

Undergraduate Medical e-Magazine : COVID – 19



**Department of Community and Family Medicine,
All India Institute of Medical Sciences (AIIMS), Mangalagiri.
Andhra Pradesh**

Foreword



It is my pleasure to welcome you to the undergraduate COVID-19 e-magazine first of its kind in India.

AIIMS, Mangalagiri, Andhra Pradesh has been working with the central and state governments in effectively supporting the health care response to the COVID-19 pandemic in the country. One of the foremost concerns of COVID-19 is its impact on doctors and younger generations who are being trained to become future doctors. In this context, Department of Community and Family Medicine, AIIMS, Mangalagiri has responded quickly and developed an idea to provide an opportunity to medical students to vent out their opinions and imagination in the best possible form. This is timely and much needed in the present scenario as it gives them an idea to fight the future pandemic like situations as emerging leaders in medical field. This publication covers the extraordinary and innovative opinions of students across the nation on various aspects of the pandemic, fabulous art works, cartoons, poetry etc.

I congratulate the editorial team for bringing out this publication in time. I appreciate the efforts of students who participated and also congratulate all the students whose work was selected, they can be proud of having their work chosen for publication. We hope you enjoy reading this magazine.

The reader will also find at the end of the e magazine, an announcement about the next e- edition: devoted to “**World Patient Safety Day - Sept 17,2020**” the theme for this year being *Health Worker Safety*... as the time is short, please let your imagination take its flight quickly, so as to make your submissions by **Sept 1st!**

Dr. T.S Ravikumar
President, AIIMS, Mangalagiri

Thanks to all the participants

**Department of Community and Family Medicine
All India Institute of Medical Sciences (AIIMS), Mangalagiri
Andhra Pradesh**

Medicos' e-Magazine : COVID – 19

Table of Contents Pages

Editorial

Letter from EDITOR'S DESK 1

Poetry

खामोश शहर
Dr.Mukesh Tripathi 2

Art Work

COVID 2020
Gitika Pratap Patil 3

The Selfless Workers
Korra Ramya Sri 12

Picture Speaks it all!
Sai Deepthi Reddy 22

Save the Planet!
Jhilmil Gupta 28

Frontline Workers
Nikita Maurya 44

The Warriors
Akheel Ahammed 64

Light the Candle of Unity! Burn the Darkness of Corona
Shubham Panwar 69

Post COVID World

How the World Might Change Post COVID-19 Pandemic
Arnavi Sanjay Ambade 4-6

A New Reality We Should Learn to Accept
B. Sai Rahul 8-11

A Glimpse Into the Future
Shruti Sonal 13-15

A New World

Sarthak Deshmukh

18-21

Cartoon

Team Corona vs Team Care

Dipanwita Mukhopadhyay

7

White is Turning Red

Monica Reddy

17

Humanity vs Nature

Shubham Panwar

32

Before and After Lockdown

Palak Saxena

37

Let Us Kill it Together

Anushka Sarkar

51

Journey of Corona

Kanaparthi Anvithal

57

Poetry

A Migrant Speaks

Manisha Goswami

23-24

Outbreak or Breakthrough?

Ayesha Tahseen

25-27

Corona Dedicated

Shristi Anand

29

Cross-sectional View of the Effects of COVID-19

Mohd. Burhanuddin

30-31

కరోనా తెచ్చిన కష్టం

B.S.Navya

33-36

Story

A Freezing Night of December 2019

Sanjana Sahoo

38-41

Surrounded by Plight

Achyut Murari

42-43

Technology

Embracing the Tools of Tomorrow, The Fourth Industrial Revolution & Fight Against COVID-19

Rounik Talukdar

45-50

Use of Technology in Dealing with COVID-19 Cases

Achyut Murari

52-56

Best Country

Hong Kong, a Small Nation that Can Become a Global Inspiration

Ishika Mishra

58-60

COVID Story of the Health System of Taiwan

Saurabh Ramrao Dhakade

61-63

Best State

Efficient Management of COVID-19: A Guidance from Kerala

Sheheem

65-68

Uttar Pradesh - A Potent Combatant in COVID-19 Pandemic

Akshat Srivatsava

70-74

Bust Myths

I Have to Bust My Myths

Mohit Laxmandas Lulla

75

Ritualistic Practices to Contain Corona – A Boon Or A Bane?

B. S. Navya

76-78

Corona Virus Myth Busters

Mohd Burhanuddin

82

Activity

Social Media Post - A Door to Health Awareness in Mainstream Media

Deepak Kushalrao Mundhe

80-81

Miscellaneous

Algorithm

Subham Babras

79

Letter from EDITOR'S DESK

COVID-19 (SARS CoV-2), the current ongoing pandemic is affecting everyone's lives around the world with severe health and socio-economic consequences. This pandemic has huge impact on the lives of health care professionals at large and also the lives of medical students in various colleges and hospitals. In this context, Department of Community and Family Medicine, AIIMS, Mangalagiri, has planned to bring out a student's e-magazine open to medicos across India to encourage them to express their ideas and views around the pandemic and the various measures undertaken by the governments across the globe to curb the virus.

We appreciate the sincere efforts of all the students who have spent their quality time and participated in this magazine. We thank all the faculty and staff of our institute and other institutes across the nation who have contributed for the dissemination of information and encouraged the students to participate and made this magazine a successful publication.

We hope that this magazine helps in boosting the confidence levels of the students to effectively handle the future crises and challenges human race faces with innovative ideas. We also hope that this magazine also remains as an important memoir in their life time.

Poetry

खामोश शहर

Dr. Mukesh Tripathi¹

¹Director, AIIMS Mangalagiri

उफ यह कैसा खामोश शहर
क्यूँ यह मौत का सत्राटा
एक अंजान है शत्रु
और नज़र भी नहीं आता
बस है इक दहशत चारों ओर
शायद मैं जिंदा रहूँ
जीना भी हमें नहीं आता
उफ यह मौत का सत्राटा
बस कोई नज़र नहीं आता
विरान हुईं राहें कहीं
कोई नजर नहीं आता
शिकारी भी ऐसा कि
नजर नहीं आता
कहीं तो जला है इक
दिया उम्मीद का
चलो देखें इस आगाज को
जिसका अंजाम अभी
नजर नहीं आता
उफ यह वीरान शहर
कोई कहीं नजर नहीं आता

सूनी राहें चलो यूँहि सहि
शहर का अब हर छोर
है नजर आता

अब चलो कुछ यूँ भी सही
कहीं कोई शोर तो नहीं आता
क्यूँ यह मौत का सत्राटा
एक अंजान है शत्रु
और नज़र भी नहीं आता
अब इस बेकरारी से भी
क्या हासिल मेरे दोस्त!
चलो कुछ यूँ करें यारों
उम्मीद का दामन थामें
आओ यूँही दूर से रहें संग संग
क्यूँकि कुछ दूर हि सही
अब साहिल तो है नजर आता
उफ यह कैसा खामोश शहर
क्यूँ यह मौत का सत्राटा
एक अंजान है शत्रु
और नज़र भी नहीं आता

Art Work

COVID 2020

Gitika Pratap Patil¹

¹Dr. Vitthal Rao Vikhe Patil Medical College, Maharashtra



Post COVID World

How the World Might Change Post COVID-19 Pandemic

Arnavi Sanjay Ambade¹

¹Ashwini Rural Medical College and Research Centre, Maharashtra.

With no doubt, the COVID-19 pandemic has hit the world really hard and we have never experienced such a catastrophic crisis since the Influenza pandemic of 1918. This tiny microbe has the entire world bow down to its invincibility. With all countries forcing themselves into strict lockdowns, everything has come to a standstill. But humans have invariably learnt to move on and march on. So surely, the world will recover. But the question is, 'What changes can we expect after the pandemic?'

The norm of social distancing

The pandemic has had a major impact on all our lives. Fear has dominated us. Thus, people have become used to staying away from each other. Going out without masks, sneezing and

coughing in public will be placed under a taboo and frowned upon. And, it might sound like an overstatement, but the fear of meeting people, also called Anthrophobia might still prevail among some people later. Social gatherings, religious events, parties, will be far from reality, at least until everything is reinstated to what it was.

Weddings and other ceremonies

Talking of gatherings, the wedding industry will particularly experience a forfeiture especially in countries like India, where having a big fat wedding was a penchant. Couples would give up the idea of dreamy destination weddings and call for small, private ceremonies in their hometown. Limited number of people would be invited as

opposed to the typical thousands. In such cases, they might make use of technology as it could help people to virtually attend the wedding even if they are not physically present.

Tourism

Exploring both near and distant lands comes as a hobby for many. But at least for some time, the post pandemic phase might see a dip in the number of tourists even from nearby places, let alone international tourists.

