

Webinar on COVID-19

Govt. College, Naura Distt. Kangra

A Webinar/ Training on COVID-19 was organised by the Department of Education, Himachal Pradesh Government, Shimla with the support of National Health Mission, Govt. of Himachal Pradesh, State Red Cross Society and State Institute of Health and Family Welfare, Parimahal Shimla on 25/06/2021 for the teaching staff of the colleges of Kangra District. Following the directions/instructions received from the department, Dr. Mrs. Sanjeevan Katoch, Principal-cum-Nodal Officer for Govt. College, Naura District Kangra nominated Prof. Arun Kumar Dixit as Co-ordinator for the Webinar. A whatsapp group was created for the teaching staff of the college so as to share information regarding the webinar with the staff members. The Attendance Sheet for the participant, the link for the webinar and other important information was shared through this group. The members of the teaching staff joined the webinar through the link shared on this group.

The webinar began at 11 A.M on 25/06/2021. Dr. Aseeth Mishra, Joint Director, Higher Education remained present during the webinar. Dr. Rajesh Sharma, Principal G.C Dharamshala -cum- District Nodal Officer delivered the Welcome speech.

Dr. Anurita Saxena from State Red Cross Society briefly discussed the idea in organising this webinar. A brief report about the different topics discussed during the webinar is given below:

- ❖ ***Nutrition*** (*Resource Person : Dr. Harsharan Kaur, Principal, SIHFW Parimahal Shimla*) :- During the first session Dr. Harsharan Kaur discussed the need for a healthy and balanced diet to fight this pandemic. A healthy and balanced diet is one which contains

- Energy rich foods i.e carbohydrates and fats
- Body building Food i.e proteins
- Protective foods which contain vitamins and minerals that play a vital role as immunity boosters. Immunity can also be boosted by
 - Herbal tea/decoction (kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunth (Dry Ginger) and Munakka (Raisin) along with natural sugar and/or lemon.
 - Golden Milk-Half teaspoon haldi (turmeric) in a glass of milk.
 - Ginger and garlic in cooking
 - Drinking warm water to keep hydrated. In addition to this Healthy Tips were discussed. This was a brief but informative session.

❖ **COVID Appropriate Behaviour** (Resource Person : Dr. Rakhi Sharma M.O SIHFW Parimahal Shimla):- Dr. Rakhi Sharma discussed the set of 15 promises of COVID Appropriate Behaviour.

These 15 promises are:

1. Greet people with Namaste instead of shaking hands.
2. Maintain a physical distance of 6 feet at all places.
3. Proper use of Mask.
4. Avoid touching hands, nose and mouth.
5. Follow respiratory etiquettes.
6. Wash your hands regularly with soap and water.
7. Maintain personal hygiene and cleanliness.
8. Don't spit in the open.
9. Avoid non-essential travel.
10. Do not discriminate against people affected by COVID-19, their care giver or anyone supporting the fight against COVID-19.

11. Support CORONA Warriors. CARE for them- C for compassion, A for assurance, R for respect and E for encouragement.
12. Discourage crowds for your safety even if the restrictions are lifted. Stay safe by avoiding three C's:
 - Avoid closed and confined spaces with poor ventilation
 - crowded places with many people nearby
 - Close contact sittings where people have close- range conversations.
13. Do not circulate/spread social media posts which carry unverified/ negative information.
14. Seek information on COVID- 19 from credible sources. For any update
 - visit the website w.w.w.mohw.gov.in
 - National Toll free No. 1075
 - State Toll free No 104
 - Email technicalenquiry.covid19@gov.in
 - Use Aarogya Setu App.
15. Seek Psychosocial Support whenever necessary.

In addition to this follow these rules :

- prevent other seasonal diseases
- use virtual platform for meetings
- use digital payment mode
- use paperless communication wherever possible.
- avoid unnecessary visit to hospitals
- use e-Sanjeevani portal

This session was indeed informative.

❖ **Psychosocial Care** (Resource Person: Dr. Harsharan Kaur, Principal, SIHFW Parimahal Shimla) :- This session was devoted to psychosocial care for different age group people during the pandemic. It was mentioned that psychosocial impact depends on age,gender and exposure to untoward incidents etc. Most

vulnerable groups in the society are children, women, elderly people, people with co-morbidities and suffering from communicable diseases, patients with mental illness, people with broken families and patients on chemotherapies. The psychosocial techniques to deal with such groups were discussed and are

- Ventilation
- Empathy
- Active listening
- Social support
- Externalization of interest
- Rest and relaxation
- Spirituality.

The stress related to this pandemic can be managed through following methods :

- Time management
- Enjoying nature
- Eating healthy food
- Meditation
- Exercise
- Listening to music
- Talking to relatives & friends
- Sleeping for at least 8 hours.

Stress related issues among children, women and elderly people were also discussed. Psychosocial first aid (PSFA) and Tips for Happy Families were also discussed.

It was a wonderful experience to watch this session.

- ❖ ***FACTS AND MYTHS about COVID -19 Vaccination (Resource Person : Dr. Omesh Bharti, Epidemiologist) :-*** This session was devoted to facts and myths regarding COVID-19 Vaccination. Finally there were queries from the participants . This session

removed so many doubts related to this pandemic and its vaccination. This session was really informative.

This useful webinar came to conclusion with vote of thanks to the hosts-Department of Education, Himachal Pradesh Government, Shimla, National Health Mission, Govt. of Himachal Pradesh, State Red Cross Society and State Institute of Health and Family Welfare, Parimahal Shimla State and the participants.

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