture like fish into water.

The work from home was a challenge to most employees since 70% of the workforce was handicapped due to limited Knowledge of IT. Over and above, the challenge was lack of hardware. A typical employee in Indian companies has an assigned computer in the office, and they never felt the need of having a computer at home.

What’s happening to you? What are you doing? These are two approaches towards life.

During Covid, it was found that individuals who were constantly worried about Covid and what’s Happening around them were waiting for things to happen whether by Government or by God, as majority of population in India believes in. This group of people, were updating themselves on statistics and glued to reports on social media criticizing the inefficiency of the authorities. The members of such behavior were instrumental in spreading negativity. They

strived on negative information from any source and then acted as a dispersal source, occasionally adding their own interpretation and views.

Another segment were those individuals, who also considered Corona and it's spread as inevitable but their approach was positive and they believed in options about how and what can be done to fight the pandemic, to remain healthy and activities to do to keep themselves busy and involved. This segment of the society were the members who believed in action, tend to remain positive, which probably helped to build immunity and if affected to fight corona. People who were part of this segment were those who believed in “doing things” rather than waiting for things to happen or situation to change.

This difference in mind set makes a difference.



Importance of Discipline: How it aids in fighting Corona?

My experience tells me that it was the discipline which I followed in life was helpful to me to fight Corona? Does it sound amusing? Probably yes, since many of you might wonder, discipline is not a treatment or medicine, then how can it help in fighting the pandemic.

Before I reveal this mystery let me take a detour and explain discipline. Discipline evokes school memories for most of us, when we would have received punishment for breaking rules at school or Discipline is a word associated with military.

What does discipline mean? Discipline...one word.... thousands of opinions.

Is it punishment? Is it obedience? Is it rules? Is it enforcement? Is it always doing the same thing? Is it always doing the right thing? (Whatever that is) Is it consistency? Is it doing what you are told? Is it rigid? Is it boring? Do you even get a choice? Do you just comply?

To understand what discipline really is and what it really means, let's look at the origin of the word to find its intent and true form.

The word "discipline" is from the Latin word disciplina meaning "instruction and training". It is derived from the root word discere – "to learn."

So, what is discipline?

Discipline is to study, learn, train and apply a system of

standards. What isn't discipline?

Discipline is not rules, regulations or punishment. It is not compliance, obedience or enforcement. It is not rigid, boring or always doing the same thing.

Discipline is not something others do to you. It is something you do for yourself. You can receive instruction or guidance from one or many sources but the source of discipline is not external. It is internal.

Discipline is not obedience to someone else's standards to avoid punishment. It is learning and applying intentional standards to achieve meaningful objectives.

Discipline is a choice.... your choice. It is a decision. Better yet, all your decisions.

The distinction between discipline being an external dynamic or an internal dynamic, a mandatory rule or a personal choice, is important. Understanding this at a deeper level is your gateway into a better, more discipline-driven life.

Since discipline is a choice and we're learning how to get more and better discipline, that provides us some direction as to what discipline does for us and why we want it.

We're learning how to get more and better choices. More and better options. More and better standards. More and better skills. More and better flexibility.

Do you see how it works?

When you understand discipline as a choice, you are in control, not anyone or anything else. More discipline, more choice, more control. Less discipline, less choice, less control. Good, right?

Let's use a common example:

I want to get up at 4:45am and workout. I have a four month-old son who usually wakes up at 6:00am and, like all babies, needs a lot of time and attention. I have to take care of him, make coffee, get myself ready and leave for work by



7:30am.

So I need to work out before he wakes up . . . hence the 4:45am alarm.

My alarm goes off; I choose discipline, get up, workout, wake up my son, love on him and leave for work. My first win of the day is in the books and my mind is clear to focus on my next priorities knowing my workout is done and I don't have to "find the time" to make it up later. I'm in control of me and my day. I can even splurge a little at lunch or dinner because I worked out hard. I burned so I earned.

But what if I don't choose discipline?

My alarm goes off; I choose default, sleep in, wake up my son, still love on him and leave for work. I'm mentally and emotionally disappointed in myself because I should have gotten up and worked out. My mind is searching for when I can make it up. Tonight? Too busy, too late, too tired. Tomorrow? It was supposed to be my off day. Now I'm disappointed and distracted. I'm not in control of me or my day. I'm stressed and irritated, my discipline fades even further, so I make impulsive eating decisions at lunch and dinner because I'm already having an off-day.

Sound familiar?

The two scenarios described above translate to any scenario in any environment. When we maintain our own personal discipline, our choice, we retain control of ourselves and how we move through our environments.

When we lose our personal discipline, also our choice, we give control away to other people, external circumstances, and the inevitable randomness of life. We drift and become the plaything of circumstances (Viktor Frankl—"Man's Search for Meaning").

More discipline, more choice, more control. Better options. Higher standards. Improved skill. More flexibility.

Less discipline, less choice, less control. Fewer options. Lower standards. Inadequate skill. Less flexibility.

Go test this deeper understanding of discipline, what it is, how it works, and why it works. Observe yourself throughout the day. Observe other people. Measure these words against what you observe. Get out in the field and do the work.

After having dwelled on the word “Discipline,” I shall share how it helped me.

After couple of days of initial stoppage of work, which happened due to lockdown, I realized quite early that this period of lockdown is there to stay for long. I also realized that if we don’t start our work, besides financial loss we all will get physically and mentally lazy. Hence, I assigned one room which I used as a library cum guest room before lockdown and brought in my printer and necessary stationary and established a work-desk. I sincerely at 10:00 o’clock each day used to dress up completely including my shoes and walk over to the dedicated room. I used to remain there up to 6 pm, as I used to do at my regular office. I asked for my lunch and tea at regular intervals, to the make-shift desk but I never entered my living area of my house or bedroom to take some rest of even cat nap.

This discipline which I observed made me do my task as usual and didn’t allow me to think or get into any kid of depression, since my mind and body was active and involved.

Therefore, I mentioned earlier that it was discipline which helped me to fight Corona.

In such situation, where the movement is restricted, it’s advisable that the daily routine should not be changed. As explained above, it’s discipline that helps. My personal experience has been that people considered lockdown as extended holiday. This was the biggest cause for depression and negativity.



Learnings

Covid 19 has affected almost 192 countries in the world, yet in this book, we have mentioned specifically about three countries only.

In this book, I have tried to analyzed and interpret how various nations handled the crisis and want to arrive at take-home for generations to come.

Pandemic: Is here to Remain:

In future, world should expect many more such serious diseases which shall threaten the existence of humans. Future diseases may be more difficult to identify and may spread much faster. Diseases of future will not be bound by geographical boundaries of the nations; hence all nations need to unify in identifying, finding solutions, and sharing of information related to such diseases.

Focus on Health:

Governments will be able to create and provide for health infrastructure, but individuals will have to take care of their own health. Recent episode of Covid has shown, that many who got affected with Covid inspite of being admitted to hospital didn't survive, and many who survived, assuming the treatment was same, was possible due to own immune and health condition.

Investment on Insurance and Health sector:

Government as well as individuals will need to allocate

higher budgets towards health and life insurance.

Change in Social culture:

World over the socialization process shall undergo change and there shall be curtailment in social gatherings. India, which is considered as a society which is quite emotional and social in nature may see quite a drastic change.

In future, quite like western world, Indians shall be spending more time and money on tourism than on visiting friends and relatives as has been the trend in this country. Wedding, social occasions and even death rituals which were required to have large gathering shall be limited to immediate families.

Work from Home:

This phenomena of work from home were never a preferred mode particularly with Indian companies and owners. Work from home was a practice popular with limited sectors and predominantly in MNCs. Couple of progressive Indian companies had such a practice prior to Covid for limited employees.

Covid brought in a new practice of working and previously technically challenged individuals adapted to use of video conferencing tools quite well.

After the initial hiccup of working during lockdown, most organization have accepted and adapted work from home concepts. In future, this will be more of a norm and employees shall be called on limited occasions to office.

This new culture shall change in the architecture, cost of infrastructure and motivational parameters. Organizations may be required to invest in technology and provide for infrastructure at employee's residences.

Saving in travelling shall be beneficial resulting in saving on fuel too and in India the overburdened transportation



network shall get quite a relief even if 20 -30% of working population do not need to travel.

However, working from home over longer periods, shall create longer working hours, with no face- to-face interaction and socialization opportunities, shall lead to sociological and interpersonal issues.

With smaller homes particularly in metros, shall also affect the quality of work and family life shall also be affected.

Use of Technology:

Technology is expected to grow by leaps and bounds. In a country like India, where manpower is cheaply available, corporates will need to decide in the amount of automation and dependency on humans. Customer Support is one such example in which many corporates have cut down staff and have introduced use of Chatbot as a replacement to handle routine enquiries. Customer Support are operating from home, which is requiring change in software, improved last point connectivity and demand for hardware in terms of laptops, which in the past was possible with desktop. Considering the confidentiality of data, login and transmission and copying of data is required to be ensured by rewriting few algorithms at the back end

Role of Leadership:

The book is a reflection about Covid and the way this virus spread its tentacles and above all this book focuses on how the leadership made a difference in controlling it.

I have tried to understand how two nations have tackled the menace and amongst the two who may be considered more successful? My hypothesis while trying to check on the data, has been that it's the leadership that determines and makes the difference. Leadership in such times is a true test of the leader.



PART: TWO





Some amazing scientific and traditional tips

1. Do's and Don'ts for wearing mask
2. Home treatment – Do's
3. Home treatment – Don'ts
4. When to seek emergency medical advice
5. Home treatment – Instructions for caregivers
6. COVID – 19: Winning smaller battles
7. Managing your cough
8. Fatigue Management
9. Quit Smoking – it will help
10. Taking care of your emotional Wellbeing
11. Maintaining a Healthy Diet
12. Post COVID-19: Regaining your strength
13. Breathing Exercise
14. Chest Exercise
15. Positions to manage breathlessness
16. Relax!
17. Resuming your physical Activities after coronavirus
18. Managing problems with your voice
19. Managing problems with attention, memory & thinking clearly
20. COVID – 19: Frequent doubts that come to mind

Do's and Don't for Wearing a Mask

When you are wearing a facemask



Do secure the elastic bands around your ears



Do secure the ties at the middle of your head and base of your head

When wearing a facemask, don't do the following:



Don't wear your face mask under your nose or mouth



Don't allow a strap to hang down. Don't cross the straps



Don't touch or adjust your facemask without cleaning your hands before and after



Don't wear your face mask on your head



Don't wear your face mask around your neck



Don't wear your face mask around your arm



Do's and Don't for Wearing a Mask

When removing a facemask



Do remove your facemask touching **ONLY** straps or ties



After removing your mask clean your hands with 70% alcohol based hand sanitizer or soap and water

Use of Exhalation Valve Face mask



Do not use a facemask with Exhalation valve because a mask with a valve may protect you from some pathogens in the air, but it doesn't protect the people around you from your own breath. When you wear a mask with a valve, a significant portion of your exhaled air is entirely unfiltered. Masks with valves are meant to protect from pollution.



Mask can enhance the art of reading the gestures of the eyes and body

Along with preventing the corona infection, the mask has worked to enhance the natural human qualities. Specialists who are reducing (reading) on body language say that when the mask covers most of the face including lips, nose, cheeks, the emphasis placed on the eyes and words while speaking becomes important. During the course of Corona, the use of hand, head and eyes signals during face-to-face conversation in people has increased in daily life. If in future humans start living life with masks, it will be easy to understand the skill of reading with the eyes and understanding the language of the body.

If you are wearing a mask, you understand body language

General: Straight natural gait, speed of pronunciation of words and softness of voice.

Angry: The tension between the upper eyelid and the browbone, fluctuating pronunciation.

Agitation: Rapid and jerky movements of the hands, high voice, rapid expansion of the chest - trembling.

Pleasure: Shrinking at the edge of the eyes and forming a thin line there, shortening of the eyes and while walking emphasis on Eddie

Haste: moving legs, shifting body weight from one to the other while standing.

**Research on gestures soon:**

Many organizations surveyed on masks and body language in April 2020 in which it was tried to find out that the mask has been around for a long time. What are the changes in the gestures of people wearing masks? New research will come out soon on this.

Mask prevents facial expressions:

Usually, when there is anger or happiness, along with changing the body posture, the expressions are displayed by twitching of lips, floating of smile, red face, shining eyes, puffiness of nostrils etc. But when the mask is on, neither the smile floating in neither the lips nor the swelling of the nostrils can be seen. Of course, a mask is necessary, but the “emphasis” placed on the eyes, spoken words and the gestures of the limbs are definitely giving a better chance to understand.

According to Khyati Bhatt, Founder, Simply Body Talk (SBT), Mumbai, – “The practice of expressing emotions by shaking hands, gesturing with head or eyes while wearing masks has increased. The tendency to speak fast is being noted. If there is a chance of wearing a mask for a long time, then learning gestures to express anger, surprise and depression - the process of learning can become a part of life. “

Home treatment

Do's

- Stay at home all the time, unless there is a medical reason for travel.
- Practice good hand hygiene. Wash your hands for more than 20 seconds, including in between your fingers and under fingers and under your nails using plenty of soap and water. Otherwise, use an alcohol based sanitizer with more than 60% alcohol. Do this frequently, especially before you eat, after you use the restroom, blow your nose or cough, or before you touch your face.
- Cover your cough and sneeze. The best way to cough or sneeze is into your elbow.
- Stay in separate room with door closed. Use separate bathroom.
- Wipe all surfaces i.e. doorknobs, countertops, stairway railings and switches, you come into contact with. Any bleach-containing household product is effective.
- Wipe your phone with disinfectant wipes or 70% isopropyl alcohol as it touches your hands and your face often.
- Wash your hands thoroughly after handling cash or credit cards as their surface may have virus.
- Wear a facemask if you step out of your room or if



someone enters your room.

- Wash your hands before you wear your mask. Only touch ear loops.
- Protect your immune system by consuming balanced diet, staying hydrated, avoiding alcohol, getting enough sleep and maintain healthy weight.
- Daily monitor symptoms such as dry cough, shortness of breath, fever
- >102 F, loss of taste & smell. It is good to have a finger pulse oximeter at home to monitor oxygen saturation.
- Seek medical advice for chemoprophylaxis for your family members.

Don'ts

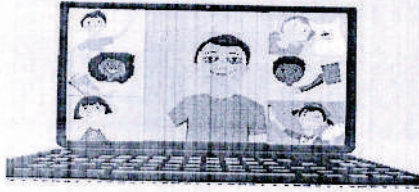
- Don't panic
- Don't visit public areas. Don't use public transport.
- Don't shake hands or hug. Use an alternative greeting maintaining 6-8 feet distance.
- Don't touch your eyes, nose, mouth or face without washing your hands
- Don't share water, utensils, towels or bedding with family members.
- Don't visit older relatives or community members, as they are most vulnerable. discourage visitors.
- Don't discontinue self-quarantine until instructed (insert image)

When to seek emergency medical advice:

Monitor your symptoms regularly. If you get any one of the following, seek emergency medical care immediately:

- Worsening shortness of breath/ trouble breathing and cough
- If you are using a pulse oximeter, oxygen saturation less than 95%

Remaining home doesn't mean isolation



Keep yourself busy by doing some online courses or interaction with relatives via video call or phone calls

- Worsening ability to concentrate/confusion
- Bluish lips or face
- A new or returning fever or persistent fever more than 101o F for 3 days
- Persistent pain or pressure in the chest
- Inability to wake or stay awake

Home treatment - Instructions for Caregivers

- **Mask** The caregiver should wear a triple layer medical mask appropriately when in the same room with the ill person. Front portion of the mask should not be touched or handled during use.

If the mask gets wet or dirty with secretions, it must be changed immediately. Discard the mask after use and perform hand hygiene after disposal of the mask.

- **Hand hygiene** must be ensured following contact with ill person or his immediate environment.

Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can



be used, if hands are not visibly soiled.

After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.

- **Exposure to patient:** Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient. Perform hand hygiene before and after removing gloves.

Avoid exposure to potentially contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).

Food must be provided to the patient in his room.

Utensils and dishes used by the patient should be cleaned with soap/detergent and water wearing gloves. The utensils and dishes may be re-used. Clean hands after taking off gloves or handling used items.