Education

The COVID-19 pandemic has hampered the education of around a billion students. At present, there is no idea as to how schools and colleges plan on resuming their academics. Most students do not know what will happen in their respective years and are left on a cliff-hanger. But when institutions resume, everything is bound to be haphazard and impetuous. An attempt at bringing the syllabus back on track and less time for preparation of examinations will

directly cause a lot of stress for the students.

Unemployment

An increase in demand, decrease in production and closure of many private sectors during the pandemic have led to many people losing their jobs. As unemployment strips the vocational ability of a person, it may disrupt the psychosocial health of people.

The underprivileged

There are millions of people around the world who flounder hard to make ends meet. And one of the most downcast things happening in the pandemic is the misery of these people for whom struggles seem never ending. Unfortunately, even in the post pandemic phase, the destitute will face difficulties because many of them will have to pick the scattered pieces of their livelihood and start from scratch.

World economy

The average GDP of the world is all set to plummet after the

pandemic. This is mainly because of the extensive restrictions on international exchange of goods and services. It may be comparable to the global financial crisis of 2008-09. But this is a pessimistic point of view. We can still be optimistic that our recuperation will be so amazing that the economy would be back on the horse just like the pre pandemic trend in no time.

All these changes seem

but we have to understand that this is a global crisis and time will heal every scar. As I said in the beginning, the human soul has astounding powers of recovering. Although all of us have forgotten what 'normal' essentially means, the day is not far when the world will be lively and dynamic again. But the truth is that this cataclysm will be etched in our memories forevermore.



Cartoon

Team Corona vs Team Care

Dipanwita Mukhopadhyay¹

¹North Bengal Medical College and Hospital, West Bengal



Post COVID World

A New Reality We Should Learn to Accept

B. Sai Rahul¹

¹Kamineni Academy of Medical Sciences, Telangana

“We forget our past faster than we mend our future.”

The journey through COVID-19 and coming out of it will be sensitive, extensive, time conscious, delicate, dented and damaged. We've lost lives faster than countries have entered lockdown and accepted the reality of this disease. Humankind has shown perseverance to live through multiple pandemics and that leaves us hopeful of a world post COVID-19. Will 2021 and beyond be like this pandemic never existed? Will we acknowledge it at times and forget it most of the time? We define the answers to these questions, our actions answer these questions more than our answers do.

Everyday Life

Some of us will never forget these social distancing protocols and it will become part of our lifestyle.

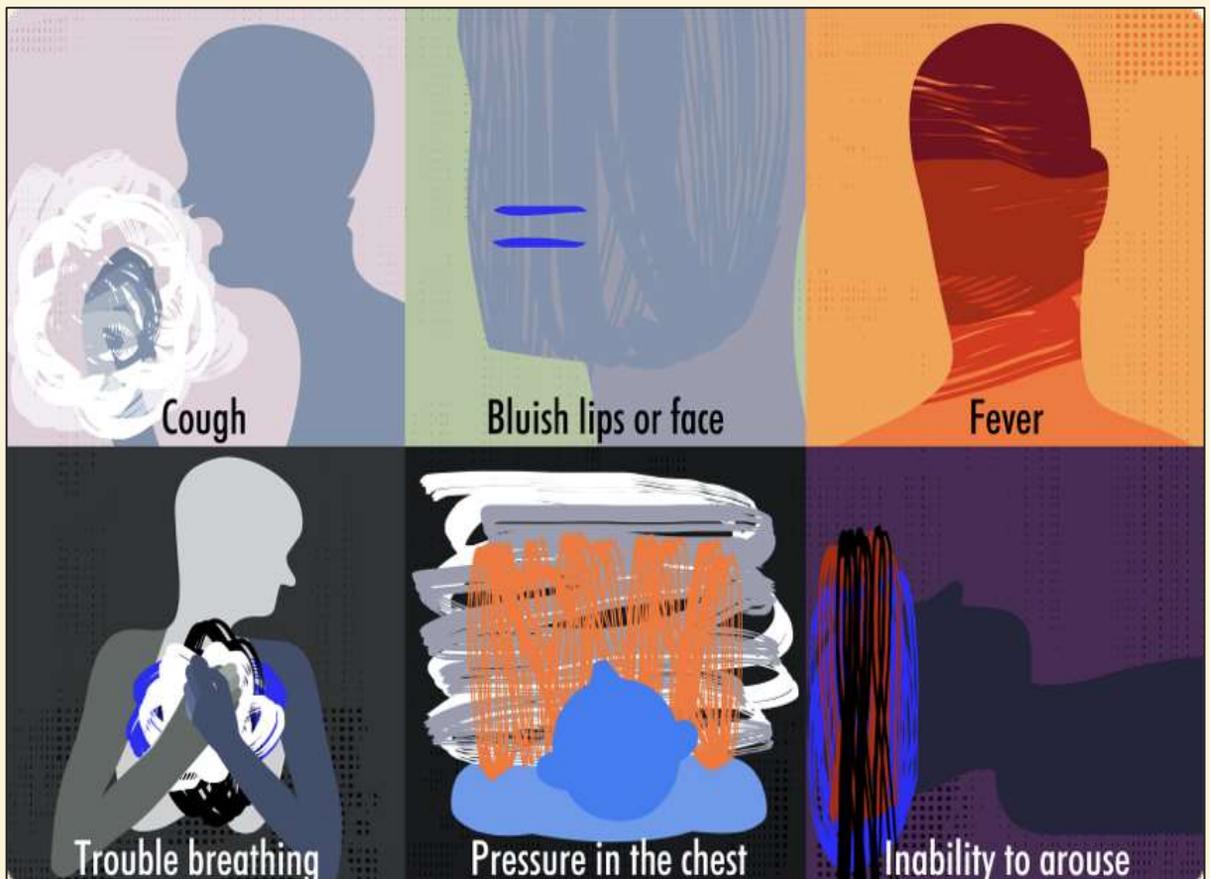
Each interaction starts with a hesitation and distance becomes part of our footsteps. We meet more people on average everyday than the number of people we live with at home every day and because of India being a densely populated country social distancing becomes a challenge to carry out in everyday life. We need to actively remind ourselves to pay attention to each interaction and be wary of it. However, most of the population may not carry out social distancing because of the lack of understanding of the impact of this disease. Sadly, we are the kind of people who don't understand the impact of the disease until it impacts us and one among us. We need to see it to believe it. That's why movies have been more impactful to the common people than science and medical journals. There's hope

because we're the same people who have eradicated smallpox and made sure vaccination is done before the child is named.

1. Social distancing is our new Hello.
2. Wearing a mask should be as important as wearing clothes.
3. Hand-washing should be as frequent as checking time.
4. Symptoms of COVID-19 should be our new alphabets.

5. We need to avoid crowds like we avoid traffic police when we haven't worn a helmet (One side note: Always wear a helmet. Like for serious, double serious- Head injuries are more painful and devastating than your last breakup).

6. Information regarding COVID-19 should be checked and verified like every bank verifies each currency note you deposit.



7. Valid testing, testing, testing and testing and more testing should be done. (South Korea has done this and it is already living that future that we dream of). Doing less testing doesn't mean we have few COVID-19 cases. It just means we are too afraid to acknowledge the truth.

8. Self-Quarantine/Hospital Quarantine when sick needs to be followed as strictly as most of us use our phones every day.

A day won't magically come when we are not impacted by COVID-19 anymore. We have to live through each impactful and strenuous day to get to that day. Any day could be that day but if we're ignorant today, that day will be as distant as our ignorance.

Healthcare Professionals

Doctors, nurses and supporting staff who have upheld the entire system need to be commended always, not just in the time of COVID-19.

1. We need to screen every individual for COVID-19 irrespective of coming to the hospital/clinic for any other health issue. This keeps us vigilant, prevents further spread to other patients and health staff.

2. Can we please provide Personal Protective Equipment (PPE) kits to every doctor in sufficient amounts to keep them safe too? Is this too much to ask? To keep the patients safe, we need to be safe and careful ourselves to begin with.

3. The patients already admitted and those with co-morbidities need even further care because they have an underlying health issue. They need to be tended with utmost care and precaution.

4. Lest we forget, there are other diseases that are as important as COVID-19. We need to learn to treat all of them and also live in a COVID-19 world.

Impacts we should never forget

All those numbers we've been seeing on our screens every day for the past few months totaling the number of cases and deaths are not how we should look at this. It's inhumane and it's a disrespectful way of living this reality. Numbers should help us quantify the impact but we should never reduce the impact to just numbers. These are the lives of people which have been impacted and lost. One less member in their family when they sit down for dinner, one less partner to someone, one less parent to talk to, one less grandparent who looks after you, one less friend by your side.