- **Use triple layer medical mask** and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient. Perform hand hygiene before and after removing gloves. The care giver will make sure that the patient follows the prescribed treatment.

The care giver and all close contact should self-monitor their health with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19 (fever/cough/difficulty in breathing/ loss of smell and taste).

If care giver suffers with any of these symptoms, he/ she should consult to physician immediately who will guide you for COVID testing and treatment if required.

COVID-19:

Winning smaller battles

If you are recovering from COVID 19 or returned home from the hospital, you will face smaller battles every day until you get back to your routine life. During and after COVID-19 treatment, you may experience some symptoms such as:

- Low energy levels and early fatigue
- Difficulty in breathing, and becoming breathless with even a little bit of physical activity.
- Chest Congestion and excessive phlegm.
- Cough with phlegm
- Loss of appetite and altered taste in mouth
- Headaches
- Lack of concentration
- Anxiety and Fear
- Insomnia

Some of the symptoms will get better on their own, as time passes. Other symptoms will require patience and efforts from your side. However, the actual recovery may take a much longer time

People with serious complications need ICU care and ventilator support for breathing, which can take a toll on their physical as well as mental health in the longer run. In many cases, the person may need assistance to breathe



even after coming off a ventilator. The patient may need a mask or a Continuous Positive Airway Pressure (CPAP) ventilator at home, which would provide the required oxygen support.

Managing your Cough

Tips to manage a dry cough:

A dry cough is likely to put greater strain on your throat. The following strategies can be used to manage a dry cough-

- Stay hydrated by drinking plenty of water (lukewarm preferably)
- Take small sips of fluids instead of taking large sips to facilitate swallowing.
- Steam inhalation is necessary to cure a dry cough. So pour hot water into a bowl and put your head over the bowl and breathe in the steam. If comfortable, cover your head and bowl with a towel. You can also use a steam inhalation machine if you have one.
- Drink warm honey and lemon or another warm drink like kadha to soothe irritated throat
- Salt water gargle or Betadine gargle (1 part betadine & 3 part of water) can be effective for treating a sore throat.
- If you feel the need to cough but don't have a soothing drink or water at hand, swallow repeatedly.

Tips to manage a productive cough:

A phlegmatic or productive cough can become difficult to manage since you have to spit out the phlegm-filled sputum regularly. It's also important to note that viral infections, especially COVID-19, are contagious, so proper disposal



of sputum is very important. You should also Ensure that the sink where you dispose of your sputum is regularly disinfected. The following strategies can be used to manage a productive cough:

- Keep yourself hydrated with lukewarm water, broths, soups, herbal teas and kadha.
- Take steam inhalation at least thrice a day to loosen the phlegm congested in your lungs.
- Lie on either the left or the right side, instead of lying on your back. This might help drain the phlegm faster.
- Movement makes the lungs function, and it can also move the phlegm to facilitate your spitting it out. So, try to be mobile by walking around your room.

Fatigue Management

Chronic fatigue is classified as fatigue lasting more than six weeks. The impact of fatigue is more than just lower productivity. You can manage your fatigue through following:

- Planning for demanding (physically, mentally) and repetitive tasks
- Regular staggered breaks during a day allow for both physical and mental restoration as well as social distancing
- Days off during the week
- Plan your day schedule to allow you a better plan for completing your work as well as sleep between work periods



Quit Smoking – it will help

Smoking negatively impacts lung health, inhibits the body's responsiveness to infections, and suppresses immunity. Compared to non-smokers, smokers are 2.4 times more likely to be admitted to an intensive care unit, need mechanical ventilation or die, according to a study.

The GOOD News: While it is difficult to undo all the damage from years of smoking, positive results from quitting tobacco are immediate, starting the second the lungs are no longer exposed to toxic chemicals. Within 20 minutes of stopping smoking, heart rate and blood pressure drop; after 12 hours, the blood's carbon monoxide level drops; after two weeks, Circulation improves and lung function increases; and after one month, cilia, which move mucus out of the lungs, begin to regain normal functioning.

Taking care of your emotional wellbeing

The experience of having COVID-19 can be very stressful with fear and anxiety. The disease may impact your emotional wellbeing along with your physical wellbeing. Psychological impact of infection can vary from immediate effects, like:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on
- Fear of social stigma
- Irritability, anger, confusion
- Frustration, loneliness
- Denial, anxiety, depression, insomnia, despair

How to cope with this stress?

Here are some things which you can do cope up the stress, fear and anxiety:

- Take a break from constant watching the news or limit the time for news
- Stay connected with your loved ones over audio or video calls
- Re-live your hobbies which you enjoy doing
- Take adequate rest
- Maintain healthy diet
- Do light exercises as your condition permits



- Do not hide your illness
- Speak accurately about the risk from COVID-19, based on scientific data and latest official health advice
- Share positive stories of those who have recovered from COVID-19



Maintaining a Healthy Diet

Good nutrition is very important before during and after an infection. While no foods or dietary supplements can prevent COVID-19 infection, maintaining a healthy diet is an important part of supporting a strong immune system

Eat a variety of foods to ensure adequate intake of important nutrients

Energy-rich foods: These foods are a source of carbohydrates that provides energy to the body. It includes cereals (wheat, rice, maize, etc), fats/oils, sugars

Body building foods: These foods provide protein to the body. Pulses (all dals, beans, legumes), animal foods (eggs, meat, poultry, fish), milk and milk products. Requirements of proteins also increase during infection for the proliferation of immune cells and the synthesis of chemical compounds

Protective foods: These foods are the sources vitamins and minerals that play a significant role in immunity. Seasonal fruits and vegetables (dark green leafy, yellow and orange coloured, citrus, and other fruits). Vitamin A, vitamin E, vitamin C, minerals such as zinc, copper, iron, selenium are known to influence the immune responses.



Immunity Boosters: Ayurvedic Immunity Promoting Measures

- Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Blackpepper), Shunthi (Dry Ginger) & Munakka (Raisin) –once or twice a day. Add Jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
- Golden Milk-Half tea spoon Haldi (turmeric) powder in 150 ml hot milk –once or twice a day.
- Add Ginger and Garlic to cooking
- Drink warm to normal water and keep hydrated

Healthy Tips:

- Do not skip meals and divide your daily calories into 5-6 small meals
- Use whole grain cereals, whole grams and pulses, whole wheat porridge, whole wheat bread, oats etc.to incorporate fiber in your diet
- Supplement wheat with whole channa and do not sieve flour (wheat and channa 4:1 ratio).Mix rice with whole grams or dals in a ratio of 1:1 to incorporate fiber
- Consume at least 4-5 servings of fresh green vegetables and fruits / day
- Use olive / canola / rice bran / soy / mustard oil. Change oils in couple of months.
- Almonds, walnuts, flax seeds are good sources of

antioxidants include in every day diet

- Water intake : 2 litres / day
- Limit intake of excess salt, processed and preserved foods
- Avoid eating from out
- Restrict alcohol, tobacco and smoking

An adult with no pre-existing disease and no co – morbidities (like hypertension, diabetes, chronic kidney disease, cardiac disease) have a 2000 calorie diet plan.

Persons with any co-morbidity and any underlying condition should take consultation from professional (Doctor / Dietician / Nutritionist) for their individualized diet plan.

24 hour food intake (For reference)			
Foods	Weight (g)	Calories	Protein
Cereals – Whole wheat atta / porridge / whole wheat bread / brown rice / oats	180	630	18
Milk Low Fat – 3% (Toned)	500	302	17
Curds (Low Fat Milk)	240	145	8
Paneer (Low fat Milk) OR	75	217	12
Legumes (with husk)	75	240	15
Fruit (seasonal)	400	160	-
Vegetable A (Tori, Lauki, capsicum, brinjal, cauliflower, spinach, mustard, tomato)	250	40	3
Vegetable B (Peas, beans, carrot, pumpkin, ladies finger, onion, radish)	200	64	4
Cooking oil	20 ml	180	-
Sugar (honey, jiggery, jam, jelly)	15	60	-



FOOD EXCHANGE

<p>Cereal Exchanges: Each Exchange contains 15 g carbohydrates, 70 calories and 2 g proteins</p> <ul style="list-style-type: none"> • Chappati (20g atta) : 1 in no • Cooked Rice (75g) : ½ bowl • Idli: 1 Medium Size • Bread (30g): 1 large Size • Potato (75g): 1 Medium Size • Cornflakes (20g): 1 ½ Table Spoon • Noodles cooked (75g): ½ bowl • Biscuits: 2 in nos 	
<p>Milk Exchange (240ml) : Each Exchange contains 12 g carbohydrates, 145 calories, 8 g proteins and 7 g fat</p> <ul style="list-style-type: none"> • Milk *(240 ml): 1 glass • Curd* (240 g): 2 bowls • Cottage Cheese *(Paneer) : 50 g • Skimmed Milk Powder (45g) : 3 table spoons • Khoa (30 g) : 2 tablespoon • * Milk / Curd / Paneer : 3% fat milk 	<p>Pulses and Legumes Exchanges: Each Exchange contains 15 g carbohydrates, 80 calories and 5 g proteins</p> <ul style="list-style-type: none"> • Moong (25g raw) : 1 bowl cooked • Arhar (25g raw) : 1 bowl cooked • Rajmah (25g raw) : 1 bowl cooked • Lobia (25g raw) : 1 bowl cooked • Soya Nuggest : 20 g <p>1 Bowl : 125 – 150g</p>

<p>Fruit Exchange: Each Exchange contains 10 g carbohydrates and 40 calories</p> <ul style="list-style-type: none"> • Orange (100g) : 1 medium • Apple (90 g) : 1 small • Pear (90 g) : 1 small • Banana (40 g) : ½ medium • Mango (60g) : 1 slice • Water – Melon (300g) : 1 large slice • Papaya (120 g) : 1-2” slice • Guava (100g) : 1 Medium 	<p>Vegetable Exchange : Vegetables are broken into 3 groups as follows:</p> <p>A Group (100g-1bowl) 3 g carbohydrates, 16 calories and 1 gm proteins : cabbage, spinach, Mustard greens, cauliflower, Brinjal, Capsicum, Lauki, Tori</p> <p>B Group (100 g – 1 Bowl) 6 g carbohydrate, 32 calories and 2 g proteins : Peas, Green beans, Carrots, Pumpkin, Bhindi, Onions, Radish</p> <p>C Group (Roots & Tubers – 25 g) 5 g carbohydrate, 20 calories – sweet potato, colocasia, Beet Root, Yam</p>
<p>Fat / Oil Exchange : Each Exchange contains 5 g fat, 45 calories</p> <ul style="list-style-type: none"> • Oil (vegetable) 5 g : 1 tsp • Ghee, Vanaspati 5 g : 1 tsp • Butter 5g : 1 tsp • Cream 10 g : 2 tsp • Nuts : Almonds (5), Walnuts (2), Peanuts (10) 	<p>Sugar Exchange : 20 calories</p> <ul style="list-style-type: none"> • Sugar 5 g : 1 tsp • Jaggery (Gur) 25 g



Post COVID-19: Regaining your strength

- Due to the damage caused by the virus to the lungs and other organs, the body takes time to recover and get back to its former state. You should reach out an occupational therapist for help in adjusting to your new energy levels and limitations. Additionally, some of the things that could help are
 - Taking support from your family members and friends.
 - Take gradual steps towards regaining strength.
 - Re organizing some things in your life so they require less energy over the next few weeks and months while you recover. Organizing daily routines to allow completion of essential activities when you have most energy.
 - Keep frequently used items in easily accessible places.
 - Don't plan multiple activities for same day as it may cause fatigue. Keep low pace for doing activities so as to sustain energy level throughout the activities.
- Prioritize the activities- do only those which are absolute necessary.
- Eliminate unnecessary tasks and steps of activity.
 - Eating a balanced protein- rich diet, with at least five daily servings of different fruits and vegetables.
 - Give plenty of rests in between the activities.
 - Store items at convenient level of height so as to avoid

excessive stretching. Keep optimum height of all work place surfaces.

- Facilitate bathing by using shower seat/ hand held shower head.
- Breathe easily and properly during the activities. Don't do strenuous activities which cause lot of physical exertion.

Doing breathing exercises regularly.

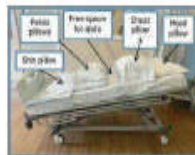


Chest Exercise

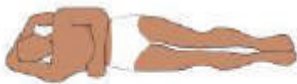
Breathing Exercise

Self- Awake Proning:

1. 30 minutes- 2 hours: laying on your belly. If patient is on oxygen support then oxygen should not be removed in this position, turn head to left/ right side & continue O₂ support. Place the pillows under the head, chest and pelvis for support but abdomen should not be compressed



2. 30 minutes- 2 hours: laying on your left side
3. 30 minutes- 2 hours: sitting up



4. 30 minutes- 2 hours: laying on your left side



5. Then go back to position 1: lying on your belly



The Balloon Exercise:



You can practice this simple exercise by blowing up a certain number of balloons each day. Blowing balloons works out the intercostal muscles that are responsible for spreading and elevating your diaphragm and ribcage. This allows your lungs to take in oxygen during inhalation and expel carbon dioxide as you exhale. The more oxygen you supply to the body during exercise, the longer you will last without becoming breathless and fatigued.

Positions to ease breathlessness



High side lying:

Lying on your side propped up by pillows, supporting your head and neck, with your knees slightly bent.



Forward lean sitting:

Sitting at a table, lean forwards from the waist with your head and neck resting on the pillow, & your arms resting on the table. You can also try this without the pillows.



Forward lean sitting: (no table in front)

Sitting on a chair, lean forwards to rest your arms on your lap or the armrests of the chair.



Forward lean standing:
While standing, lean forwards onto a windowsill or other stable surface.

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Standing with back support:
Lean with your back against a wall and your hands by your side. Have your feet about a foot away from the wall and slightly apart.

RELAX!

Relax. You deserve it, it is good for you, and it takes less time than you think.

When we relax, the flow of blood increases around our body gives us more energy. It helps us to have a calmer and clearer mind which aids positive thinking, concentration, memory and decision making.

You may choose any of the relaxation techniques from following based on your interest:

- Take a deep Breath
- Do meditation
- Be present, take a break from all other things and be present in the moment like enjoying each bite of food
- Reach out to your social network
- Laugh out Loud
- Listen to your favourite music

Doing exercise in any form which you like walking, yoga etc.

Resuming your physical activities after coronavirus

Warm-up exercises

Warming up prepares your body for exercise to prevent injury. Your warm-up should last around 5 minutes, and at the end you should feel slightly breathless.



Shoulder shrugs:

Slowly lift your shoulders up towards your ears and then down again



Knee lifts:

Lift your knees up and down slowly, no higher than your hip, one at a time



Side bends: Start with your body straight & your arms by your sides. Slide one arm, then the other, a short way towards the floor, bending sideways



Shoulder circles:

Keeping your arms relaxed by your side or resting on your lap, slowly move your shoulders round in a circle forwards, & then backwards



Ankle taps: Firstly, using one foot, tap your toes and then your heel on the ground in front of you; repeat with the other foot



Ankle circles:

Using one foot, draw circles with your toes; repeat with the other foot



Fitness exercises

You should aim to do fitness exercise for 20-30 minutes, 5 days each week.