It's simple for us to write articles on the world post COVID-19 but that will never even come close to even justifying and explaining the impact, lives lost and the

grief this pandemic has caused to people around the world who have been affected. I'm sorry this is the harsh and sad truth but we have to hear this, remember this and move ourselves with this truth and not move past this truth. Moving past something is not the same as living through and staying in the impact it has caused. Most of us are passerby tourists of this pandemic until it impacts us, that our whole life comes to a standstill and we have no choice but to deal with it once it has knocked our door. Let us keep reminding ourselves of this truth. Staying at home when you can and staying close to your fridge or going about and staying close to a ventilator in the hospital? Make your choice.

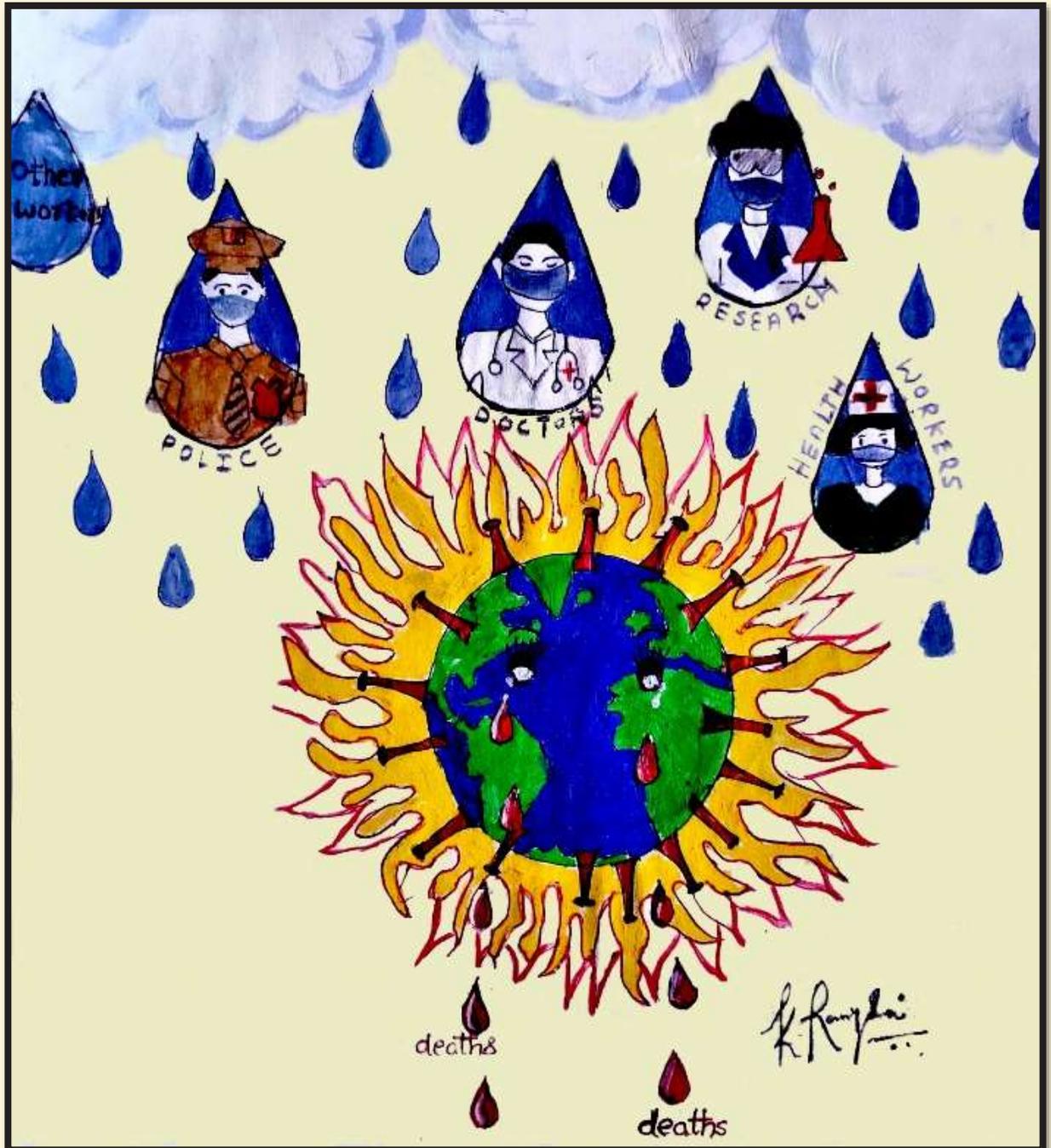
“Our past is our reminder that it was once our present and it could as well be our future if we're not careful.”

Art Work

The Selfless Workers

Korra Ramya Sri¹

¹Katuri Medical College, Andhra Pradesh



Post COVID World

A Glimpse into the Future

Shruti Sonal¹

¹AIIMS, Rae Bareilly, Uttar Pradesh

Where will we be in six months, a year, ten years from now? This question haunts the mind of every living soul around the world. With COVID-19 ravaging countries worldwide and the world on the brink of an economic recession, no one knows anymore what the future holds. Gone are the days when we could casually jet set between continents or stand at a crowded roadside stall, happily munching on our favourite delicacies. All that is left is the terrifying realisation that the next person you meet might infect you with the virus. The organised world that we know of is slowly unravelling. About ninety percent of the world's children are not in school, many workers stand in danger of losing their jobs and our colleagues in the health care sector continue to put themselves at risk to deliver critical services.

But as Plato said, “Necessity is the mother of invention,” in this case, disruption is the acceleration of change. Here are some of the significant changes we might experience in a post-covid world:

1. Digitalisation of the healthcare landscape

During this global tragedy, it is not only the economy or the population that are being affected but also the healthcare professionals on the front lines. Imagine working day and night without any rest and witnessing patient after patient succumb to the disease. And then imagine how physically and mentally draining that would be. This heart wrenching scenario will inevitably result in burnouts and symptoms of post-traumatic

stress disorder among healthcare workers in the post-covid world.

As we look back on 2020 from a point in the future, we will recognize that it was a turning point in not only how healthcare was delivered but just as importantly, how citizens interacted with the healthcare system. In the wake of COVID-19, the doctor-led approach in healthcare in most countries has been swept away in a stroke. Clinicians themselves, who have held out doggedly for a more hands-on approach to care, have practically been transformed overnight to remote working. It is thus, safe to conclude, that the entire healthcare system is on the path to digitalization. As we move into a post-covid world, there will be significantly different interactions between patients and clinical teams. These could include: -

Patients entering their personal data directly rather than relying on clinical staff to be transcriptionists.

Initial remote screening of patients to identify the best clinical team and route of access rather than relying on the default appointment.

Telemedicine might become an integral part of the healthcare system. It allows doctors to monitor vast numbers of patients that are convalescent at home and also provides isolated patients with the opportunity to communicate with their families.

2. Big spenders may turn over a new leaf

Any change, big or small, first surfaces on social media and this has never been more apparent until now. Instagram, once a playground for luxury influencers, is now a haven of comfy pyjamas, mugs of tea and wellness advice. The luxury business is dealing with an existential problem- looks that were once coveted now just seem like strange overpriced objects.

In lockdown, many middle-class Indians have pared down their lifestyles, living in a few sets of clothes, buying only essentials and realising that family matters more than foreign travel. This is evidence enough that the covid pandemic has jerked us out of our high consumption path and this change might well stick in the post-covid world.

- Global supply chain interruptions can affect the availability of many commodities. Hence, people will start hoarding and consuming carefully.
- In the aviation industry, new social distancing measures, which will mean a cut in passenger load and slower turnaround time due to more thorough cleaning of aircrafts could all lead to a spike in aviation fares.
- However, in the post-covid world, decrease in consumption could perhaps begin a different relationship with things,

where we notice and savour what we have and value what we get.

3. Hybrid model of classrooms

- When it became obvious that the nationwide lockdown was here to stay, at first people panicked. Millions of school children and college students were trapped at home with no access to classroom education. But soon emerged a plethora of platforms like Zoom and Cisco, which made it possible to conduct online classes and host meetings anywhere on the go. Both teachers and students have had to quickly get comfortable with remote classrooms. Gradually, the benefits of online learning are coming to the forefront. Students get an opportunity to clear their concepts through interactive videos and learn in a secluded and

peer pressure free environment. Hence, this transition to online learning may continue after lockdowns lift.

4. Bye buffets, Hello digital menus

Restaurant businesses bloom because of people's innate need to socialize and connect with one another. In the post-covid world, a fine balance will have to be achieved between socializing and taking precautions. Gloves, once disdained by serious chefs will be an unavoidable accessory; thermal scanners will be the new metal detectors, masks will replace the waiters' toothy smiles; digital menus, live streaming of kitchens and contactless delivery....may all be a part of the new normal when restaurants, cafes and pubs open their doors again.

Moreover, in order to ease the fear of infection and lure people into restaurants again after the pandemic gets over, hotels and restaurants will have to adopt rigorous practices of cleanliness and sanitization.

Ultimately, if COVID-19 has taught the world one thing, it's that humans are fragile and no system can be maintained to have the idle capacity to step up to delivering care in a situation like COVID-19. Instead, the administration relies on the whole population to do its duty to support the health systems, to help themselves where possible and to utilise health care appropriately. The world has changed forever. It cannot be taken for granted; it will change. We just have to ensure that it changes for the better.

Cartoon

White is Turning Red

Monica Reddy¹

¹Gandhi Medical College, Telangana



Post COVID World

A New World

Sarthak Deshmukh¹

¹Dr. Vitthal Rao Vikhe Patil Medical College, Maharashtra

Today, all of our lives have been affected by the novel coronavirus. A single virus shutting down the entire world, causing it to come to a standstill. It is very well to say that the world as we knew before the pandemic might not be the same when it comes out of it. Things have changed, some for better, some for worse, many of them being changed irreversibly. Everyone wonders what new ways should man devise to combat this brute force of nature.

Transport

The first industry that comes to everyone's mind that would be affected the most is transport. Transport is the most important tertiary industry and it not only supports all industries but is a hallmark industry of its own. Majority of the citizens of cities like Mumbai and Delhi depend upon public transport to get to

work and carry out their jobs. The immediate change will be that everyone will prefer personal vehicles over using public transport, which in turn will cause massive traffic jams, not to mention the burden on oil and natural gas which will have a domino effect on the environment.

Tourism

The immediate sister industry of transport is tourism. Tourism accounts for a huge chunk of the global finance and is another industry that would be affected as people would be wary of travelling abroad or even within the country. This will have an impact on the GDP of countries like India which have rich tourism heritage. One interesting change that may occur is the reluctance of people to travel to south-eastern Asia, countries which

thrive on tourism as a major source of income.

Entertainment

The entertainment industry will be in a tight fix for quite some time. New shootings of films and television soaps have been stalled and this casts uncertainty over the livelihood of many. Theatres will suffer a setback due to reluctance of people and due to social distancing norms, they might have to alter the number of people allowed per screening. Same goes for sports. We saw in India that the Indian Premier League (IPL) has been suspended till further notice. Similarly, the most popular global sport, football, has also been stalled. All of Europe's top 5 leagues were suspended as the virus multiplied to unprecedented levels. Recently, German football league, called Bundesliga has been resumed but all matches are played behind closed doors in empty stadiums. A sport which thrived on fans gathering in thousands is now played without

a single attendee. Now slowly, all European leagues have announced their return dates but have confirmed that all matches shall be played in empty stadiums. This norm might be followed even until next year. The football players and staff have had pay cuts and financial strain will be prevalent in these aspects, although they are expected to recover soon as people cannot live without new sources of entertainment and sports for long.

The Have-Nots

What is common in all these industries is that the established white collared earners have at least some sense of job security and financial sustenance for about a year more. But the daily wage earners having a "hand-to-mouth situation" daily are going to face a major challenge in survival. The alarming outcome of this may be that a majority will go under debt, a debt which might stretch up to the next generations and the impending failure to pay the debt will result in increased number of

suicides and even an unprecedented increase in unorganised crime which will ultimately result into social imbalance.

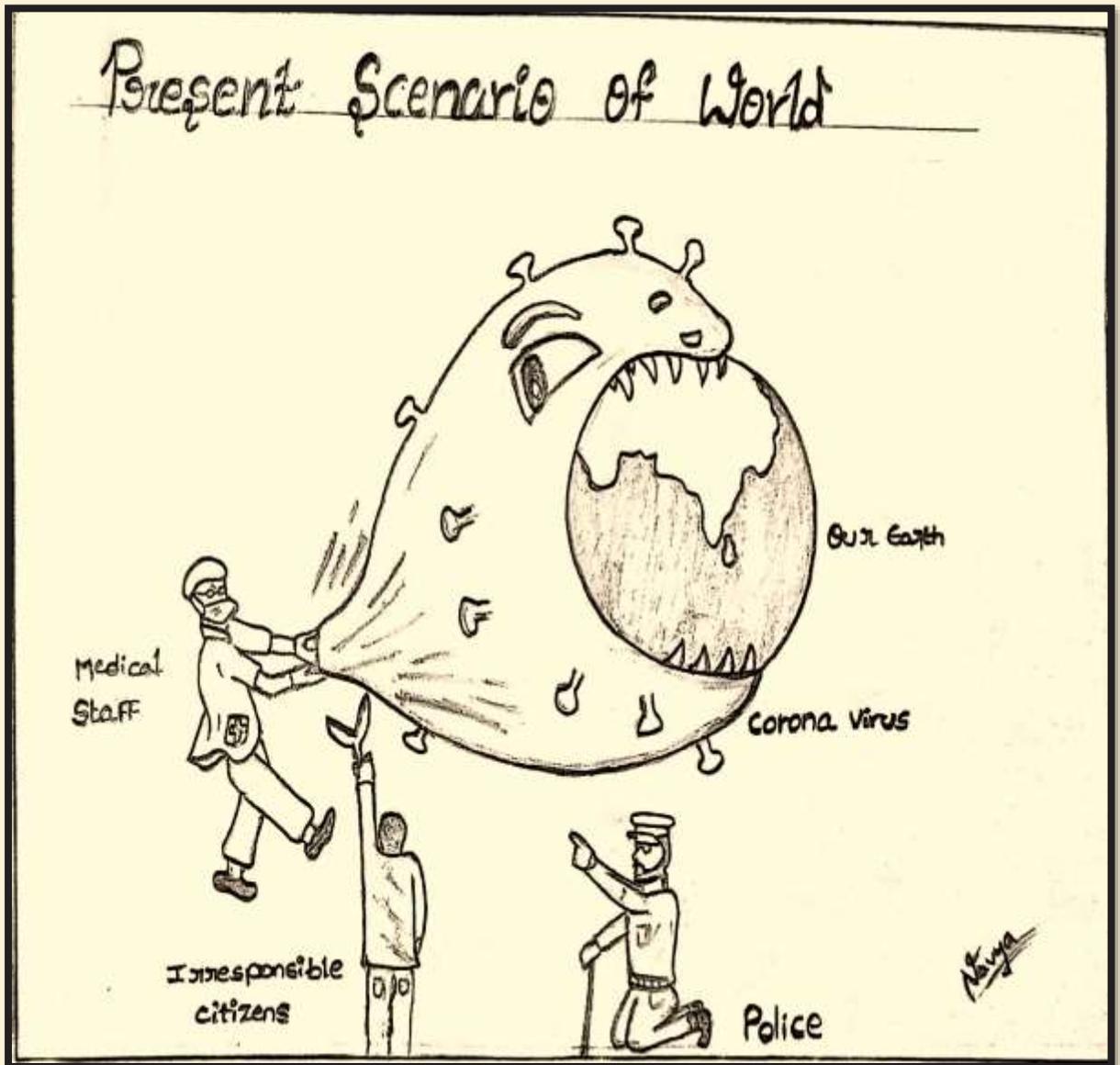
Positive Changes

While all these points talk about the negative impacts, let's look at some silver linings in these dark clouds.

- We all got to know about the improvement of the air quality index due to reduced carbon emissions. Rivers got cleaner, air was fresher, and this subsequently leads to better quality of life for the flora and fauna. Many places reported an increase in the number of fishes in water bodies.
- Many people have been avoiding meat consumption which has indirectly led to an increased demand of vegetables which supplements the income of farmers. This might also cause a surge in prices of vegetables due to increased demand and deficient supply.
- People will be spending more time at home; work from home will become more prevalent
- Food delivery chains will boom as people will avoid visiting restaurants and food chains.
- Cashless transactions will increase and the physical exchange of currency will slowly dwindle as people will shift to digital forms of currency.
- People would become more conscious of their health which will lead to an increased number of patients in hospitals. But a notable increase in the number of patients suffering from psychiatric disorders might occur due to the inability to cope with sudden changes and possible forms of depression and delusions.
- Students will have an entirely different cycle of curriculum with some reports stipulating that the academic year might start in November every year for all schools.
- The virus has shown how nature still has the power to make us all dance to its tunes when the time comes and how we have been neglecting and exploiting it for so long.