Marching on the spot:

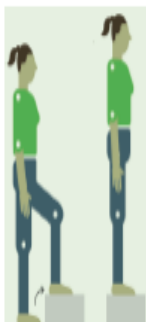


- If needed, hold onto a stable chair or surface for support, and have a chair nearby to rest
- Lift your knees one at a time

Progressing this exercise:

- Increase the height you lift your legs, aiming to reach hip height if possible
- When you might choose this exercise:
 - If you cannot go outside to walk
 - If you are not able to walk very far before needing to sit down

Step-ups:



- Use the bottom step of your flight of stairs
- If needed, hold on to the handrail for support, and have a chair nearby to rest
- Step up and down, changing the leg you start with every 10 steps

Progressing this exercise:

- Increase the height of the step, or speed of stepping up & down
- If your balance is good enough to do this exercise without holding on, then you can carry weights as you step up & down

When you might choose this exercise:

- If you cannot go outside
- If you are not able to walk very far before needing to sit down

Bicep curl:

- With your arms by your side, hold a weight in each hand with your palms facing forwards
- Keep the top part of your arm stationary. Gently lift the lower part of both arms (bending at the elbows), bringing the weights up
- You can do this exercise sitting or standing

Progressing this exercise:

- Increase the weight you use while doing this exercise

Wall push off:

- Place your hands flat against a wall at shoulder height, with fingers facing upwards, and your feet about a foot away from the wall
- Keeping your body straight at all times, slowly lower your body towards the wall by bending your elbows, then gently push away from the wall again, until your arms are straight

Progressing this exercise:

- Stand further away from the wall

Arm raises to the side:

- Hold a weight in each hand, with your arms by your sides, and your palms facing inwards
- Raise both arms out to the side, up to your shoulder level (but not higher), and slowly lower back down
- You can do this exercise sitting or standing

Progressing this exercise:

- Increase the height that you lift your arms, but no higher than your shoulder level
- Increase the weight you use while doing the exercise

**Sit to stand:**

- Sit with your feet hip-width apart. With your arms by your side or crossed over your chest, slowly stand up, hold the position for the count of 3, and slowly sit back down onto the chair. Keep your feet on the floor throughout
- If you cannot stand up from the chair without using your arms, try a higher chair. If this is still too hard at first, you may push with your arms

Progressing this exercise:

- Make the movement as slow as possible
- Perform the exercise using a lower chair
- Hold a weight close to your chest whilst doing the exercise

**Knee straightening:**

- Sit in a chair with your feet together. Straighten one knee and hold your leg out straight for a moment, then slowly lower it. Repeat with your other leg.

Progressing this exercise:

- Increase the time holding your leg out straight to a count of 3
- Perform the exercise more slowly

**Heel raises:**

- Rest your hands on a stable surface to support your balance, but do not lean on them
- Slowly rise up on to your toes, and slowly lower back down again

Progressing this exercise:

- Stand on your toes for a count of 3
- Stand on one leg at a time

Muscle stretches:

Stretching your muscles can help to reduce any soreness you may feel over the one to two days following exercise. You can do these stretches in sitting or in standing. Each stretch should be performed gently, and you should hold each one for 15-20 seconds.



Side: Reach your right arm up to the ceiling and then lean over to the left slightly; you should feel a stretch along the right side of your body. Return to the starting position and repeat on the opposite side.

Shoulder: Put your arm out in front of you. Keeping your arm straight, bring it across your body at shoulder height, using your other hand to squeeze your arm to your chest so you feel a stretch around your shoulder. Return to the starting position, and repeat on the opposite side.

**Squats:**

- Stand with your back against a wall or other stable surface and your feet slightly apart. Move your feet about a foot away from the wall. Alternatively rest your hands on the back of a stable chair
- Keeping your back against the wall, or holding on to the chair, slowly bend your knees a short distance; your back will slide down the wall. Keep your hips higher than your knees
- Pause for a moment before slowly straightening your knees again

Progressing this exercise:

- Increase the distance you bend your knees (remember to keep your hips higher than your knees)
- Increase the time you pause to a count of 3 before straightening your knees



Back of thigh (Hamstring): Sit on the edge of a chair with your back straight and feet flat on the floor. Place your leg out straight in front of you with your heel resting on the ground. Place your hands on your other thigh as support. Sitting as tall as you can, bend slightly forwards at your hips until you can feel a slight stretch down the back of the leg that is stretched out. Return to the starting position, and repeat on the opposite side.



Lower leg (Calf): Stand with your feet apart and leaning forwards onto a wall or something sturdy for support. Keep your body upright and step one leg behind you. With both feet facing forwards, bend your front knee, keeping your back leg straight and your heel on the floor. You should feel a stretch in the back of your lower leg. Return to the starting position and repeat on the opposite side.



Front of thigh (Quads): Stand up and hold onto something stable for support. Bend one leg up behind you, and if you can reach it, use the hand on the same side to hold your ankle or the back of your leg. Take your foot up towards your bottom until you feel a stretch along the front of your thigh. Keep your knees close together and your back straight. Return to the starting position and repeat on the opposite side. You can also do this stretch sitting down on a stable chair: sit near the front of the chair, off to one side (so that you are only sitting on about half of the chair). Slide the leg closest to the edge off the chair and position it so that your knee is pointing down in line with your hip and your weight is through your toes. You should feel the stretch along the front of your thigh. Repeat on the opposite side.

Managing problems with your voice

Sometime people may have difficulties with their voice after being ventilated (having a breathing tube). If your voice is raspy or weak, it is important to:

- **Keep talking when it is comfortable.** You will need to keep using your voice to make progress. If you get tired while speaking, take breaks and let your friends and family members know that you need to pause and rest your voice during conversations.
- **Do not strain your voice.** Do not whisper as this can strain your vocal cords. Try not to raise your voice or shout. If you need to get someone's attention, try making a noise with an object.
- **Take rests.** If you run out of breath while talking, be careful not to work harder. Stop and sit calmly, while focusing on your breathing. Try the breathing strategies described earlier in this leaflet. Do these until you feel ready to speak again.
- **Try humming to yourself** to practice using your voice, while being careful not to strain.
- **Use other ways of communicating**, such as writing, texting, or using gestures, if talking is difficult or uncomfortable.

Sip water throughout the day to help keep your voice working.



Managing problems with attention, memory, and thinking clearly

It is very common for people who have been severely unwell, especially those who had a breathing tube in hospital, to experience new difficulties with attention, remembering things, and thinking clearly. These difficulties may go away within weeks or months, but for some people, they can last longer-term.

It is important for you and your family to recognize if you are experiencing these difficulties, as they can have an impact on your relationships, daily activities, and your return to work or education.

If you experience these difficulties, these strategies may help:

Physical exercise can help your brain recover. While this may be difficult if you are experiencing weakness, breathlessness, or fatigue, try gradually introducing gentle exercise into your daily routine. The fitness and strengthening exercises described earlier in this leaflet are a good place to start.

Brain exercises, such as new hobbies or activities, puzzles, word and number games, memory exercises, and reading may help. Start with brain exercises that challenge you but are achievable and increase the difficulty as you are able. This is important for keeping you motivated.

Prompt yourself with lists, notes, and alerts, such as phone alarms, that can remind you of things you need to do.

Break down activities into individual steps to avoid feeling overwhelmed. Some of the strategies listed below for managing activities of daily living may also help you manage the impact of problems with attention, memory, and thinking clearly, such as adjusting your expectations and letting others help you.



Covid-19: Frequent Doubts That Come To Mind

What do I do if my symptoms persist?

Recovery period is different from person to person. Don't worry; take advice from your consultant for further treatment and follow-up.

When is it safe for me to end isolation ?

- Talk to your doctor. In general, you can resume contact with other people after:
- You have had three days without fever, AND
- It has been at least 17 days since you first experienced symptoms, AND
Your symptoms are improving.

If you have a suppressed immune system or other special conditions, your doctor may recommend a longer period of isolation and/or further testing.

When can I resume my office duty?

- You can resume your work routine after:
- At least 17 days since you first experienced symptoms
- You have recovered from symptoms and regained energy levels

I was not tested again after the first COVID positive test - do I need to worry that I may still be positive and infect others?

Someone who has completed quarantine or has been

released from isolation is not in the infective period and does not pose a risk of infection to other people and does not need to be tested again.

Can I get re-infected with COVID-19?

Most people, who are infected with the COVID-19 virus, whether or not they have symptoms, produce antibodies (proteins that fight infections) and fighter cells. For those recovered, the chances of reinfection appear to be very low in the first three months after the initial infection. And it's possible that even after that, the low levels of antibodies may be able to protect against reinfection.

Can people without symptoms transmit the virus ?

Yes, infected people can transmit the virus even when they don't have symptoms. This is why it is important that all people who are infected are identified by testing, isolated, and, depending on the severity of their disease, receive medical care. These measures break the chain of transmission.

Can I get COVID infection without ever being in close contact of a COVID positive person?

Yes, you can. Recent studies indicate that COVID can spread through tiny droplets that remain suspended in the air for long. In closed spaces with inadequate ventilation, a COVID positive person can leave such tiny droplets hanging in the air which can be circulated by the air-conditioning systems. Hence, wearing a mask at all times is important.

How can we use air conditioning safely at home ?

- A temperature between 24-30°C should be maintained while operating ACs at home.
- While, a relative humidity level of 40% to 70% is considered to be the most suitable as it decreases problems from pathogens.



- Recirculation of cool air by room air conditioners must be accompanied by outdoor air intake through slightly open windows and exhaust by natural exfiltration.

Centralized air conditioning should be avoided if infected and non infected persons live in the same house. Individual air conditioning units should be used in separate rooms.

Can we use room coolers (evaporative coolers):

- Yes, you can. Evaporative coolers must draw air from outside to ensure good ventilation.
- Evaporative cooler tanks must be kept clean and disinfected and the water drained and refilled frequently.
- Windows must be kept open to release humid air.

Portable evaporative coolers that do not draw outdoor air are not recommended, since their cooling reduces with humidity rising inside the space.

- टीका कम समय में बनाया है, क्या सुरक्षित है?
देश के ड्रग कंट्रोलर जनरल की ओर से टीकों की मंजूरी दिले समय बताया गया है दोनों टीके 100 प्रतिशत सुरक्षित हैं।

क्या यह रोग हवा द्वारा भी हो सकता है?

इस पर वैज्ञानिकों ने शोध किए हैं उनसे यह बात सामने आई है कि रोग मुख्य रूप से ऊपर बतलाए अनुसार ड्रॉपलेट्स द्वारा ही होता है। लेकिन कुछ शोधकर्ताओं ने हवा द्वारा भी रोग होने की संभावना व्यक्त की है और उन्होंने यह भी बतलाया है कि जरूरी नहीं रोगी खाँसे या छींके तभी संक्रमण होगा। उसके पास बैठे अन्य व्यक्ति को संक्रमण संक्रमित व्यक्ति से साधारण बातचीत के दौरान भी हो सकता है।

: मुझे क्या नहीं करना चाहिए?

1. धूम्रपान न करें, 2. स्वयं मन से रोग की दवाएँ (एलोपैथिक) और एंटीबायोटिक न लें, 3. यदि आपको खाँसी, बुखार, खराश, साँस लेने में तकलीफ है तो न टालें। एकदम डॉक्टर को दिखलाएँ और अपना इलाज शुरू करवाएँ, यदि वह जाँच कराने और अस्पताल में भर्ती की सलाह देता है तो भरती भी हो जाएँ, 4. जो सावधानियाँ बतलाई गई, जैसे—कई बार साबुन-पानी से हाथ धोना या सैनिटाइजर का उपयोग करना, व्यक्तियों से दो मीटर से अधिक दूरी (सोशल डिस्टेंसिंग) का पालन करें। यात्राओं से बचें, संभावित या संदिग्ध रोगियों से भी सावधान रहें तथा उनकी सूचना शासन को दें। आवश्यकतानुसार मास्क का उपयोग करें।



क्या हृदय रोग, मधुमेह या उच्च रक्तचाप के रोगियों को कोरोना वायरस से संक्रमण का अधिक खतरा है?

नहीं। इन रोगियों को अन्य लोगों की तुलना में कोविड-19 होने का खतरा अधिक नहीं होता है। लेकिन कई मामलों में देखा गया है कि जिन्हें मधुमेह, हृदय रोग या उच्च रक्तचाप है उनमें अक्सर रोग गंभीर दशा में पहुँच जाता है। चूँकि मधुमेह, हृदय रोग या उच्च रक्तचाप अक्सर 60 वर्ष से ऊपर के लोगों को होता है, इसलिए विशेष रूप से बुजुर्गों को कोरोना संक्रमण से बचने की सलाह दी जाती है।

कोरोना रोगी के ठीक होने के बाद क्या उससे बचाव करना जरूरी होता है?

यद्यपि अस्पताल में रोगी की जाँच रिपोर्ट नेगेटिव आने पर ही उसे अस्पताल से छुट्टी दी जाती है। फिर भी अतिरिक्त सावधानियाँ रखते हुए कम-से-कम 14 दिन रोगी से सीधे संपर्क से बचना चाहिए। उसे होम क्वारंटीन में रख सकते हैं।

कोई नाक में डालनेवाली दवा या नेजल स्प्रे भी बनाई गई जो वायरस को गले के अंदर फेफड़ों में नहीं जाने देती?

हाँ, अभी इस पर शोध चल रहा है और इसे बनाने में सफलता भी मिली है। यह वास्तव में नेजल स्प्रे है जो तीन ब्रिटिश कंपनियों के अलग-अलग शोध से बनाया गया है। इस पर परीक्षण जारी है। और यह सिद्ध हो गया है कि यह दवा कोरोना का रास्ता ब्लॉक (बंद) कर देती है। यह कोरोना वायरस को नाक में घुसने से रोकती है। जल्द ही इसके क्लिनिकल ट्रायल भी शुरू हो रहे हैं। सकारात्मक परिणाम आने पर यह नेजल स्प्रे मार्केट में बिकने लगेगा। वैसे नेजल स्प्रे बन भी चुका है।



PART: THREE





The secret of living in the philosophy of hope: A holistic solution

Dr. Willy Jolly is rich in versatility. The lectures he has given from time to time around the world is a great asset to every generation. Here the thoughts of Dr. Willy Jolly are being presented in a nutshell:

- *Bad times have come and will pass*
- *They have come not to stop...but to pass*
- *Leave the defeated mindset to others - If 10 percent of the people are unemployed, then 90 percent of the people are working. Be one of the winners rather than the losers*
- *Don't do what's comfortable - do what's necessary*
- *Be proactive - get up and get started.*
- *Success won't come to you - Promote and market your business, your products and your services to people*
- *Shake your feet after praying so that God has some work to do.*

Focus On Your Vision

- *Where there is no vision, people perish*
- *Where you keep your concentration and your energy will decide where you will go.*
- *If you focus on adversity and the challenges it presents, you cannot move forward effectively. But in spite of adversity, when you focus your attention on your future*

vision or dream of what you want to be, you are using that adversity for what it really is: a transitional period.

- *Since we will all go through some kind of change or adversity at some point or the other, develop the ability to see beyond the odds and new business focus while unifying your future plan and ask yourself questions*
- *What is the big picture that I have for my future?*
- *What can I do differently to prevent this disaster from happening again?*
- *What goals do I want my company to achieve (sales, product development, customer retention, etc.) in the next three, six and twelve months?*
- *How can I use this adversity as a learning experience?*

Guide the answers to these questions to develop your new business focus

Take a stand

Success and failure are both decisions. Once your vision of the future is in the right place, then it should be your determination that you are going despite the adversity. The truth is that successful businessmen choose to be successful. They understand that decisions and choices are integral parts of the formula for success, no matter what the adversity is, they decide to overcome it and emerge victorious.

Some of the decisions you'll need to make for your business to recover from a disaster include:

Who is my advisor?

Negative advice that focuses on adversity will not help you overcome it. You should decide to connect with positivist mentors who think in line with your future vision or dreams.

Is my new goal big enough?

You have a calamity in front of you; it does not mean that you should start small again. Decide to look at the big



picture first. After that, walk your way back from that goal.

Act Out

Decision without action is just an illusion and action without future vision is just a dilemma. But with future vision and decisional action the world can be changed.

Once you have determined the various components of making your new business dream a reality, you should work on each of them. Unfortunately, many business people never act on their decisions. Though they have full intention to make their new business dreams a reality, but they do not have the determination and passion generated by doing the work.

By acting on a decision, you are also taking the responsibility of the calamity. The word “decision” is derived from the Greek word, which means “to cut”. When you make an incision, you cut “inside” and when you decide, you cut “everything else.” Take responsibility and cut out people, places and things that can prevent you from living your dreams. Once you take responsibility for your actions, you are ready to move on and achieve your next goal. Remember, you may not be responsible for falling, but you are definitely responsible for getting up again. Only those people who work are able to achieve their goals.

Have a desire

Desire is the level of energy that you want to exert to reach your goal. In other words, you passionately want your own business to survive and do what you are willing to do to achieve business success. You must be determined and determined to achieve your goal. I believe that this is true of life.

Many of those who engage in action soon give up because their wishes are answered. Either a new idea comes

to their mind and they lose concentration or they are faced with some minor calamity and they get frustrated. To reach the new business goal that you have set for yourself, you must have the willingness to do everything consistently, even if it involves risk. Although taking risks can be intimidating, especially after an adversity, it is a necessary component to reach your new goal. You will need initiative, strength and action to turn adversity into a comeback. Initiative power and Action always involves risk: No courage, no fame - no risk, no reward. Progress always involves risk. If you're afraid to leave first base, you can't reach second base. When a disaster comes into your life, you need to make a conscious decision that you will not see it as a problem, but as an opportunity to learn. You should focus on the solution and decide what you are going to do about that disaster.

When I interacted with people about crisis is the foundation of success, I found many similar components in their stories. We have prepared a plan of 12 such steps in our everyday activities to turn crises into victories.

These are the 12 steps

Check your attitude. You get what you see. It is not such a thing that seeing is believing, it is a matter that believing is the key to finally realizing and seeing something.

Recognize that this is life. Life 101 says, some days you are the windshield and some days you are the worm. Life happens - adversities come in front of everyone but in the end it is your perspective that makes a difference.

Focus on your goal. If the dream is big enough then the problems don't matter. The bigger the dream, the bigger the reward.

Make difficult decisions. Now that adversity has come your way, what are you going to do about it? It doesn't matter



what happens to you, what matters is what you do about it!

Decide to be positive. *Positive people tend to live longer and enjoy the journey more.*

Stop and think. *Step back, look inside, examine and think high! Check out all your options. You always have options. The key to success is making wise choices.*

Do the work. *You might have a light and a camera, but nothing happens until you take action! Many people talk about living their dreams but only those who work on their dreams are able to make them come true.*

Take responsibility. *Face it, recognize it, erase it, and replace it with a new one. Solve the problem first. Then, recognize the problem and learn from it, eliminate the problem - don't keep thinking about it. In the end, replace the problem with something else - instead of negative in your life, keep something positive and inspired.*

Use your anger. *Use it for good! In the English words ANGER and DANGER, there is only a difference of the letter D. D stands for Discipline (DICIPLINE). Anger is a natural emotion - the capital is to be disciplined.*

Have faith, *and remind yourself that you are blessed and gracious! A positive, courageous faith can give you the strength to embark on even the toughest of journeys.*

Resolve to win, *refuse to give up and never give up! Never, ever, never give up. Winners never leave the field and those who leave the field never win.*

Have an attitude of gratitude. *Learn to find a boon in every burden. Be grateful for every day.*

Warren Buffet is one of the richest people in the world. He said that recessions are very challenging times, but they are also great times to build wealth. They actually call it the "Economic Pearl Harbor", that is, at that time it seems that

everything is destroyed, but in the future, beautiful plants will grow from that challenge. Buffett has said that recessions and economic downturns are circular in nature – they have happened before and will probably come again in our lives. He has also said that we should learn from history. We have seen worse economic conditions and each one had come to an end and the economy had emerged better than before. He said that the best days are really ahead for those in distress, who are willing to think differently and who let go of negative interpretations and negative attitudes. Warren Buffett feels that economic recessions present great opportunities for positive-minded people who have resolved not to follow the crowd of negative thinkers.

Way to short walk

*As we grow up, we go through one challenging experience after another. As M Scott Peck said in the first line of his famous book *The Road Less Traveled*, “Life is difficult”. It’s over! He is right, life is difficult. Life is challenging. There are times when life seems totally biased. But still life is worth living.*

Over the years, I’ve often heard older people say “if you haven’t had a tough time in your life yet, just keep on living”.

*Napoleon Hill wrote in his famous book *Think and Grow Rich*, “In every adversity there are always seeds of equal or greater benefit”. In this spirit, I would like to share some thoughts and I am sure they will help you through this crisis. I hope you will overcome your adversity by becoming better and better than before.*



Difficulties always lose, but people with vigor always win

– *Dr. Robert Schuler*

*When economic disaster strikes, whether it is on a personal level or a larger scale (economic recession or depression), we can have an unsettling feeling of loss of control that can shake our balance and is a feeling that can be none of us like it. Often with the loss of control, the level of pressure and stress also increases. When you are tight, tight, hopeless, it is difficult to concentrate and see a future where money is not tight and bills are not so difficult to pay. I love this quote from my friend Dr. Wechter Hick “**When money does strange things and change is strange, the pressure is even greater**”. **But the good news.....then the really good news....is that there is a solution to this problem and it starts with your thinking.***

Like hurricanes, economic storms also come many times in our life, but you must remember the fact that they come to pass, not to stop....and in difficult times I do this. I am famous for saying, “this too shall pass”. I tell you, do not panic and do not give your life by jumping off a bridge, because this difficult period will also pass. It came to pass - it did not come to stop. This too shall pass.

There are times when life becomes hustle and bustle. But life is babble; it does not mean that you should also become babble. Victory in life belongs to those who are able to

remain calm in the midst of the clumsiness of life. The more you practice to remain calm, the calm you will be able to remain calm in times of crisis.

If you are in depression, what do you do? First, find out whether your depression is chemical or emotional. Get the treatment of chemical depression done by a doctor, as it is a medical issue and requires medical attention. But some depression is due to that emotional distress, which also arises due to heavy negative information on our mind and our attitude towards the world. Fill yourself with pure, powerful and positive things.




Fill yourself with pure, powerful and positive things

Reframe your thinking and another way to beat depression is to fill yourself with pure, powerful and positive things. Make a list of such determinations and statements to lift the morale, be in harmony with your ideals. I often resort to references from religious texts. Like, “If God is with us, who can stand against us.” and “the power of those who trust in God will be renewed again. They will rise above the wings like an eagle, they will run but they will not get tired. They will walk but not be weak.” I recommend making a list of encouraging and motivational statements that you can use in challenging situations. My favorite words are

- *Crisis is nothing but a ladder to success.*
- *The best is yet to come.*
- *No matter what happens, I know I will remain blessed and much benevolent*
- *If I have come down to zero then I know God is going to do something... and whatever the situation may be, if God is with me, I am in majority.*

I have learned that we should speak words that increase strength in our lives because our words have an effect on our thinking and feeling. That’s why I recommend that you memorize the sentences and motivational sayings of religious texts to deal with the drama of depression.




Bob Johnson, the founder of Black Entertainment Television and billionaire businessman, said, “The hammer that breaks glass, it molds steel.” Policies and difficulties come in the life of all of us, but we should develop ourselves so that we are not only able to pass through those challenges but also develop through them. It is our reaction to the challenges of life that determines how the pressures of life affect us. These pressures can lift us up and make us better – or they can bring us down.

For many years, when I used to speak about economic recessions, I used to say at once, “I am not joining this recession.” It went well until I realized that difficult economic times affect everyone.

I believe that being a willing participant is a lot like having a kick me sign on your back with tape. Life will kick and kill you, provided you allow it to do so. I often say that life seeks people whom it can kick and bring down and keep them down, life leaves those who are rebellious, alone.

I travel a lot and went to the airport in one trip. I had to get my luggage checked and boarded the flight. When I passed by the queue, I saw a young woman looking at her watch anxiously and looking very sad. I asked the reason for the problem. She said that she has been in queue for a long time and she has to get her luggage checked. I asked her why she is standing in this queue when there are other options. To this his answer was – because every person was standing in this queue. I called the porter who had helped me at that time and asked if he could be of any help to the girl. Seeing the girl’s ticket, he said that now it is too late because their flight has gone. The girl missed her flight just because she thought that there were no other options, so she stood in a queue with other people.





Don't stand in the queue with other people in life.... Be sure to look for alternatives. Jesus Christ said - And if the blind lead the blind, both will fall into the pit. I encourage people to look at options and make the decision that works best for them. Kick me off the sign board and make it a mindset that you will not participate willingly in economic downturn, depression or anything else. You can feel it, but you don't have to go to the interested group. A lot of people follow the crowd, even if the crowd is going in the wrong direction.

The least we should do is not to go with the status quo without fighting. There is a statement on the wall of my office - Life is a war for the region. When you stop fighting for the things you want, then you automatically start getting unwanted things. It is in these moments of challenge that we will either move forward towards our goals and dreams or we will fall back on our fears. The choice is literally yours. In such moments we should encourage ourselves to rise above the canvas of life and get back in the fight.. Sometimes you have no one but yourself to help. That's why it's important to learn to have positive conversations with yourself. Resolve that we will keep on fighting while kicking and shouting and will never stop fighting. Don't fall down without fighting. In other words, I am telling you that it is important that you become earthy and rebellious.

***I have been saying for years that you have to be irrational to get what you want in life.** Being irrational doesn't mean being rude or obnoxious, but that you won't accept a no in response. You will not give up on your dreams and goals just because others cannot dream of you. Either other people or life circumstances will suggest that you should silently accept the status quo, accepting things as*

they are. I say you must be prepared to be irrational. Life says - be logical and accept this position but I reply no, I cannot accept it, I cannot accept this option. Once again, you don't have to be rude or obnoxious to be firm. You just have to make sure your intention that you will not become a participant by desire. If recession and economic decline is to be defeated, then you must be ready to fight, willing to fight for your dreams and goals and willing to fight relentlessly.

*An old classmate of mine was infatuated with the idea of despair and destruction. He had joined the bad times of his own volition. Network marketing expert Hope Elliott told me, when I went to address a group, **POOR means passing over opportunity regularly**. Poverty means regularly letting opportunities pass by. Keep the direction of the possibilities of your mind right. People who grieve collectively call up and say, "Did you hear the bad news that Company X has gone bankrupt?" or "Have you heard that Y Company is laying off employees."*

If you focus on your negative points, the same emerges and sits in front of you. The same is true of the positive points as well. Be aware of negative issues, but focus your attention on the positive on new possibilities. Whatever you focus on and think about, you will become and develop.

*To turn the crisis into financial success, you need new thinking and something new, because if you keep doing what you have done, then you will get what you have been getting again. You have to do something different and do some things in different ways. **What often stops people from being successful is not their ability, but pride. What would people say to them?***

The economic slowdown is a temporary phase and the trend of the economy can reverse at any time. In this



case, these cases last for a few months. Leaders do not stop doing the work necessary to grow their business due to circumstances. If a work is ethical and legal, it will be considered good and respectable. Overall, the times of economic downturn and business downturn can be panic-filled, but if you don't panic and look for opportunities, you will see that they are all around you. After going beyond what people will think of you, you will find that you have a lot of respect for yourself.



The future belongs to those who believe in the beauty of their dreams

– *Eleanor Roosevelt*

The victory in the race does not always belong to the fastest or most powerful, but belongs to the one who endures till the end.

The next step in turning your adversities into assets is, “Don’t stop thinking about tomorrow.” The idea is taken from a song by Fleetwood Mac, which has become one of the top songs on my iTunes favorites list. I heard this Gita many years ago, but I could not hear its lyrics properly. However, when I took the time to listen to the lyrics, I realized this was my kind of song..... One such thing, which used to lift and inspire people towards a better life. The song urges us to keep going and think about the future, because people who keep working on their goals usually have a better future. When situations are difficult and we are feeling hopeless, we need to look up and think higher, so that we can look at the situation differently and recognize new possibilities.

How we communicate and in what situation we keep our points is also important. How much emphasis is placed on which word, it changes our feeling. The way different words are emphasized, the meaning of the statement changes. The word you choose to emphasize in a dialogue can have a tremendous impact on the meaning of that statement. Famous media experts cite this phrase as “I. No. said. you. He. car.



Stole. Is.” He says to repeat this statement eight times and emphasize a different word each time. You will find that the meaning of the statement changes depending on which word you emphasize.

If we apply the same procedure to the statement “Don’t stop thinking about tomorrow”, then we will see that the messages that are generated are different from each other. Along with this, all are also effective, with the help of which you can convert your financial troubles into prosperity.

*“No” the word comes first. Don’t give up thinking about tomorrow! To convert your adversities into assets, it is imperative that you be firm in your hope and thinking. You should not even think that you will not be able to overcome this difficult period. Don’t even think about it. Don’t let negative thoughts enter your mind. He may try to infiltrate your mind.- But in the end it is you, who controls your thinking. As Norman Vincent Peele, author of the famous book, *The Power of Positive Thinking*, said – **You may not be able to stop the birds from flying over your head, but you can only do that by not letting them nest on your head.** Negative thoughts will fly around in your mind, but don’t let the thought that you won’t survive in this financial situation. You should always remain positive and for this, if you have to talk to yourself and encourage yourself, then always do so. Build a positive mindset and this will make you more inclined to keep fighting. If you hit the rock, do it continuously, you know that hitting it long enough and hard enough will break the rock. Once the rock or the barrier in front of you breaks, you won’t know for sure whether the blow was strong enough to break the rock, or whether the rock was weakened by our strikes and the accumulated impact of all the blows. Because of this it finally broke. No matter how you think, you should*

make sure that you will not stop, you will not give up, you will not give up. Don't stop at all. The point is that the rock, the obstacle in your path, has finally been broken. The rocks are no longer in your way. Don't stop.

After this comes thinking. To turn this crisis into victory, keep thinking of new ideas and new ways. I am sure that most of the time the problem you face is usually not of money but of ideas. This is the time to have some fresh ideas and new thinking. Albert Einstein once said that the thinking that has brought you so far to this level will certainly not take you to the next level. That's why we should have the desire to think above. We should think bigger, more courageous and better. One should keep expanding his limits of thinking and keep thinking of new ideas and strategies. If one idea doesn't work, try another. Keep thinking about the future and all the credible opportunities that lie within our grasp. Don't stop thinking better about tomorrow.

The next word we emphasize, we realize that there is tremendous opportunity all around us. Remember what we did to get through that difficult time, and just do the same thing again and do more than before. Think about the past and make your own strategy on the basis of past successes and experiences, success will surely come.



Never give up - Don't leave the field; keep looking up because if you can see up, you can rise!

– *Les Brown*

Why do people forget such an important ingredient? Many times they are forgotten because the sheer amount of bad news overwhelms them. Sometimes they forget because they have lost their eyes on their dreams and goals and they start focusing on their problems. As we learned years ago, when you turn your gaze away from the possibilities and fixate on your problems and situations, your troubles begin.

The people who win in the long run are the ones who decided to focus on the good news rather than the bad news. (This is also one of the reasons why I started a new organization called Jali Good News so that people get a steady dose of positive news instead of negative news.

*According to me, you should take a vow that you will fill yourself with pure, powerful and positive. **I believe that we should have a reservoir from which we can draw inspiration and encouragement. I believe that we should dig wells before we get thirsty and start reading and listening to positive information before we need it. In difficult times, people tend to forget the basics and go back to the old ways of focusing on the bad news in the news. News is habitually compelled and habitually looks at life through a negative prism. If the sun is half shining, it will be called a partly cloudy day instead of partly light. There is a saying about***

news, where there is blood, there is news.

*Writer Dr. Stephen Kavi said, “The most effective people always start with the end in mind and then move on to that picture.” To convert your adversities into assets, you must keep thinking about the future and also how things can turn out for the better. Keep hitting your target and keep working until it is achieved. Thomas Edison was stubborn, he failed more than a thousand times in inventing the electric bulb, but he refused to give up. As a result, they know that they were successful in achieving their goal. The motto is – **Perseverance breaks resistance.***

To persevere is to develop the attitude that somehow you will get through difficult times and get into a better position in life. You will be the last one to stand. Statistics show that most people are unable to achieve their goals and dreams because they simply give up. I have seen people give up when they were very close to their goal. A member of my family worked hard to build the team for his network marketing company. But when the first check was received, it was less than expected, so he left the team in anger. I remember the time when I started writing books. I was earning only a few coins per copy of the book, but people started talking about these books and telling their friends. What was it then, coins turned into rupees, then into bundles, just because I didn't stop. Never gave up and never gave up.

It is said in the Bible - without dreaming people perish, it has not been said, that is, people will prosper if they dream. Every person should have a dream, a goal of life. The effort should also be to know how to dream and learning this is also an art.

Keep in mind that the tragedy of life is not in not reaching your goal, the tragedy is that there is no goal to



reach. The misfortune is not to die with your unfulfilled dreams; the misfortune is not to dream at all. The disaster is not that you are not able to hold on to your ideal; the disaster is that there is no ideal to hold on to. Not reaching the stars is not insulting, but not having any stars to reach is disgraceful. Not failure, but a low aim is a sin.