What we all have realized is that the novel corona virus has changed the world forever, and we all will have to catch up with it and live with this fact. All that

we can do is come to terms with it, take the necessary precautions and prevent Apocalypse for life shall always go on.



Art Work

Picture Speaks it all!

Sai Deepthi Reddy¹

¹Katuri Medical College, Andhra Pradesh



Poetry

A Migrant Speaks

Manisha Goswami¹

¹Assam Medical College, Assam

*My legs are swollen and blisters
have burst,
A piece of “Styrofoam Trash” is
soaking up the pus;
Two thousand miles away from my
home, I walk on my aching foot
This is my only fate that I am left
to choose.
They say they cannot waste on the
laborers not their own,
‘The migrants should leave for
their homes’.
My own state doesn't want me too,
as I will bring burden loaded in
insecurities
To their glorified ‘Healthy
Economy’.
My country wants my labor, not
my life, I realise...
My life is like the garbage
destined to be inside the bins,*

*And for a thousand miles, I
depend only on my swollen feet.
With not a single penny left, yet I
dream to reach,
Reach a thousand miles ahead,
the place where my ‘Amma’ lives.
My children have starved.
My legs have swollen and blisters
have burst.
A piece of ‘Styrofoam Trash’ is
soaking the pus,
The nights haunt me so deadly
that my eyes fear to shut.
The merciless roads that have
lived the ‘Coal-tar’ my hands laid
once,
Might plan tonight to let me die
under a Lorry's wheels.
Alas! Nobody cares.
It's a vacation for them and
vandalism for us.*

*My legs are swollen and blisters
have burst,
A piece of 'Styrofoam trash' was
soaking up the pus*

*Five hundred miles more, and I
continue to walk on my aching
foot.*



Poetry

Outbreak or Breakthrough?

Ayesha Tahseen¹

¹Bhaskar Medical College, Telangana

We should've been more prepared. But when it comes to technology, science, and coordination, we've also never been more prepared. COVID is teaching us the virtues of virtual space, let us adopt them to reduce pollution and guard against the next pandemic.

*Are you up
for trivia time tonight?
to know
what Akshay Kumar
did on the sets
of Khiladi - I have lost count,
or binge watch money heist
because
it is somehow interesting to
watch a bank being looted.
aren't you interested in to keep
the negativity
outside the front door?
lock the virus along with the
numbers
of not the dead, but the hungry?*

*who have been at it for days
despite
stringent orders to stay in and
watch
old movies during the day and
burn firecrackers on nights to
keep
the spirits high.
spare hunger and homelessness
no thought
for they can be tackled with
monthly
repayments of the urban elites
and a few hundred tweets and
stories, plus,
the screenshots of our timely
donations
why must we care about*

*hundreds of
migrant workers being forced out
of their
faith from temples that earned
only a few
thousand crores last year?
oh, must I mention the mosque
and
the church to be secular?
Of course, we
must only ask right
questions?
Why is essential
Equipment and monthly
necessities yielding a 60 percent
profit at the time of pandemic;
positivity, yes, so I must not
present
to you the trivia of an elderly and
his weakly beating heart being
rejected by five hospitals
and dying because you see it is
far more important
for us to ensure that we don't lose
sight of the final goal.*

*That the capitalists come out of this
richer,
for only they can rebuild the world,
have sons and daughters kind
enough to
give us what we deserve,
and when the next big crisis arrives,
we can feed the lowest rungs
another dose of thanks-induced
dopamine,
while we figure out a few more new
recipes to
try.*

*This evening, my 16-year old
brother hid his little sister's
chocolates and called it fun;
I looked up from my phone,
called it cute shenanigans and went
back
to viewing stories on how the
outbreak is forcing
poor capitalists to make a fewer
millions.*

Paper people are everywhere. And

*they are turning this earth
not white but black. With the
pollution from
their inability to choose which
streaming service
gives them the finest sleep,
they are content
by forwarding 61 ways to keep
yourself
Safe during the pandemic.
The malls will be full again,
perhaps even the places that were
on the
verge of closing
because you see, the end of a
pandemic is our way of
saying goodbye to a virus that
couldn't do much
except keep us in for a few days.
Of course, there will be
collateral
but why should we care right?*

*Positivity, of course, is the need of
every hour
and dalgona coffee when you are
bored,
for the show must go on.
for the hashtag gram, get out there
once the lockdown is
lifted and upload those survival
selfies,
photographs of migrants can only
be shared so many times,
the algorithms will take care of that.
So, once this is over, and it is time to
live life,
don't forget to hug a little longer,
because privilege comes with love
insurance too.
(While healthcare providers, social
workers, and the frontline fighters
in the battle were doing their best in
guarding us against the virus, while
risking exposure to the virus, I've
had the privilege to stay home and
put my thoughts into words)*

Art Work

Save the Planet!

Jhilmil Gupta¹

¹AIIMS, Bibinagar, Telangana



Poetry

Corona Dedicated

Shristi Anand¹

¹Pravara Institute of Medical Sciences, Maharashtra

*Neither me nor you is blind,
For an instance, let's take a walk
behind,
As this nature, really is in need of
a rewind.
As now, no powers, no
superpowers,
No weapons against this nature's
sword.
Those struggling, those starved ,
All frightened of declining so fast.
Well, it comes to such a contrast ,
The chirping birds, the blooming
flowers,*

*The clear sky, the sparkling stars.
All free, enjoying the blessings
showered.
Though, they never desired
A human fights so hard.
All wondering , that we might
have earlier thought,
While going against the creation,
capturing nature in a naught.
And now the need of this era
says,
Each and Every single one will
be taught.*

Poetry

Cross-sectional View of the Effects of COVID-19

Mohd. Burhanuddin¹

¹Bhaskar Medical College, Telangana

*It's often said that during a crisis,
those affected are all in the same
boat.*

*But, this time around, we are all
in the same storm.*

*Quarantine hit different for
everyone,*

*For some, it led to moments of
reflection and reconnection over a
cup of tea.*

*While for others, it pushed them
to a corner with the walls closing
in.*

*The lucky ones sat in peace,
reminiscing previous vacations.*

*Others were distraught over how
they will pay their bills.*

*For many empathetic people,
emotions run high, but as charity
begins at home, fear forces them
to confine their compassions
between four walls.*

*This disease stormed past several
regions.*

*Some were caught up in the
center of it, having near-death
experiences*

*are struggling to grasp the
seriousness of this issue.*

*and many others were forced to
face the aftermath of losing loved
ones.*

*But even in these times, some are
struggling to grasp the
seriousness of this issue.*

*The skeptics vow that the virus is
yet to reach its pinnacle*

*As a stark contrast, the optimists
preach that faith will unfold a
miracle.*

*All of a sudden, we watch as the
well-oiled gears of the world
machine come to a screeching
halt.*

*The ticking clock reminds us that
time moves forward, although we
are at a standstill.*

*This disease stormed past several
regions,*

*The doctors take up the frontline
and form legions.*

*Corona is cheerful as it watches
humans retreat,*

*It wrecks havoc as it drives people
to the backseat,*

*The end goal of all of these
people,*

*As varying as their struggles may
be, it is to find a cure and restore
our lives to how it was before.*

*As of now, COVID 19 has no
cure or vaccines,*

*and we can rely only on
precautions to prevent
unforeseen repercussions.*

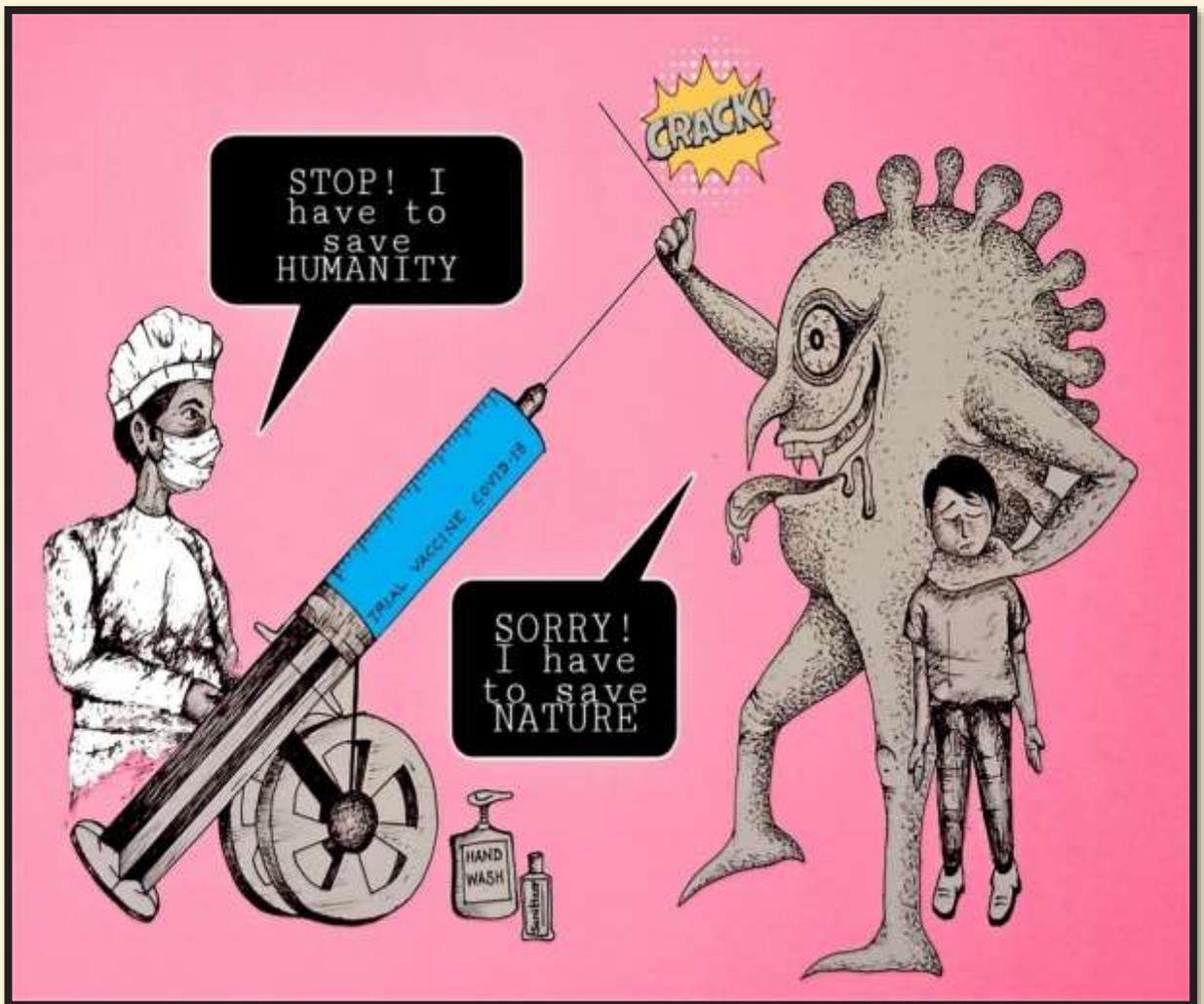


Cartoon

Humanity vs Nature

Shubham Panwar¹

¹AIIMS, Mangalagiri, Andhra Pradesh



Poetry

కరోనా తెచ్చిన కష్టం

B. S. Navya¹

¹ESIC Medical College, Telangana

నేతలకు సైతం గీతలు గీసి
కముకోచ్చింది కరోనా...!!

ఉన్నవాడు లేనివాడు అంటూ తేడా
చూపకుండా

ప్రతి ఒక్కరినీ పలకరించి పోతోంది
కరోనా...!!

ఆదమరచి ఆరు బయటకు
పోయావో

అంటుకుంటుంది నిను ఈ కరోనా
...!!

తుమ్మినా దగ్గినా, చెంతకెళ్లి చేతులు
చాచినా

తన చేతుల్లో నిను చుట్టేస్తుంది ఈ
కరోనా...!!

ఆరడుగుల దూరం ఉండాలంటూ

ఆంక్షలు పెట్టింది ఈ కరోనా...!!

ఐనా సరే లెక్కచేయకుండా కలిసే
ఉంటే

నిను కాటేస్తుంది ఈ కరోనా...!!

పేదోడి పొట్ట కొట్టిందని, పెద్దోడి
ఆదాయం సన్నగిల్లందని

సడలింపులు చేసావో సందు--
గొండుల్లోంచి వచ్చి

నిను సల్లగా పడుకోబెడుతుంది ఈ
కరోనా...!!

ఆకలి చావులు ఐనా, ఆర్థిక మాంద్యము
ఐనా

తనని నిర్లక్ష్యము చేయొద్దంటూ చెప్తుంది
కరోనా...!!

ప్రాణాలను సైతం ఫణంగా పెట్టి
పోరాడుతున్న

ఆరోగ్య కార్యకర్తలను, రక్షక భటులను
ప్రతిక్షణం

మీ వెన్నంటే ఉన్నానంటూ భుజము
తట్టి హెచ్చరిస్తోంది కరోనా...!!

వందల - వేల పడకలు సిద్ధం
అంటూ తయారై

ఎదురు చూస్తున్న అధికారులను మీ
పడకలు

నా లెక్కకు సరిపోవు అంటూ
పరిహాస్యము చేస్తున్నది కరోనా...!!

ప్రకృతితో కలిసి జీవించడం రాక
పంచభూతాలను సైతం

విడికిలితో బంధించాలన్న స్వార్థంతో
నేలను వీడి నింగికి నిచ్చిన వేసి,

ఎల్లలు లేని మానవ జీవితం అంటూ
మురిసిన నీవు, నేడు కాళ్లకు -
సంకెళ్లేసుకొని

గుమ్మం అయినా దాటలేక నిను గమ్మన
కూచునేలా చేసింది కరోనా...!!

విధాత రాసిన తలరాతను కాదని,
చేతిలోని గీతలను చెరిపేసి

"ICU " లో AC -ల మధ్యలో విద్యుత్
పరికరాల (ECG machine)

గోడలపై చూపే గీతల్లో నీ ఆయువు
ఉందని విర్రవీగకంటూ

నీ కొన ఊపిరి కోసం వేచి చూస్తున్నది
ఈ కరోనా...!!

ఎంత చేసినా ఏమి చేసినా
క్షణక్షణం తన వికృత రూపాన్ని

మార్చుకొని మానవుని వినాశనాని
కే అంటూ విలయ తాండవం

చేస్తున్న విష - మహమ్మారిలా
వచ్చింది ఈ కరోనా...!!

అదరక - బెదరక ఆశని వీడక
అనుభవజ్ఞులు, విజ్ఞానులు,

చెప్పింది విందాం, వినాశనానికీ
కాకుండా ప్రకృతితో,

సమస్త జీవ కోటి రాశితో కలిసి
అభివృద్ధికి పాటుపడదాం...!!

దేశ ప్రధాని అయినా రాష్ట్రాల
సీఎం లు అయినా

ఎవరు చెప్పినా మానవాళి
మనుగడకే అంటూ...

ముక్కుని -- మూతిని గుడ్డతో
కప్పేద్దాం

చేతులు నిత్యము శుభ్రంగా
కడిగేద్దాం

భౌతిక -- దూరాన్ని అందరం
పాటిద్దాం

కరోనా రక్కసి నుండి మనల్ని
కాపాడుకుందాం...!!

సమస్త మానవాళిని పట్టి వీడిస్తున్న
ఈ కరోనా

మహమ్మారిని మనో స్థైర్యము తో
పోరాడి ఓడిద్దాం,

ఏమందు లేని మహమ్మారిని
జయించి జన జీవితాలని

జాగ్రతం చేద్దాం, భావి తరాలకు
బంగారు భవిష్యత్తునిద్దాం...!!

జైహింద్

కరోనా ఇచ్చిన సందేశం

ఓ...!! మనిషీ.. ఎందుకురా నను
నిందించేవు... ?

నీవు కన్నకలలు కల్లలైపోయాయని
ఎందుకురా కన్నీరు పెట్టేవు..?

నీకు నేను చేసిన మేలు ఏంటో
చెబుతా వినుకో...!!

డబ్బే సర్వస్వము అంటూ
దాసోహం ఐపోయిన

నీ జీవితానికీ ఒక కొత్త అర్థం చెప్పిన
దాన్ని నేనే కదరా...!!

సప్త -- సముద్రాలు దాటి కష్ట
నష్టాలకు ఓర్చి జీవిస్తున్న

నీకు అపాయం వస్తే నీ సొంత గూడె
నీకు శరణార్థి అంటూ

గుర్తు చేసి తిరిగి నిను నీ గూటికీ
పంపిన దాన్ని నేనే కదరా...!!

అంతర్జాలం లో హలో!! పోలో!!
అంటూ అల్లంత దూరాన ఉన్నా

అందంగా అగుపించి పై పై ప్రేమలు
కురిపించి ఖుషీ ఖుషీగా ఉన్నాం
అన్న భ్రమలో బ్రతుకుతున్న నిన్ను నీ
వాళ్లకు దగ్గర చేసి, నిజమైన
బంధాలు, బంధుత్వాలు, పలకరింపులు
, ప్రేమానురాగాలు పంచి పెట్టింది నేనే
కదరా...!!