I urge you to dream big. I love the quote of a father who said to his son “Dream so big that you can’t achieve them in one life”

How to set goals that keep you driving

The Bible says, write down your dreams and write clearly, so that anyone who reads them can join the race. You need written dreams and goals and need to read them regularly, so that it can keep you focused in the direction you want to go and what you want to achieve. I don't make New Year's resolutions. This is because they are often not written down and are usually forgotten by the end of January. But the goals that are written down give you strength. If you want to create wealth then it is important that you write down your dreams and goals and read them regularly.

First of all I ask them to write down their giving goals. What would he like to give? What legacy would he like to leave? What impact would they like to make on the lives of others?

*Then I tell them that they have to get before giving, because you can't give what you don't have. That's why I ask them to write goals to achieve them. What you need to get - What do you need to produce so that you can give what you want to give. **It is astonishing that when we associate receiving with giving, it becomes a matter of deeper contemplation than just receiving.***



To be proactive means to rise above and act


Author and success coach Jan de Lemme says

1. *Winner- Always part of the answer*
2. *Looser - Always part of the problem*
3. *Winner - sees one answer for each problem*
4. *Looser - sees a problem for every answer*
5. *Winner - sees a flower beside each thorn*
6. *Looser - sees 2-3 thorns near each flower*
7. *Winner- says, it may be difficult, but it is possible*
8. *Looser - says it is possible, but it is very difficult*
9. *Winner- says I should do something*
10. *Looser – Says something should be done*

Would you like to be the winner?

I have some ideas that might help you manage your risk. A few years ago I was invited to speak at High Point University in North Carolina, where my friend Nido Cubin is president. Nido is not only the President of High Point University but also America's leading business development expert. He is an award winning speaker, best selling author and expert businessman. If you are not familiar with Nido, I recommend that you visit their website www.nidoqubein.com. I learned the secret of his amazing success while talking to Nido.


Nido said four questions you should ask yourself before making important decisions

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1. *If I Make This Decision, What Could Be Best*
 2. *If I make this decision, what's the worst that can happen*
 3. *What is most likely to happen if I make this decision*
 4. *Am I ready to live with the worst to get the best*

When you have answered these four questions, you will automatically have a very clear answer as to how you should proceed. If the answer to these questions is in the affirmative, then it is a good anticipated risk and you should proceed in this direction. If the answer is negative, you should walk away without regret.

*I believe that you should speak in a positive way about your life and circumstances, even if the circumstances are not good. I always tell people to pay attention to their language, because your language affects your mindset and how life will react to your situation. For example, never say that I am poor. Instead of saying, I am wealthy, I sometimes have some financial challenges, but they are always short-lived. Remember, you attract whatever you say, so if you speak in a positive way, good things will start coming in your life. I love going to Australia and the thing I love the most there is this statement from my Australian friends - **good to you. This is a great way of greeting.***

Success comes to those who are willing to change their thinking and look at life in its entirety rather than in fragments. Challenge is part of life. Your choices don't usually create your challenges, but your choices can usually get you out of challenges. Many people say that he did some work because he had no choice. I agree that they may not have had a pleasant alternative, but the alternative is always there. Would it be easy? No. But is it worth doing. The answer is - strongly yes. Just keep moving forward, keep growing,





keep believing and you too will find what I have found that the best is yet to come. You can convert your adversities into assets even in difficult times.

Some stories of hope

While Corona is a disaster on one hand, it has also brought to the fore some such warriors, who set an example of service without caring for themselves. Here are some such stories, which have been published in newspapers and magazines from time to time during Corona:



COVID-19 Survivor – Rajiv Singh’s Story of Courage and Yoga

Inspiration has special worth these days. Gloom casts a shadow on everything as COVID-19 has been interrupting normal life for many months now. It has been forcing people into fear, disillusionment and dwindling hope. Amidst this, there are some uplifting stories; some beacons of hope.

The story of Rajiv Singh, Senior VP at a multi-billion dollar tech company, is one such story. Rajiv battled COVID and won against the odds. His story is one of pure fibre and mettle and a will to overcome life’s challenges.

Rajiv returned home from a long overseas business trip in early March of 2020. As is the standard, he immediately went into self-quarantine. India went into lockdown soon after and he started working from home. A couple of months later, he developed a high fever with a cough. His family was stuck in New York City due to lockdown in the US and he was left to take care of himself in Mumbai.

Rajiv was under the impression that it was a viral fever due to change of weather or perhaps low immunity related issues due to exhaustion from work. He shared his symptoms with a local physician over Whatsapp and was treated for a viral cold. His fever did not subside and soon breathing problems surfaced. A COVID test was ordered, which came back positive. This is where his story of sheer determination



begins.

Rajiv realized that he had an uphill battle before him. He was facing difficulty, which he was determined he must overcome at all costs.

Typical of his attitude towards life since his childhood, Rajiv was ready for war with tools that had held him in great stead throughout his career. You see, Rajiv had already overcome some steep challenges in his life through his mettle alone. He had a lifelong mission to contribute to society and to excel at everything he did.

For instance, he was the brains and the brawn behind India's first payment system that was conceptualized and built for reaching banking payment services to underserved citizens and touching the lives of millions of Indians. It was a sheer challenge, the mindset he faced from Indian banks and the bureaucracy to allow the license for such a service. When he took the solution to them, he was met by a brick wall. Everyone told him that it was not needed that India was running fine without it. Yet, he persevered, working alone and uphill to convince their restrained mentality that it was not only something that had worked in other countries, but that it could work for India too and be mutually beneficial for both the banks as well as their customers. Finally, Rajiv changed India by breaking through the barrier and convincing banks to adopt the solution. Indiacash remains a testament to Rajiv Singh's persevering attitude.

He also had a youth that inspired extreme determination in him. Rajiv attended Scindia School in Gwalior, one of India's best public schools. Growing up at a boarding school forged a self-reliant and a competitive nature at an impressionable age. It's all about excellence, hard work, and courage and it is no coincidence that Rajiv embodies all 3.

All this was to come into play during his personal battle with COVID-19.

The battle started with a steep challenge right off the bat. Alone in Mumbai and so sick he was delirious, Rajiv had to find a hospital to take him in. At first, he did not gain admittance anywhere. All hospitals were full with COVID patients. With some luck and through a connection, he found one. He had to pack his bags, get ready, and board the ambulance despite his delirium and extremely low energy. This, in itself, was very tiring.

At the hospital, Rajiv's temperature reached a dangerous 104 degrees and he was moved the same night to the ICU. The doctor felt that his condition was grim. His oxygen saturation levels had dropped dangerously low and all health parameters were negative. His situation was already rife with problems.

At this time, in the ICU, Rajiv was continuously provided life saving antibiotics and oxygen for 4 days to save his life. Closer examination found that more than 50% of his lungs were not functioning and that he had pneumonia. The fight against COVID-19 was intense now, and it was a challenge to stay alive. What kept Rajiv going was his determination, honed over years of working against huge obstacles.

Although it did not reach normal values, his oxygen saturation improved and his fierce resolve to defeat COVID-19 increased. He said to himself, "I will not die of this virus." He had to win this battle!

At this time, he had survived with oxygen support. The doctor asked him if he still needed oxygen support. Something told Rajiv that he needed, now, to fight the battle from within. He told the doctors that he would not continue with medical oxygen. Instead, he started breathing



exercises that he had learnt in Yoga. Yoga techniques like ‘anulom-vilom’ (the alternate nostril breathing) belonging to the ‘pranayama’ discipline of Yoga enabled him to bring his oxygen saturation level much closer to normal. Rajiv could see this on the monitors in front of him within minutes. This was the first time Rajiv saw how effective Yoga techniques could be. He was winning the battle.

All this while, his family managed to keep in touch from the US and speaking with him at every opportunity possible in the ICU. Prayers of family and friends continued round the clock.

Since he was not yet cured of coronavirus, the doctor decided, then, to administer HCQ (Hydroxychloroquine) medicine to aid his recovery. But, it led to a huge drop in his blood pressure.

Rajiv sensed a life and death situation. He told himself staunchly that he will fight and that he will win and defeat the illness. He reminded himself that “one can only create an invincible self after defeating a great enemy.” While his health parameters were negative, his resolve stayed strong.

The doctor then ordered steroids, which brought his health parameters back to normal. Feeling much better, and feeling that he was now definitely winning the battle, Rajiv’s attention turned to others in the ICU. He prayed that all the other people in the ICU recover. This was no prayer in vain; prayer born of weakness. This was a prayer born of strength, for it was with strength that Rajiv defeated the illness a few days later when he tested COVID negative.

Rajiv had won the fight. He states that surviving this experience has meant a new life for him. He said that he would “reach out to form connections of hope with one individual after another and fulfill the mission of (his) life

with confidence and courage at every step.”

Rajiv’s advice to everyone is that “nothing can match the strength of those whose lives have been shaped and forged through challenging and overcoming hardships. Such people fear nothing. To cultivate such an invincible core is itself victory.”

The story was intense at every turn, and the moral very enlightening. It is courage, determination, and sheer will that moves a person through their challenges in life. Difficulties, once overcome, teach a man to face life head on. And, life is not easy, but it is worth it when you try your best.

Rajiv’s story will remain an inspiration to countless people around the world for years to come. It’s not just hope for COVID-19 patients, but food for thought for those who never came in contact with the disease in any way. Hope and prayer are fine, but a winning attitude invites grace into your life.



Newspaper Clippings

पूरा परिवार संक्रमित हो गया पर नहीं हारी हिम्मत : बरेली निवासी लोको पायलट सुरेश के पिता ने बतलाया कि जब उनका बेटा नोएडा से लौटकर घर आया तो उन लोगों में से किसी में यह संभावना नहीं थी कि उसे कोरोना होगा। हाँ, थोड़ी तबीयत जरूर खराब थी तो दवा ले आया लेकिन जब उसकी कंपनी के दो लोगों के संक्रमित होने की जानकारी मिली तो फिर सभी घबरा गए। फिर सुरेश ने जिला अस्पताल जाकर टेस्ट करवाया। और जो परिणाम आया तो एकदम धक्का-सा लगा। इसके बाद हम सभी चारों ने कोरोना की जाँच करवाई तो वह भी पॉजिटिव आए। सुरेश के पिता बोले कि एक बार तो लगा जैसे सब कुछ खत्म हो जाएगा। फिर भी हम लोगों ने हिम्मत नहीं हारी और सभी अस्पताल में भर्ती हुए। इलाज शुरू हुआ। वहाँ के डॉक्टरों ने भी पूरी मेहनत की और ईश्वर की कृपा से हम सब ठीक होकर सही-सलामत अपने घर वापिस आ गए। आज पूरा परिवार एक साथ हैं। यह बड़ी बात है। एक बड़ी मुसीबत टल गई।

कहते हैं न, जब मुसीबत आती है तो चारों ओर से। सुरेश और उसका पूरा परिवार जब अस्पताल में भर्ती था तब उनके घर चोरी भी हो गई। घर में ताला लगा कर गए थे वे लोग। कोई सदस्य घर का था नहीं जो घर में रह सके। तो चोरों को मौका मिल गया। पुलिस ने हाट स्पॉट घोषित कर लोगों की आवाजाही भी बंद कर दी थी। लुटेरे बहुत कुछ लूटकर ले गए। लेकिन संतोष की बात यह रही कि पाँचों कोरोना रोगी स्वस्थ हो गए।

सुरेश की पत्नी प्रीति ने बतलाया कि अस्पताल से आने के बाद हम सब एकदम स्वस्थ हैं। हमें अब 14 दिनों तक होम क्वारंटाइन में रहना है। जिसे हम ईमानदारी से पूरा करेंगे। हम लोगों को बचाने में डॉक्टरों का बड़ा योगदान है। एक अच्छी बात यह रही कि प्रीति के 2 साल का बच्चा संक्रमण से अछूता रहा।

जोधपुर के पहले कोविड-19 रोगी सुधांशु : जोधपुर के रहनेवाले सुधांशु जी ने अपनी कहानी कुछ इस तरह बतलाई। मैं एक पारिवारिक कार्यक्रम में 8 मार्च को इस्तम्बुल (तुर्की) गया था। 19 को लौटे, तब ठीक थे। दो दिन बाद गले में खराश हुई और हल्का बुखार भी आ गया। जाँच हुई तो संपल कोरोना पॉजिटिव आया। यह सुनते ही मेरे होश उड़ गए और तनाव में आ गया। मुझे अस्पताल में आइसोलेशन वार्ड में रखा गया। पहली रात तो नींद गायब रही। डॉक्टर साहब ने हिम्मत बढ़ाई और बोले कि सारा खेल तो आत्मविश्वास का है। इसे बनाए रखो। तुम्हें कोरोना से लड़ना है और जंग जीतना है। और तुम जरूर जीतोगे। यह सुनकर मेरा थोड़ा आत्मविश्वास बढ़ा और घबराहट कम हुई। मुझे 14 दिन वहाँ क्वारंटाइन में रहना था तो मैंने अपना शेड्यूल तय किया। योग और प्राणायाम, अनुलोम-विलोम का अभ्यास करने लगा। 24 घंटे वहाँ अकेले रहना किसी चुनौती से कम नहीं था। लेकिन फिर भी मैंने नकारात्मक विचार नहीं आने दिए।

फिर दूसरी रिपोर्ट मेरी नेगेटिव आई तो जान-में-जान आई। और लगा कि अब मैं कोरोना को हरा दूँगा। अब आत्मविश्वास पूरा आ चुका था। इसके बाद अंतिम रिपोर्ट भी नेगेटिव आ गई। डॉक्टर बोले कि तुम ठीक हो गए हो, घर जा सकते हो। लेकिन घर में भी 14 दिन होम क्वारंटाइन में रहना है। 06 अप्रैल 2020 को मैं घर आ गया और ठीक हूँ। घर में 14 दिन अलग रहूँगा। यह करना कठिन बात नहीं है। लेकिन मेरी लोगों को सलाह है कि इस बीमारी से बचें और लॉकडाउन में घर में ही रहें और जो बचाव के उपाय बतलाए गए हैं उनका पालन करें।

हमारा हीसला न तोड़ सका कोरोना : डॉ. तौफीक के वार्ड में पहला कोरोना मामला आया तो उन्होंने और उनकी टीम ने बड़े ध्यान देकर उसका इलाज किया। सावधानियाँ भी पूरी रखीं परंतु यह कोरोना का संक्रमण उन्हें भी लग गया। लेकिन पूरा इलाज लेकर और नियमों का पालन कर स्वस्थ हो चुके हैं। उन्होंने कहा कि सकारात्मक सोच में हर मुसीबत से लड़ा जा सकता है। आप अच्छा सोचें, अच्छा



खाएँ और साफ-सफाई का ध्यान रखें। साथ में होसता भी रखें। हाँ, तीसरीक अचछे होकर घर पहुँच गए हैं और 14 दिन परिवार से अलग रहकर क्वारेंटाइन है। वे बताते हैं कि कोरोना से बचना है और दूसरों का बचना है तो सभी मास्क लगाएँ। घर में होलिया, रोजमर्रा की चीजें अलग रखें। पीप्टिक और सुपाथर भोजन भी रोग प्रतिकोपक धमता बढ़ाता है और सकारात्मक विचार भी आपको ठीक करने में सहायक होते हैं। बात करने की नहीं समझने की है।

उम्र की ध्योरी को नकारते 100 साल के ऊपर के बुजुर्ग : विलियम बिल : वे अमेरिका निवासी दुनिया के सबसे युजुर्ग व्यक्ति है। और आश्चर्य की बात है कि इन्होंने कोरोना जैसी खतरनाक महामारी को पछाड़ दिया और स्वस्थ जीवन जी रहे हैं। जबकि चिकित्सा विशेषज्ञों का कहना है कि 65 वर्ष से ऊपर के बुजुर्गों को इस रोग से बड़ा खतरा होता है। इस प्रकार इन दो उदाहरणों ने डॉक्टरों की उम्र की ध्योरी को झुटा साबित कर दिया। अमेरिका के आरगेन प्रांत के 1916 में जन्मे बिल स्पेनिश फ्लू जैसी भयंकर महामारी और द्वितीय विश्वयुद्ध का विष्वंसकारी दौर देख चुके हैं। इतने में कोरोना जैसे संक्रामक रोग ने आ घेरा था। इनकी उम्र और बुढ़ावस्था को देखते हुए परिवार और मेडिकल स्टाफ दोनों चिंतित थे। परंतु उन्होंने कोरोना को परास्त कर दिया और ठीक होकर घर आ चुके हैं। अप्रैल में उन्होंने 104 वीं जन्मदिन भी मनाया है।

उनके डॉक्टर रॉब रिचर्डसन का कहना है कि विलियम का बचना चमत्कार है। उनकी बेटी कोरोना ब्राऊन ने उन्हें अद्भुत व्यक्ति कहा है। वे कहती हैं दूसरे विश्वयुद्ध में उन्होंने देश की काफी सेवा की। उस वक्त वे ट्रक द्वारा युद्ध का भारी सामान पहुंचाने का काम किया करते थे।

स्पेनिश फ्लू और द्वितीय विश्वयुद्ध से बचने के बाद अब कोरोना को हराया : इटली के तटीय शहर रिमिनी में 101 वर्षीय मिस्टर पी. का जन्म 1919 में उस वक्त हुआ जब दुनिया अब तक की सबसे भयंकर महामारी स्पेनिश फ्लू की घपट में थी। उस वक्त स्पेनिश फ्लू से करीब 6 लाख इटालियन्स सुरक्षित रहे। दूसरे विश्वयुद्ध के वक्त भी इटली और उनके शहर रिमिनी में काफी जनहानि हुई थी। उस युद्ध में इटली के दो लाख से ज्यादा लोगों की मौतें हो गई थीं। लेकिन सौभाग्य से पी. इस वक्त भी सुरक्षित रहे। और अब कोरोना जैसी जानलेवा बीमारी, यह भी 101 वर्ष की उम्र में होने के बावजूद वे स्वस्थ होकर घर लौट आए हैं। रिमिनी के महापौर ग्लोरिया लिसी ने बताया कि रोगियों की संख्या बढ़ने के बाद 65 वर्ष से

म्यूजिक थैरेपी फोन पर गाने सुनाकर दे रहे पॉजिटिविटी



असम के सिलचर के युवा गायक विक्रमजीत कर दैशभर के कोरोना मरीजों के फोन पर संगीत सुनाकर पॉजिटिविटी दे रहे हैं। कोई भी कोरोना मरीज उन्हें फोन करके संगीत सुन सकता है। अब तक उनके पास दैशभर से 200 से अधिक कॉल आ चुकी हैं। विक्रमजीत बताते हैं कि कोरोना के चलते जो लोग आइसोलेशन में हैं, उन्हें सकारात्मक रहना जरूरी है, इसलिए उन्होंने यह म्यूजिक थैरेपी शुरू की।



टीकों की वे खूबियां, जो आपको जाननी चाहिए

तुलनात्मक विशेषण	कोवैक्सिन	कोविशील्ड	स्पुतनिक 5
1. कंपनी	आरसीएमआर भारत बायोटेक है कोवैक्सिन की निर्माता	ऑक्सफोर्ड यूनिवर्सिटी एस्ट्राजेनिका और भारतीय कंपनी सीरम इंस्टीट्यूट	रूस में बनी है। भारत में डॉ. रेड्डीस लेब बना रही है
2. वैक्सीन के प्रकार	इन्फिक्टिओस (डिड कोरोना वायरस है)	वायरल वेक्टर (चिंचोटी में पार जाने वाले (एडेनोवावायरस से)	वायरल वेक्टर (इसमें दो अलग-अलग वायरस से। इसलिए इसके दोनो ही डोज अलग-अलग है)
3. कितनी डोज	2 (दोनों में एक ही वायरस)	2 (टीके की दोनो में एक ही डोज में वायरस)	दो (दोनों में अलग-अलग वायरल है। इसलिए दोनों को लगाना जरूरी)
4. टीके की दूसरी डोज कितने दिन बाद	28 दिन बाद	42-56 दिन (ज्यादा अंतराल पर अधिक प्रभावी)	21 दिन के बाद कभी भी
5. कितनी प्रभावी	78 फीसदी	81 फीसदी	90 फीसदी
6. कितने देशों में	केवल भारत में	80 से अधिक देशों में	60 से अधिक देशों में
7. नए वैरिएंट पर प्रभावी	कोई अध्ययन नहीं	नयी वैरिएंट पर प्रभावी	स्टडी चल रही है

* टीके ही वैक्सीन को 2 से 8 दिनों में उपयोग के बीच रखा जा सकता है। कोरोना मौजूद रिकवरी होने के बाद डॉक्टर की सलाह पर टीका लें।

पेड़-पौधों के प्रति जागरूकता

साज-सज्जा के साथ मेडिकल डिमांड भी, नसरिया में जमकर आवाक

कोरोना के बाद लिविंग रूम में ऑक्सीजन प्लांट का क्रेज

एकसक्लूसिव

अभिनाम केरलिया

जोड़िए कोरोना के कारण हमारी दिनचर्या और घर के इंसिडर में काफी बदलाव आया है। लेकिन यह जेबा के प्रति भी जागरूकता आई है। खान-खाद यह है कि अपने लिविंग रूम में भी ऑक्सीजन की कमी से जो हमसे निपट अब आराम का चुनाव भी हमें प्रकृत से करने पड़े हैं।

इसमें मैंने अंतरा भाट है, जिसको मेम-ब्रान्ड नाम से जानने का प्रयास कर रहा है। उन पौधों की खोजमें यह है कि वे सुदूर से दिकाना हो नै सब हो उठें। रलते हुए, सलने काई ऑक्सीजन से अन्य लिविंग रूम आया अब ऑक्सीजन निभासक है।

छूने से हो जाता तनाव कम

अरबिया एक छोटे प्लांट है और यह पत्र तक का औषधीय गुण भी रखता है। दिवने में यह पौधा खुशबूर है ही। इस पौधे को बैडरूम में रखा सकते हैं और इसके पत्तों को घुसे से तनाव कम हो जाता है। इसका भी ज्यादा मेडिटेशन को जरूरत नहीं पड़ती।

आयुर्वेदिक महत्व वाला स्पाइडर

स्पाइडर प्लांट अपनी मूल का पौधा है और जिसका वैज्ञानिक नाम क्लोरोफिटम कोमोसम है। यह प्लांट घर की जहरीली मृत को सोखने में सहायक है। इसका अतुलीय में भी काफी महत्व है। इसकी जड़ी को ही लकड़ मुक्की बनाई जाती है।

एयरप्योरिफायर है पीस लिली

पीस लिली इसके नाम के पीछे एक फेक्टर यह है कि यहने घर में होने के बीच संभव रग को परित्यक्त होती है। इसलिए इसे पीस लिली कहा जाता है। घर के अंदर टॉक्सिन, कार्बन डाई ऑक्साइड और बेजेंड जैसे तत्व को सोख कर एयर प्योरिफायर का काम करता है।

24 घंटे ऑक्सीजन देने वाला स्नेक प्लांट

संसिथिय ट्रिपेरिजटा नाम का यह पौधा जीव की तरह तब होत है। यह 24 घंटे ऑक्सीजन देने की विशेषता रखता है। यह प्लांट सूरज धरने के बाद भी ऑक्सीजन लिलीज करता है। खामने इई

ऑक्सीजन को सज्जा कर लेता है। खमनकनी में और कम क्यूरी को रोशनी में यह हक-भरा रहता है।

बाने विप्राघज- इस बार काफी डिमांड

प्रधान मन्त्र बन सरलक (सिकरल) दोन जलवायु पाईस बनाने हैं कि एक प्योरिफ को पूरे जीवन में ऑक्सीजन का स्रोत बनाई गई। जहाँ की प्रभावकरता होती है। जोकिन घर के अंदर पीस लिली का सन्तोषजनक प्रभाव उठाने में यह कई शोध इस प्रभावित करते हैं। इन प्लांट्स के अलावा प्योरिफि कैंपेन, बरकलाप जेबा पीस को भी इतने रकबा जरा सफाई है। एक ही प्रकार के इतरे वायुस के दो सौदम उभरते, ताकि यह-बनो उनका रूप व खुने में रखा जा सके। जोधवार के नरती गिरीधरा मिश्रा का संसंधन बताते हैं कि इन प्लांट्स की इस कर-कती किमता है और इतना कमने के संसंधन में पुरी तरह से निरंतर भी हम को है।





Positive news to be included

कोविड का दबाव कम हुआ है, अब डॉक्टर व नर्स को भी थोड़ा ब्रेक लेना चाहिए

बड़ा बदलाव: 29 में 25 फीसदी मरीज अब अतिवदन से रहे हैं आगे

पहले कभी नहीं देखी ऐसी तपन: 13.4 की औसत, आउटडोर वैक्सिनेशन बंद, जन-जीवन बेहाल

कोविड का दबाव कम हुआ है, अब डॉक्टर व नर्स को भी थोड़ा ब्रेक लेना चाहिए। यह खबर दिल्ली के एक अस्पताल के डॉक्टरों और नर्सों के बीच फैली है। वे कहते हैं कि कोविड के दबाव में आने से वे थोड़ा ब्रेक ले सकते हैं।

डॉ. अमित कुमार ने बताया कि कोविड के दबाव में आने से वे थोड़ा ब्रेक ले सकते हैं। वे कहते हैं कि कोविड के दबाव में आने से वे थोड़ा ब्रेक ले सकते हैं।

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कोरोना काल: असफलता के भीतर हौसला और हिम्मत देने वाली अनगिनत कहानियों में से सुकून देती तीन जीवित कहानियाँ

सैनिक युद्ध में जाएगा... चोट तो लगेगी ही, मैं कोरोना के मरीज देखूंगा तो कोरोना होगा ही... घबराने की क्या बात?

कर्मचारी से बढ़कर कुछ भी नहीं

जल्दत के यत्न हिम्मत से काम किया

डॉ. अमित कुमार, डॉ. अमित कुमार, डॉ. अमित कुमार

डॉ. अमित कुमार ने बताया कि कोविड के दबाव में आने से वे थोड़ा ब्रेक ले सकते हैं। वे कहते हैं कि कोविड के दबाव में आने से वे थोड़ा ब्रेक ले सकते हैं।

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ऊपर की उम्र के रोगियों के बचने की उम्मीद कम थी। लेकिन उनकी हालत सुधरने से उम्मीद बँध गई और वे एक सप्ताह में ही स्वस्थ होकर घर आ गए। यह आश्चर्य से कम नहीं है।

तो इन सत्य कहानियों से तो यही निष्कर्ष निकलता है कि उम्र और हालात कैसे भी हों यदि व्यक्ति धैर्य और आत्मविश्वास रखें तथा अपने डॉक्टर के निर्देशों का पालन करें तो कोरोना जैसी बीमारियों पर भी विजय प्राप्त कर वापस आ सकता है।



कोरोना की वापसी

— ए.एन. सुधाकर

अपर महाप्रबंधक, सीएफएपी, हरिद्वार

हे मेरे प्यारे देश के वासी,
आओ करें कोरोना की निकासी ।
मातम मचा के रखा है, कोरोना,
बिल्कुल तुम घर से न निकलना ।
अगर जरूरी है, तो बाहर जाना,
मास्क पहनना मत भूल जाना ।
सैनिटाइजर लेकर रहना,
हाथों को है सदा स्वच्छ रखना ।
दैनिक व्यायाम करते रहना,
फेफड़ों को सदा मजबूत है रखना ।
पौष्टिक आहार लेते रहना,
रोग क्षमता को है बढ़ाना ।
आओ बता दूं परम सूत्र तुझे,
सामाजिक दूरी है यूं समझ लो ।
सदा स्वास्थ्य रहने का साज बता दूं तुझे,
सकारात्मक सोच ही रहस्य है समझ ले,
हे मेरे प्यारे देश के वासी,
आओ करें कोरोना की निकासी ।

ये गीत यूँ है- मेरी कलम आपके लिए

– अविनाश त्रिपाठी

गीतकार और लेखक, हिंदी फिल्म जगत

यह जो चारों तरफ बिखरा डर है...
 सच मानो यही असली कहर है...
 यह सच है कि सांसें उखड़ी हुई हैं,
 मुश्किलें बढ़ीं और सर पर खड़ी हैं।
 दर्द हर घर में मुंह खोले खड़ा है,
 देश अब मुश्किलों में आ पड़ा है।
 आसमां स्याह है, बहुत घनेरा भी है,
 जीतता हर बार ये सूरज, ये सहर है।
 यह जो चारों तरफ बिखरा डर है...
 सच मानो यही असली कहर है...
 हौसले जो टूटे हैं, जुड़ जाएंगे,
 मरीज अस्पताल से फिर घर आएंगे।
 बंजर जमीन पर शजर आएंगे,
 इरादों में हमारे जो ईश्वर आएंगे।
 यूँ इसां ताकत बुलंद है बहुत,
 दिक्कत इस घड़ी में यह चिंता फिकर है।
 यो जो चारों तरफ बिखरा डर है...
 सच मानो यह असली कहर है...



जोशीले गीत

भारतीय सिनेमा अपने रचाव-बसाव में बेहद भावुकता और संवेदनशीलता से भरा होता है। कहानियों में अक्सर भावनात्मक प्रचुरता होती है, जो कई बार इतनी कोमल और लतीफ होती है कि हमारे आंखों के कोनों में अश्रु का दरिया उड़ेल देती है। कई बार ये भावनाएं इतनी प्रबल और उर्जावान हो जाती हैं कि रंगों में बहने वाला लहू, शौर्य की आंच में सिक-सिककर गर्म हो जाता है और यही लहू, हर मुसीबत से लड़ने के लिए मजबूती से तैयार हो जाता है।

हिंदी सिनेमा ने भारतीय दर्शकों का सिर्फ मनोरंजन नहीं किया, बल्कि उनके मानस को मौजूदा स्थितियों के लिए हमेशा तैयार भी किया। सन 1947, 1965 और 1971 की लड़ाई के दौर में बहुत सी फिल्मों ने भारतीय पराक्रम और जोश की ऐसी कहानी रची की, पर्दा और दर्शक, आक्रोश और उत्साह से सुलगते से दिखाई दिए। इनसे भी ज्यादा कहानियों में गाये गए गानों ने भारतीयों को हर सवाल का जवाब, हर कठिनाई से लड़ने की ताकत और हर नकारात्मक उर्जा के खिलाफ, एक सकारात्मक ऊर्जा से भरा दिया... आशा का दीप जलाने के लिए प्रेरित किया। आज कोरोना के दौर में हम सबको उन गीतों को एक बार फिर से पलट कर देखने की जरूरत है, जिन्होंने हमारे इरादों के हर रंग में जिजीविषा भर दी थी। भारतीय सिनेमा के ऊर्जा, धनात्मकता, प्रतिरोध, सहयोग और हिम्मत में गुंथे हुए गीतों को फिर से अपने जीवन में उतार, खुद को ज्यादा मजबूत और धनात्मक करते हैं।

(1)

ये हौसला कैसे झुके,
 ये आरजू कैसे रुके।
 मंजिल मुश्किल हो तो क्या,
 धुंधला साहिल हो क्या!

फिल्म डोर का ये गीत, कठिन परिस्थितियों में भी अपने हौसले के परवाज को ऊंचा उड़ने के लिए प्रेरित करता है।

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राह पर कांटें बिखरे अगर,
 उसपे तो फिर भी चलना ही है,
 शाम छुपा ले सूरज मगर,
 रात को एक दिन ढलना ही है,
 रूत ये टल जाएगी,
 हिम्मत रंग जाएगी,
 फिर सुबह आएगी।

ये गाना सिर्फ फिल्म के किरदार को नहीं, बल्कि हर खासोआम के हौसले की ज्वाला को बदस्तूर रोशन करता है। फिल्म की दो नायिकाओं के अपने-अपने संघर्ष हैं। एक का पति दुनिया छोड़ चुका है, दूसरे को मृत्युदंड की सजा मिली है। बेहद निराशाजनक माहौल में ये गीत, तेज धूप में स्याह बादलों का घना टुकड़ा है, जो बार-बार, सूरज के विशाल रूप में भी, अपनी छोटे कद के वजूद ढक लेता है।

(2)

आशाएं....

कुछ पाने की हो आस... आस,
 हर अरमां हो खास-खास,
 हर कोशिश में बार-बार,
 करे दरियाओं को आर-पार,



आशाएं... आशाएं...