ఆలు-మగల మధ్య గిల్లి కజ్జాలు
ఐనా, అన్న--దమ్ముల మధ్య
ఆప్యాయతలైనా
ప్రేమికుల మధ్య విరహమైనా, బావ-
మరదళ్ల మధ్య సరసం అయినా...!!
మనిషి -- మనిషి మధ్య మానవత్వము
అయినా కూసంత ఇంకా మిగిలుంది
అని మళ్లీ మీ అందరికీ చెప్పిన దాన్ని
నేనే కదరా....!!

వంటింటి మొహమైనా ఎరగని నీలో
నల భీముణ్ణి, తాగుబోతు చిందుల్లో
నాట్యాన్ని, మరెన్నో ఎన్నెన్నో
దాచి ఉంచిన కళలను, నీలోని
నైపుణ్యాన్ని వెలికి తీసింది నేనే కదరా...!!

పోటీ ప్రపంచంలో ప్రతి నిత్యం
పరుగులు తీస్తూ పట్టెడన్నము కూడా-
వేళకు తినకపోతివి సమయం లేదంటూ,
వైరెటీ ఫుడ్ లు టేఫీ ఫుడ్ లు
అంటూ అడ్డమైనవి తిని బీపీ-షుగర్
, మరెన్నో జబ్బులు జేబులో మోసుకు-
తిరిగావు. చీటికీ- మాటికీ డాక్టర్ ని కలిసి
డబ్బులు మొత్తం పాయె అంటూ
డప్పు కొట్టుకుంటూ తిరిగావు. నేడు అవి
ఏమీ లేకుండా వేళకు తింటూ- పంటూ,

కంటి నిండా నిద్దరోతు ఆస్పత్రి
పాలవ్వకుండా
ఆరోగ్యము గా ఉన్నావంటే దానికీ
కారణం కూడా నేనే కదరా...!!

లక్షల కోట్లు పోసి నదీ-నదాలను
శుభ్రం చేస్తానని ప్రగల్బులు పోయిన
నీకు
వైసా ఖర్చు అయినా లేకుండా
వాటిని శుభ్రం చేసిన దానిని నేనే
కదరా...!!

వన్య ప్రాణులకు సైతం స్వేచ్ఛను
ఇచ్చి ఈ భూభాగంలో వాటికీ కూడా
భాగ స్వామ్యం ఉందంటూ రమ్మని
బయటికి పిలిచిన దాన్ని నేనే కదరా
...!!

చేతిలో చరవాణి (mobile) పట్టుకొని
దించిన తల ఎత్తకుండా
తప్పు చేసిన వాడిలా బ్రతుకుతున్న
నిన్ను తల ఎత్తుకొని
స్వచ్ఛమైన గాలిని పీలుస్తూ రేయి-
పగళ్ళను తనివి తీరా
చూసే చక్కటి భాగ్యాన్ని నీకు
కలిగించిన దాన్ని నేనే కదరా...!!

యాంత్రిక జీవనంలో తలపోటు
పుట్టించే శబ్దాలు తప్ప
ప్రకృతి ఒడిలో ఓలలాడే పక్షుల
కీల కీల రావాలు,
పిల్ల గాలులు పాడే కమ్మని గానాలు
ఎరగని నీకు
చెవులకు విన సొంపుగా వినిపించిన
దాన్ని నేనే కదరా...!!

ఆకలి - చావులు, ఆరని మంటలు,
కుల - మతాల కుమ్ములాటలు

కుళ్ళు రాజకీయాలు, అగ్ర
రాజ్యాలుగా ఎదగాలన్న ఆలోచనలు

మనిషి - మనిషినీ వీక్కు తినే
భావనలు, సర్వము నాకే కావలి,

నేనే గెలవాలి అన్న స్వాధ్ధానికే
నిలువెత్తు విగ్రహంలా ఎదుగుతున్న
నిన్ను

మళ్ళీ మనిషిని చేసి నీలోసు
మానవత్వం ఉందని, మనుషులంతా
ఒక్కటే అని

ధనాని కన్నా ప్రాణం మిన్న అని
చాటి చెప్పు దాన గుణంలో కర్ణుణ్ణి
నైతం

మించిపోయి, దానవుడిలా ఉన్న
నిన్ను మానవుడిలా
(మాధవుడిలా) మార్చి

నిన్ను నీకు సరికొత్తగా పరిచయం
చేసిన దానిని నేనే కదరా....!!

ఓ.. మనిషీ...!! ఇక నైనా మేలుకో
మానవాళి మనుగడకు

మనందరి (జీవరాశుల) అభివృద్ధి
కొరకు పాటుపడుకో...!!



Cartoon

Before and After Lockdown

Palak Saxena¹

¹Government Medical College, Madhya Pradesh



Story

A Freezing Night of December 2019

Sanjana Sahoo¹

¹AIIMS, Mangalagiri, Andhra Pradesh

Once upon a time in a land far away.....Oh, wait!! It's not a fairytale.... my bad! There is a land very close to us and you will find it at the end of the story, so, stay tuned.

On this land, on a particular day filled with darkness, in the freezing December of 2019, there were many kids crying out “MAMAAA PAAPAAA !!! HELP US !!! ”, but for no one to hear. Who knows how much time passed but then, came a man with a scary looking face and scars on his face. He shouted in his commanding voice, “You senseless children, STOP WHINING.”

That was more than enough to scare the children. They immediately shut their mouths. The scary man knelt down to come to the level of the kids and

said a bit softly but still in command, “Do you see the ladder over there?”, he said pointing at the ladder nearby and a sign beside showing “**UP LIES LIFE**” .

Then he tells the children, ”Go straight up on it without turning and you will see your family.” But one kid stood up and said, “Why should we trust a stranger like you? You are so scary looking.” This ticked off the scarred man and he started growling like a lion and shouted, “IF YOU DON'T LEAVE, I SHALL EAT YOU ALIVE !!! ARGHH !!”. He growled louder making the children scared and they ran for the ladder and started climbing it rapidly.

As they travelled up the darkness was slowly fading away. After reaching a certain point, they saw

a sign attached to the ladder which said **“TURN RIGHT TO GO TO GAME PARLOUR”**

The first kid shouted it out to the other kids. Some of them said, “Let us turn right. We can play as much as we want”. Then a tiny kid said weakly, enough for everyone to hear that “No, we mustn't. Don't you remember what that scary man said, that we must walk this way up to meet mama.” The strong kid shouted, “How could you TRUST that SCARRED MAN? He just tried to KILL us.” The weak boy went silent.

But when the first boy was about to turn right, the girl next to her stopped him saying, “WAIT, he is not wrong. He did try to kill us but no one got harmed and also the darkness is fading away. I think....um...maybe he was RIGHT.” This created mayhem in the children. Some of them believed the scary man was right, whereas some did not. So the children decided that they would split up in two. So some of them turned right and others

went straight up the ladder.

Now the scene was getting much brighter and the children were getting happier as they were climbing up. It was all good until some of the naughty kids started shouting, “C'mon hurry up. We need to go up quickly.” and they started dashing and pushing the kids above. Suddenly, one of the naughty kids lost his grip and was falling down, but was immediately caught by the boy below him. But it was only a brief moment of happiness as they both started to fall down now. They fell so deep into the darkness that nothing could be seen!

The children waited for them to come back but to no avail. Sadly, they decided to move up. But those naughty brats, even after losing their comrades didn't seem to be worried the least. They still kept on pushing. As a result, this time an innocent child lost her grip but no one caught her and having quite a distance between the strands of the ladder

she could not grab it. But as the saying goes 'God always watches us', the girl was able to catch the 14th strand below her and her friends were glad and happy. This time the innocent kids shouted at the naughty kids, "if you DARE PUSH US again, we will PUSH you down." That was more than enough for the naughty ones to cooperate. And everyone started climbing up once again.

After sometime they got tired of it and doubted themselves. One kid said, "should we really continue going up?" Another said, "I agree with her. Although it's getting brighter I see NO EXIT." As all the kids started doubting and getting confused, they saw something approaching them from below. When it got closer they saw it was the kid who decided to go to the game parlour, but he had wings on his back and a halo on his head. He smiled at them and went to the weak little boy and said, "you were right. We shouldn't have gone to the gaming centre and listening to the advice of the scary man come up

here. So, don't doubt yourselves and go up without any fear." Now the children felt relieved. Finally the kid with wings said, "Tell my family "I AM SORRY AND THANK YOU FOR EVERYTHING'." As he said this, a tear rolled down his cheek and he disappeared. The children did not understand what happened but they felt immensely sad for the kid as if...if...he would never come back. Slowly the kids decided to follow his advice and keep moving up.