इकबाल फिल्म का ये गीत, स्याह अंधेरे, सूरज के पांव तले हांफने लगता है। ये गीत एक फिजिकली चैलेंज्ड लड़के के क्रिकेटर बनने के जुनून में, दीये में तेल का काम करता है। इकबाल का यह गीत जब पर्दे पर उभरता है, मुख्य किरदार इकबाल के साथ-साथ अंधेरे हॉल में बैठा हर दर्शक, गीत को अपने होंठों पर रख लेता है। वो मन ही मन अपने जीवन के असाध्य लक्ष्य को भेदने का फैसला कर लेता है।

(3)

अपना टाइम आएगा

कौन बोला मुझसे न हो पाएगा,

अपना टाइम आएगा।

रैप अंदाज में युवाओं के आक्रोश, अपनी ठानी हुई जिद को पूरा करने की ललक, समाज के बनाए हुए हर गतिरोध को पैरों तल कुचलने के साहस का जयघोष है, अपना टाइम आएगा। फिल्म गली बॉय का मुख्य किरदार रणवीर, प्रतिभाशाली है, लेकिन कमजोर तबके से होने की वजह से कई बार उसके हुनर की उंगलिया तोड़ी गई हैं, मंजिल की तरफ बढ़ते पैरों में फंदे डाले गए हैं, लेकिन गीत में रणवीर कहता है— उठ जा अपनी राख से तू उठ जा,

अब तलाश में परवाज देख परवाने की,

आसमान भी सर उठाएगा आएगा,

अपना टाइम आएगा,

अपना टाइम आएगा,

ये शब्दों का ज्वाला मेरी बेड़ियों को पिघलाएगा,

जितना तूने बोया है, तू उतना ही तो खायेगा,

ऐसा मेरा ख्वाब है, जो डर को भी सताएगा,

जिंदा मेरा ख्वाब है, कैसे उसे दफानाएगा।

हर पंक्ति में जोश, ऊर्जा और जीत लेने की अदम्य ख्वाहिश और समाज से टकरा जाने की बेपरवाही, छलक-छलक कर दिखाई देती है।

(4)

कुछ करिए, कुछ करिए,
 नस-नस मेरी खोले,
 हाय कुछ करिए कुछ करिए, कुछ करिए,
 बस-बस बड़ा बोले,
 अब कुछ करिए,
 चक दे इंडिया।

खेल के मैदान से गुजरती ये आवाज, हमारी नसों में उतरने लगती है। हॉकी के मैदान में हार से जीत का सफर इतना रोमांचक और उत्साह से भरा नहीं होता, अगर ये गीत फिल्म की कहानी में आत्मा की तरह पिरोया नहीं होता। सालों तक हर खेल के मैदान में भारतीयता और जीत की चाहत उगाने के लिए इस गीत को राष्ट्रगान की तरह सम्मान मिलता रहा। लगभग 15 बरस पहले आयी फिल्म चक दे इंडिया के इस गीत ने दक्षिण से उत्तर तक की लय, ताल, भाषा और सोच को एक ही तराजू में रख दिया। हर कोई हारे हुए शख्स को जीतने के लिए प्रेरित करता, तो कई बार लंबे संवाद, मोटिवेशनल कहानियां नहीं, बल्कि चंद पंक्तियों का 'चक दे' कह देता। धीमी-धीमी गति से लुढ़क रहे लहू में मानो उबाल आ जाता और हर शख्स अपनी ऊर्जा में कम से कम दोगना का इजाफा जरूर कर लेता।

(5)

रुक जाना नहीं,
 तू कहीं हार के,
 कांटों में चलके मिलेंगे,
 साये बहार के...
 ...ओ राही ...ओ राही।

हालांकि ये गाना लगभग 5 दशक पुराना है, लेकिन वर्तमान कोरोना की स्थिति में यह गाना अपने इरादों में लोहा भर के, हर मुश्किल को आसान बनाने का हुनर सीखा जा सकता है। गाने का अंतरा-



अपने पर खोलता है,
 और ऊंची परवाज में हौसला भरता है।
 सूरज देख रुक गया है,
 तेरे आगे झुक गया है,
 जब कभी ऐसे कोई मस्ताना,
 निकले है अपनी धुन में दीवाना,
 शाम सुहानी बन जाते हैं,
 दिन इंतजार के,
 ओ राही.... ओ राही।

(6)

कर हर मैदान फतह...
 मुश्किलें, पैरों में जंजीर डाल दें,
 तो उन्हें पिघला कर तलवार बना लो।
 बेहद ऊर्जा भरा गीत कर हर मैदान फतेह, हर श्रोता और दर्शक
 के मनोविज्ञान और मानस पर धीरे-धीरे रेंगता, चिपक जाता है। इसका
 असर फिल्म के साथ भी और फिल्म के बाद भी रह जाता है—

पिघला दे जंजीरें,
 बना उनकी शमशीरें,
 कर हर मैदान फतेह,
 ओ बंदेया, कर हर मैदान फतह।
 घायल परिंदा है तू,
 दिखला दे जिंदा है तू,
 बाकी है तुझमें हौसला,
 तेरे जुनून के आगे अंबर पनाहे मांगे।

गाने की हर लाइन बेहद स्ट्रांग, फ्रंट फुट पर आकर, उद्घोष
 के लिए प्रेरित करती है। फिल्म संजू का यह गाना, प्रोटेग्निस्ट की
 कमजोर मानसिक स्थिति को फौलादी बनाने की सफल कोशिश है।
 इस गीत के जरिए, हर दर्शक, अपने अंदर में कुछ तेज उबलता,

खौलता महसूस करता है। गीत के बाद, हर बड़ी मुश्किल, बौनी नजर आने लगती है।

(7)

धोनी फिल्म में, छोटे शहर के लड़कों की आंखों से बहुत बड़े ख्वाब, टूटने की प्रक्रिया में थे कि बैकग्राउंड से एक अनुनाद गुंजता हुआ धोनी किरदार के भेजे में उतर गया। उत्साह के ये दो लफ्ज, हमारी क्षमता, हुनर को कई गुना बढ़ा देते हैं। अब धोनी के कदमों में ज्यादा तेजी और बाजुओं में बेपनाह ताकत आ चुकी होती है और फिल्म में गाना गुंजता है—

बेसब्रियां... बेसब्रियां... बेसब्रियां...

कदमों पे तेरे बादल झुकेंगे,

जब तक तुझे एहसास है,

जागीर तेरी तेरा खजाना,

ये तिश्नगी है ये प्यास है,

क्यूं रोकना अब ये कारवां,

जाएं वहीं ले जाए जहां...

जिसने अपने होंठों की प्यास, तिश्नगी को देर तक होंठो पर थाम लिया, समंदर उनका इंतजार करते हैं। ये गीत आज भी हमें जिंदगी के बेहतर होने के इंतजार से ज्यादा, उसे बेहतर करने के लिए प्रेरित करता है।

(8)

फिल्म रंग दे बसंती का गीत रूबरू... कहानी की मूल आत्मा को चंद पंक्तियों में समेट लाया है—

अभी—अभी हुआ यकीन,

कि आग है मुझमें कहीं।

हुई सुबह मैं जल गया,

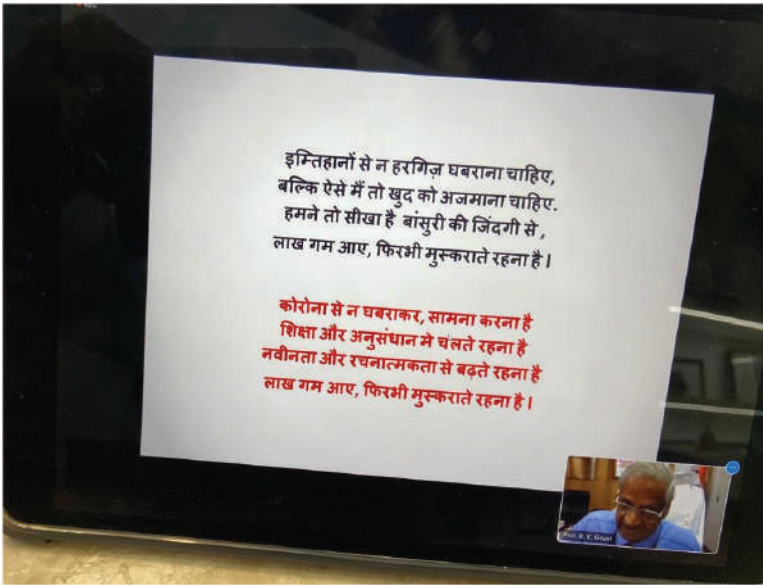
सूरज को मैं निगल गया।

खुद की शक्तियों को जगाता और बड़े से बड़े अवरोध को पैरों की



टोकर से अपने अधीन बनाता ये गीत, आजादी, स्वयं की शक्ति और एनलाइटमेंट का बेहतरीन उदाहरण है। गीत की खासियत, सिनेमा की कहानी के दायरे को तोड़ता ये गीत, मेरा रंग दे बसंती चोला जैसी अंडरटोन लिए हुए है, जिसे कोई भी गुनगुनाकर, खुद को स्फूर्त और उत्साहित कर सकता है।

सिनेमा के और बहुत से गीत हमें पॉजिटिविटी और उत्साह से भरकर, हर कष्ट और मुश्किल समय से लड़ने में बेहद सहायक होते हैं।



Speech of Prime Minister Shri Narendra Modi

And, now let us finally look at the speech of Prime Minister Narendra Modi, which is not only a sign of an efficient leadership, but also a proof of the fact that if the intentions are noble, then success can be achieved even in adverse circumstances. Hon'ble Prime Minister's speech on 22 October/2021 is truly a milestone in the history of the pandemic:

Namaskar, my dear countrymen!

Today I want to start with a Vedic text.

कृतम् मे दक्षिणे हस्ते, जयो मे सव्य आहितः।

If we look at this in the context of India, it simply means that on one hand our country performed the duty and on the other hand it got great success. Yesterday, on October 21, India achieved the difficult but extraordinary target of 1 billion, i.e., 100 crore vaccine doses. Behind this achievement is the duty of 130 crore countrymen, so this success is the success of India, the success of every countryman. I heartily congratulate all the countrymen for this.

Friends,

The 100 crore vaccines is just not a number. It is the reflection of the potential of the country; it is a new chapter of history. This is the picture of that new India which knows



how to set difficult goals and achieve them. This is the picture of that new India which strives hard for the fulfillment of its resolutions.

Friends,

Today many people are comparing India's vaccination program with other countries of the world. The speed with which India crossed the one billion mark is also being appreciated. However, one thing is often missed in this analysis and that is from where did we start? The developed countries had decades-old expertise regarding research and development of vaccines. India mostly depended on the vaccines developed by these countries. We used to import them and, therefore, questions were raised about India when the biggest pandemic of 100 years hit. Will India be able to fight this global pandemic? From where will India get the money to buy so many vaccines from other countries? When will India get the vaccines? Will the people of India get the vaccines or not? Will India be able to vaccinate enough people to prevent the pandemic from spreading? There were various questions, but today this 100 crore figure answers every such question. India has given 100 crore vaccine doses to its citizens and that too for free.

Friends,

One of the effects of the 100 crore vaccine doses will be that the world will now consider India to be much safer on the Corona front. The acceptance that India enjoys in the world as a pharma hub will be further strengthened. Today the entire world is watching and experiencing India's power.

Friends,

India's vaccination campaign is the living example of 'Sabka Saath, Sabka Vikas, Sabka Vishwas, and Sabka Prayas'. During the initial stages of the Corona pandemic, fears were also being expressed that it would be very difficult to fight this pandemic in a democracy like India. It was also being said for India and for the people of India regarding the restraint and discipline needed for this? But for us, democracy means 'Sabka Saath (cooperation from everyone). Taking everyone along, the country started the campaign of 'Vaccine for all', 'Free Vaccine'. Whether poor or rich, village or city, far-away, the country had only one mantra that if the disease does not discriminate, then there cannot be any discrimination in the vaccination. Therefore, it was ensured that the VIP culture did not dominate the vaccination campaign. No matter how important a post someone held, no matter how rich he is, he will get the vaccines just like ordinary citizens.

Friends,

It was also being said for our country that most of the people would not turn up to get vaccinated. Vaccine hesitancy remains a major challenge even today in many major developed countries of the world. But the people of India have answered such critics by taking 100 crore vaccine doses.

Friends,

When 'Sabka Prayas' (everybody's effort) is added to a campaign then the results are amazing. We made public participation as our first force in the country's fight against the pandemic, made them the first line of defense. The



country clapped, banged thalis and lit lamps to give energy to its solidarity. Then some people questioned will this disease run away by doing all these things? But we all saw the unity of the country in it, the awakening of collective power. This collective power has taken the country to the milestone of 100 crore vaccine doses in such a short time. So many times our country crossed the one crore vaccination mark in a day. This is a huge potential, management skill and the best use of technology, which even major countries do not have.

Friends,

India's entire vaccination program is born in the womb of science, has grown on scientific grounds, and has reached all four directions through scientific methods. It is a matter of pride for all of us that the entire vaccination program of India has been science-born, science-driven and science-based. The entire campaign involved science and scientific approach everywhere right from development of the vaccines to inoculation. The challenge before us was with regard to manufacturing as well as scaling up the production. Such a big country and such a huge population! After that, to deliver the vaccines in different states and in far-flung areas on time! This too was no less than a gigantic task. But, the country found solutions to these challenges with scientific methods and new innovations. Resources were stepped up with extraordinary speed. Scientific formula was used as to which state should get how many vaccines and when, how much vaccines should reach in which area etc. The CoWIN platform developed by our country is also the center of attraction in the world. The made-in-India CoWIN platform has not only brought convenience to the common man, but also made the work of our medical staff easier.

Friends,

Today there is belief, enthusiasm and zeal all around. There is optimism all around in every section from society to economy. Experts and many agencies at home and abroad are very positive about India's economy. Today, not only Indian companies are attracting record investment, new employment opportunities are also being created for the youth. With record investments, start-ups are becoming unicorns. New energy is also visible in the housing sector. The various reforms and initiatives undertaken in the last few months -- from GatiShakti to the new drone policy -- will play an important role in helping India's economy grow faster. The agriculture sector kept our economy firmly in place during the Corona period. Today, government procurement of food grains is happening at a record level and money is going directly into the bank accounts of farmers. Along with the increasing coverage of the vaccines, positive activities have intensified whether it is economic-social activities, sports, tourism or entertainment. The forthcoming festive season will give it more momentum and strength.

Friends,

There was a time when 'Made in' of this and that country was a craze. But today every countryman is realizing that the power of 'Made in India' is huge. And, therefore, I urge you again that we should insist on buying every little thing, which is Made in India, and behind its making is the sweat of an Indian. And this will be possible only with the efforts of everyone. As the Swachh Bharat Abhiyan is a mass movement, similarly, we will have to buy made-in-India products, and be vocal for local. We will have to put this into practice. And, I believe, we will be able to do this too with



everyone's efforts. You recall last Diwali, when there was a tension in everyone's mind. But this Diwali, there is a sense of confidence due to 100 crore vaccine doses. If my country's vaccines can give me protection, then my country's products can make my Diwali grand. Diwali sales are different. The sales during Diwali and the festive season shoot up. This figure of 100 crore vaccine doses has come as a ray of hope for all, including our small shopkeepers, entrepreneurs and street vendors.

Friends,

Today there are resolutions of Amrit Mahotsav before us, and this success gives us new confidence. We can say today that the country knows very well to set big goals and achieve them too. But we need to be always careful. We must not be careless. No matter how good the cover is, no matter how modern the armour is, even if armour gives a complete guarantee of protection, weapons are not given up while the battle is on. This is my request that we have to celebrate our festivals with utmost caution. And as far as mask is concerned, now that designer masks are also there, we have to wear masks in the same way as we wear shoes when we step out. Those who have not been vaccinated should give it a top priority. Those who have been vaccinated should inspire others. I am sure that if we all try together, then we will be able to defeat Corona very soon. Many best wishes to all of you for the forthcoming festivals and many thanks !

Some Interesting compilation

डॉ. जून अल्मीडा : आपको जानकर आश्चर्य होगा कि 56 साल पहले एक महिला ने दुनिया को हिलाकर रख देनेवाले वायरस नोबेल कोरोना परिवार के पहले सदस्य की खोज सन् 1964 में की थी। स्काटलैंड की उस महिला का नाम था डॉ. जून अल्मीडा और उसने इस वायरस की खोज जब लंदन स्थित लैब में की तो उस वक्त डॉ. डेविड टॉयटेल सर्दी, जुकाम पर शोध कर रहे थे। लेकिन जिस वायरस को वे देखना चाह रहे थे वह बी-814 वे देख नहीं पा रहे थे। तब उन्होंने इसके लिए डॉ. जून अल्मीडा को बुलाया जो इम्यून इलेक्ट्रॉन माइक्रोस्कोपी में विशेष अनुभव रखती थी। जून ने उस वायरस के नमूने को सर्दी, जुकामवाले मरीज की नाक से लिया था। जब उन्होंने विशेष प्रक्रिया के तहत डॉ. डेविड द्वारा

टीके या वैक्सीन को विकसित कैसे किया जाता है?

यह प्रक्रिया बहुत लंबी और कई चरणों में होती है। पहले तो टीके बनाने में 4 से 10 वर्ष तक लग जाते थे। लेकिन आवश्यकता को देखते हुए वैज्ञानिकों ने कोरोना विषाणु के विरुद्ध कुछ टीके एक वर्ष के भीतर ही तैयार कर लिए हैं। जो प्रभावी भी हैं। (अब तक की जानकारियों के अनुसार) वैक्सीन के विकास की प्रक्रिया तो लंबी है लेकिन आपको संक्षेप में इस प्रक्रिया को समझा रहा हूँ।

पहले तो एंटीजन या प्रतिविष, जो संबंधित रोग उत्पन्न करनेवाले विषाणु या वायरस या बैक्टीरिया से तैयार किया जाता है, उसका सही चुनाव वैज्ञानिक प्रयोगशाला में करते हैं। चुनाव के बाद सुरक्षा की दृष्टि से उसे वैक्सीन बनाकर सीधे मनुष्यों में नहीं आजमाया जाता बल्कि उसे पशुओं को देकर अध्ययन किया जाता है। जब वैज्ञानिक उसकी प्रतिक्रियाओं और सुरक्षा से संतुष्ट होते हैं तब मनुष्यों में तीन चरणों में इसका परीक्षण किया जाता है।





डॉ. जहांग जियांग (श्वसन तंत्र विशेषज्ञ : नोवेल कोरोना वायरस SARS COV-2 की खोजकर्ता) : नोवेल कोरोना वायरस का पता लगानेवाली 54 वर्षीय डॉ. जहांग जियांग दुनिया में पहली डॉक्टर बनी, जिन्होंने नोवेल कोरोना के कई रोगियों की पहचान की और इस खतरनाक रोग कोविड-19 से दुनिया का परिचय करवाया।

26 दिसंबर 2019 को श्वसन तंत्र विशेषज्ञ और क्रिटिकल केयर डिपार्टमेंट की डायरेक्टर डॉ. जहांग जियांग ने अपने यहाँ भर्ती चार रोगियों में बिल्कुल एक से लक्षण पाए। ये रोगी न्यूमोनिया से गंभीर रूप से पीड़ित थे और जॉच में इन रोगियों के फेफड़ों में एक जैसा संक्रमण दिख रहा था और एक विशेष बात यह थी इन चार रोगियों में तीन रोगी तो एक ही परिवार के थे। फिर अगले दिन तीन रोगी और बिल्कुल ऐसे ही उनके विभाग में आए। ये उन्हें कुछ अलग तरह के मामले लगे तो उन्होंने खोजबीन शुरू की और विभागों और डॉक्टरों को भी सूचित कर दिया कि यह कोई सामान्य बीमारी नहीं है। उन्होंने 27 दिसंबर 2019 को अपने चीनी अधिकारियों को भी बतला दिया। उन्होंने बतलाया कि इस समय मेरा ज्ञान और अनुभव काम आया। बाद में वायरस को भी नाम दिया गया SARS COV-2 (सारस को. बी-2)। इस तरह नए वायरस की खोज हुई।

कोरोना और फ्लू के लक्षणों में अंतर

कोरोना के लक्षण	फ्लू के लक्षण
<ul style="list-style-type: none"> • सूखी खांसी • जोड़ों में दर्द • खाने का टेस्ट और स्मेल का गायब होना 	<ul style="list-style-type: none"> • कफ के साथ खांसी • पूरे शरीर में दर्द • खाने का टेस्ट अच्छा न लगना

साधारण सर्दी-खांसी और कोरोना में अंतर



रिकवरी के बाद कोरोना का साइड इफेक्ट

64% को सांस लेने में हो रही दिक्कत

26% मरीजों में हार्ट से जुड़ी समस्याएं

60% के फेफड़े ठीक से काम नहीं कर रहे

10% मरीज लिवर की तकलीफ से जूझ रहे

29% मरीजों की किडनी में दिक्कतें मिलीं

रोग ठीक होने के बाद भी कुछ तकलीफें हो सकती हैं। जो बनी भी रह सकती हैं और जिन्हें ठीक होने में कई साल लग जाते हैं इसलिए इन्हें लॉन्ग कोविड कहते हैं।

कोरोना मनुष्य से शेर को हुआ

अभी एक समाचार एजेंसी के अनुसार अमेरिका में एक जू की शेरनी भी कोविड-19 से प्रभावित हो गई। यह विश्व में अपने तरह की पहली घटना है। पता चला कि शेरों की देखभाल करनेवाला व्यक्ति भी कोरोना वायरस से संक्रमित था। तो इसका अभिप्राय यह हुआ कि यह रोग मनुष्यों से जानवरों को भी हो सकता है। लेखक का यहाँ प्रश्न यह भी है कि फिर यह रोग जानवरों से मनुष्यों को क्यों नहीं हो सकता। हालाँकि विश्व स्वास्थ्य संगठन ने कहा है कि कोरोना रोग मनुष्यों से जानवरों में नहीं होता है इसलिए जीव-जंतुओं या जानवरों को मारने की जरूरत नहीं है। अमेरिका की एक कंपनी आई-डेस्क ने चार हजार कुत्ते-बिल्लियों को कोरोना के लिए टेस्ट किया परंतु एक भी पॉजिटिव नहीं आया।



क्या गर्मी का मौसम कोरोना वायरस को मार देगा?

चिकित्सा वैज्ञानिकों के बीच एक और बहस चल रही थी कि क्या गर्मियों में कमजोर हो जाएगा कोविड-19 बीमारी का असर। इस संबंध में अधिकतर वैज्ञानिकों का कहना है कि गर्मी का विशेष असर नहीं होगा इस रोग पर, अतएव लोग इस आशा में न रहे। लेकिन इसी प्रकार के सार्स कोरोना वायरस के प्रकोप के बारे में यह तथ्य सामने आया था कि गर्मियाँ शुरू होते ही बीमारी कम हो गई थीं। फ्लू (Influenza) के संबंध में भी यह मान्यता रही है कि गर्मी में रोग का प्रकोप कम हो जाता है और लोगों को राहत मिलती है। लेकिन कोरोना पर मौसम का कोई असर नहीं हुआ।

लंदन के वैज्ञानिकों ने कोरोना वायरस पर अध्ययन करके बतलाया है कि फरवरी में इसका प्रभाव उच्चतम स्तर पर होता है लेकिन गर्मियों में यह कमजोर पड़ जाता है। शोध पत्र के लेखक रॉब ने बतलाया कि गर्मियों में कोरोना का संक्रमण कम देखा गया है और इसका स्तर कमजोर पड़ जाता है। लेकिन ठंड आते ही यह लौट भी सकता है। उनका कहना है कि कोविड-19 कुछ नए तरह का वायरस है और उस पर यह पैटर्न लागू होता है कि नहीं, कहा नहीं जा सकता है। जैसे कोरोना वायरस 35° C के आस-पास मर जाता है और अपने यहाँ गर्मियों में अधिकतम तापमान 47° डिग्री तक जाता है और औसत तापमान 39 डिग्री के आस-पास होता है। लेकिन यह देखा गया है कि गर्मी के मौसम में वायरस कम नहीं हुआ।



मलेशिया के स्कूल की एक शिक्षिका एवं उसकी शिष्या देखिए किस तरह सुरक्षा के साधन अपनाए हुए हैं। मास्क के ऊपर भी फेस शील्ड लगाए हैं, बाल एवं शरीर ढँके हैं।





1. **प्रथम चरण (Phase-I)** : टीका या वैक्सीन के पहले परीक्षण या ट्रायल से बहुत कम स्वयंसेवियों पर परीक्षण किया जाता है और वैज्ञानिक देखते हैं कि वैक्सीन सुरक्षित है कि नहीं और उसमें रोग प्रतिरोधी प्रतिक्रियाएँ कैसे मिल रही हैं। रोगियों की जाँच कर उन पर प्रभावों का गहन अध्ययन किया जाता है। वैक्सीन की मात्रा भी तय की जाती है। पहले चरण में सामान्यतः स्वस्थ और कम उम्र के जवान स्वयंसेवियों को चुना जाता है।

2. **द्वितीय चरण (Phase-II)** : वैज्ञानिक संतुष्ट होने पर फिर कई स्वयंसेवियों को वैक्सीन लगाते हैं और वैक्सीन की गुणवत्ता तथा रोग प्रतिरोधक शक्ति उत्पन्न करने की क्षमता को परखते हैं। इस चरण में कई प्रकार से परीक्षण किए जाते हैं। फिर अलग-अलग उम्र के स्वयंसेवियों पर परीक्षण कर उनकी जाँच की जाती है।

3. **तृतीय चरण (Phase-III)** : इसमें कई हजार स्वयंसेवियों को लिया जाता है जैसे अभी एक कंपनी ने अमेरिका में 38 हजार लोगों को परीक्षण के लिए चुना था। इस चरण में प्रमुख रूप से यह देखते हैं कि टीके की सुरक्षा के साथ उसकी रोग प्रतिरोधक शक्ति कितने प्रतिशत है और यह बीमारी की रोकथाम में कितनी उपयोगी है। परीक्षण अलग-अलग वर्ग के लोगों पर किए जाते हैं। जो अधिकतर अलग-अलग देशों में होते हैं। स्वयंसेवी को यह नहीं बतलाया जाता कि किसको वास्तविक वैक्सीन दी गई है और किसको कम्प्लेटर यह उन्हें परीक्षण के बाद विदित होता है।

उक्त तीनों चरणों के परिणामों के गहन अध्ययन के पश्चात् जब वैज्ञानिक संतुष्ट होते हैं तब संस्थाएँ सरकारों द्वारा स्वीकृति के लिए वैक्सीन संबंधित विभाग को भेजते हैं। यहाँ उच्च स्तर के अधिकारी टीके की सुरक्षा और प्रभाव का अध्ययन कर और प्रक्रिया पर विचार-विमर्श के पश्चात् निर्णय लेते हैं। टीके बनाने की सही प्रक्रिया अपनाई गई कि नहीं, वे यह भी देखते हैं।

कुछ विशेष मामलों में टीकों या वैक्सीन के प्रयोग के लिए तृतीय चरण के चलते भी आवश्यक होने के कारण वैक्सीन को सशर्त इस्तेमाल की अनुमति दी जाती है।

बतलाए गए वायरस को देखा तो उन्होंने भी बी-814 को इंप्लूएन्जा वायरस की तरह ही बतलाया। लेकिन यह भी कहा कि यह उससे भिन्न है। उनकी इस खोज को पहले मानव कोरोना वायरस के रूप में जाना गया है। इसके बाद 5 कोरोना वायरस और खोजे गए। म्यांमार में भी कई वायरस खोजे गए। कोविड-19 रोग उत्पन्न करनेवाला वायरस सातवाँ है जिसे वैज्ञानिकों ने नाम दिया है SARS-COV2।



हमारी वैक्सीन का दाम 90 प्रतिशत तक कम (साइड इफेक्ट भी नहीं)

हमारा देश कई दशकों से वैक्सीन मेन्यूफैक्चरिंग में लीडर है। कोरोना वैक्सीन बनाने के बाद हमारी क्षमता दुगुनी से भी ज्यादा हो गई है। सीरम, केंडिया, डॉ. रेड्डी, भारत बायोटेक, बॉयोलॉजिकल जैसी कंपनी ने दूसरी वैक्सीन की मेन्यूफैक्चरिंग भी चलने दी और कोविड के लिए अलग से इंफ्रास्ट्रक्चर भी खड़ा कर लिया। सबसे सस्ता और प्रभावशाली वैक्सीन बनाना भी हमें विश्व में सबसे बेहतर बनाता है। विश्व में सबसे कम लागत पर हम वैक्सीन और दवाएँ बनाते हैं। लागत कम होती है तो हम दाम भी कम रखते हैं। यू.एस. ए. में जो वैक्सीन बनी है उसकी कीमत 50 डॉलर है जबकि भारत में बनी वैक्सीन की कीमत 3 डॉलर से भी कम यानी 200 रुपए में सरकार ने खरीदी हैं। अगर बाजार बिक्री में भाव और एक्सपोर्ट की बात भी की जाए तो भी भारत की वैक्सीन का रेट एक चौथाई से भी कम है। साइड इफेक्ट या प्रभाव की बात की जाए तो अभी लगभग 1.5 करोड़ से ज्यादा डोज लग चुके हैं लेकिन एक भी प्रमाणित साइड इफेक्ट का केस रिकॉर्ड नहीं है।

सीरम इंस्टीट्यूट : सीरम इंस्टीट्यूट के अनुसार कोरोना वैक्सीन अभी जनवरी तक 5 करोड़ प्रति माह बन रही थी। इस क्षमता को दुगुना करके 10 करोड़ प्रति माह कर लिया है। जुलाई तक सीरम के पास 30 करोड़ डोज का भंडार होगा।

भारत बायोटेक : भारत बायोटेक के अनुसार पहले उसकी सालाना क्षमता 20 करोड़ डोज थी जो 3.5 गुना बढ़ी है। नाक से दी जानेवाली वैक्सीन का भी क्लिनिकल ट्रायल शुरू होने जा रहा है। अगले तीन महीने में बाजार में आ सकती है।

ये हैं वैरिएंट्स ऑफ कंसर्न (VOC)

वैरिएंट्स	कहाँ मिला	कब मिला
अल्फा (B.1.17)	UK	सितंबर 2020
बीटा (B.1.351)	दक्षिण अफ्रीका	सितंबर 2020
गामा (B.1.1.28.1)	ब्राजील/जापान	सितंबर 2020
डेल्टा (B.1.617)	भारत	अक्टूबर 2020

*VOC यानी वह वैरिएंट्स जो तेजी से ट्रांसमिट होते हैं, गंभीर लक्षण देते हैं और एंटीबॉडी को ब्रकमा दे सकते हैं। इन तीन में से एक या अधिक गुण वाले वैरिएंट्स VOC में रखे जाते हैं।

ये हैं वैरिएंट्स ऑफ इंटेरेस्ट (VOI)

वैरिएंट्स	सबसे पहले मिला	कब मिला
B.1.525	यू.के., नाइजीरिया	दिसंबर 2020
B.1.427	अमेरिका	जून 2020
B.1.1.28.2	ब्राजील	अप्रैल 2020
B.1.1.28.3	फिलीपींस	जनवरी 2021
B.1.526	अमेरिका	नवंबर 2020
B.1.616	फ्रांस	जनवरी 2021

*VOI यानी वह वैरिएंट्स जो कुछ समय में दुनिया के कुछ या ज्यादातर हिस्से में प्रमुख वैरिएंट बनकर उभरे हैं।



Heartfelt Tribute

Amulya family mourns
The loss of our Colleagues,
Ex-colleagues, friends
and countrymen.
May the souls
rest in eternal peace





Author Introduction

Mr. Rakesh Agarwal, an entrepreneur by profession, is a philanthropist and environmental conservative, and lover of nature. He believes in contributing a part of his wealth towards the upliftment and development of the weaker section of society. He sponsors hundreds of children for their education. Mr. Agarwal regularly organizes camps in which medical aid to the underprivileged is provided for free. In addition, he celebrates all events within his family and of the organization by providing equipment and aids to physically challenged people. He is trusty on board which runs charitable hospitals and schools. He has undertaken a drive to plant a Lakh tree along with his family, friends, and associates over a period of years with the objective of helping the cause of the environment. An avid traveller, reader, and a family man.

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