As they moved up, the first kid shouted, "Hey guys, I can see the EXIT. We are close now." Everyone became happy and they moved up and finally got out. The brightness of the light blinded them but they could feel people shouting their name and hugging them. On adjusting to the brightness, they could see their family members hugging them and tears couldn't stop flowing from their eyes. They also saw tears flowing from the eyes of family members of other

kids, who were still anticipating the other kids to come out who never came. These tiny tots went to them and said, “They said they were sorry and thanked you for everything.” Hearing this, they all burst into tears. But one child said with a big smile on his face, “They were brave and helped us through, so please forgive them. We are all now a big family.” The parents hugged him and everyone smiled.

So, my dear readers, did you get the closed land???

I guess it is simple, those kids are us and the darkness is COVID-19, the scary man are our protectors, the doctors and the police, and the children who went away are the ones who don't listen to the wise advice of our protectors and finally the ladder is -

STAY HOME, STAY SAFE!



Story

Surrounded by Plight

Achyut Murari¹

¹Osmania Medical College, Telangana

There was a thug at her back. She felt like the push from more than one person. Yes, it was! There was a crowd of some 20 to 30 people running like mad street dogs towards a van, hopeful of finding some food.

Janvi was her name. Ragged clothes and hair like a dried broom residing in an unplanned slum were what defined her existence. This explained the plight of the little girl upon whom fate had only bestowed grief.

Janvi took pace to reach the van. She had to run, else she would have to sleep one more hungry night which she was used to from the past 3 days. She was surviving only on water. The water from the nearby abandoned borewell which never failed to gush. Water with floating rainbow colored scum was her food for quite some days.

Janvi never knew it was unhealthy to consume as she never saw or had potable water. “There’s nothing here!” exclaimed one of the young men who was the first one to reach the van. His voice faded completely and was inaudible to the people who were still running after the false hope of finding a grain.

The man pulled the driver out of the vehicle who was awestruck looking at the crowd running at him for no probable cause. “Why are you here? Where’s the food?” the man growled at the driver.

“Eey! How dare you hold my collar you, filthy dirt. Back off!” the voice had neither generosity nor a tinge of kindness. The crowd too had to face this dirty truth. They were now used to it. The times where life is desperately trying to get out of

their hands but they still held it together. Not letting it leave.

The very next day was a bright day, there was a huge crowd of vans with more TV reports than food in them. The reporters spread into the narrow spaced lanes like drain water reaching their slum after every rain. Janvi imagined that these were from some NGO who supply food to the needy ones in this lockdown period.

One of the very well dressed ladies with light makeup on her cheeks approached Janvi and asked her, “So little girl how are you surviving in this lockdown period? What precautions are you

taking to tackle corona?” She did not pause “And are you getting food supplies from the government? What’s your opinion about corona effects on your lives? Come on speak up girl !” she said. Before Janvi could speak anything she turned towards the camera, gave a quick briefing then again turned to Janvi to ask “How are you dealing with this corona? Is corona causing you a lot of trouble?”

Janvi answered, “Auntiji! Yeh corona kaun hai? Bhook lagri hai, khaane ko kuch laaye aap?” (“Auntiji! What is this corona? I am very hungry, did you people get any food for us?”).



Art Work

Frontline Workers

Nikita Maurya¹

¹Himalayan Institute of Medical Sciences, Uttarakhand



Technology

Embracing the Tools of Tomorrow, The Fourth Industrial Revolution & Fight Against COVID-19

Rounik Talukdar¹

¹JIPMER, Pudukkottai

Advent of the steam engine in the 18th century marked the first industrial revolution. From that we have come a long way through electric power, electronics & information technology. Now the fourth industrial revolution has taken the term “connectedness” to a whole new level. New technologies are integrating our physical, digital & biological world altogether [1].

From artificial intelligence to big data, possibilities are countless. Canadian start-up ‘Bluedot’, an artificial intelligence platform, picked up on a cluster of “unusual pneumonia” cases happening around a market in Wuhan and tagged it on December 31st 2019. Much later, after 9 days, WHO released their official statement about what the whole world currently is dealing with [2].

Their success was not just a fluke as previously they have predicted the location of the Zika outbreak in South Florida in a publication in The Lancet.

In this article I have tried to give a glimpse upon how technology is being used & can be used effectively to combat this pandemic.

1. Digital fencing – Adopted in Taiwan to effectively control quarantined patients

Quarantined individuals have their location monitored via cellular signals from their phones. If they go too far from homes it triggers the alert system, and calls and messages are sent to the individual to ascertain their whereabouts.

Provisions of heavy fine is there for people breaching quarantine.[3]

2. Geographic Information System (GIS)

GIS in most literal sense can be called a Google map with greater capability of data analysis. This helps us to know where the outbreak is growing, where high risk populations are, where the hospital beds and important medical resources are, and where to deploy resources.

We can “join” data “relevant to us” (location of quarantined persons, quarantine facility, Hotspot areas, potential spread from positive individuals through his/her location data etc.) to spatial data to provide context and enable a map visual presentation. Karnataka has a dedicated GIS website, a successful model for National GIS. On opening <https://kgis.ksrsac.in/covid/> website one can look through containment zones, buffer zones, patient location with their primary and secondary contacts, places

visited by them, medical facilities handling COVID-19 cases, testing labs etc.

3. Digital Contact tracing

Following flow diagram (Fig 1) depicts how a mobile app based tracking system can be put in place to effectively contact trace individuals.

In this article I have tried to give a glimpse upon how technology is being used & can be used effectively to combat this pandemic.

4. Big Data & Artificial intelligence

Chinese multinational company Baidu made an AI-powered infrared system that can detect change in a person's body temperature to effectively screen large populations. It was being used in Beijing's Qinghe railway station to identify passengers who were potentially infected. The system can examine up to 200 people in one minute [4].

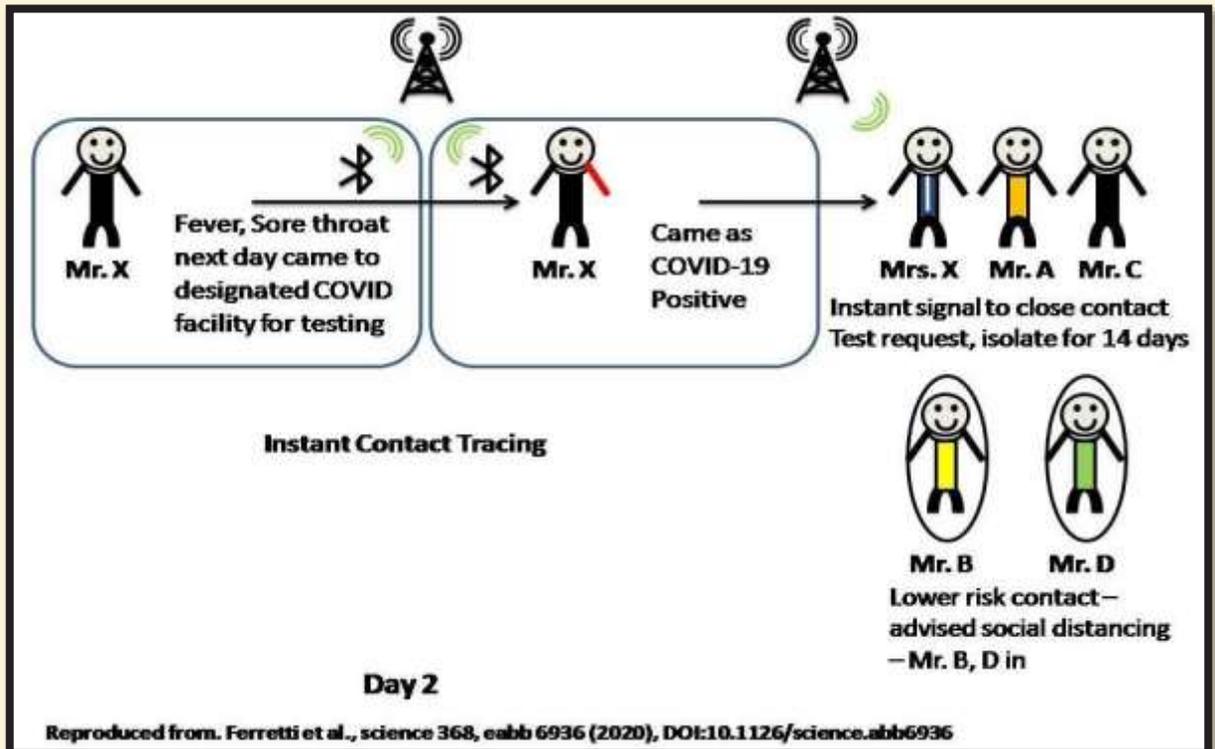
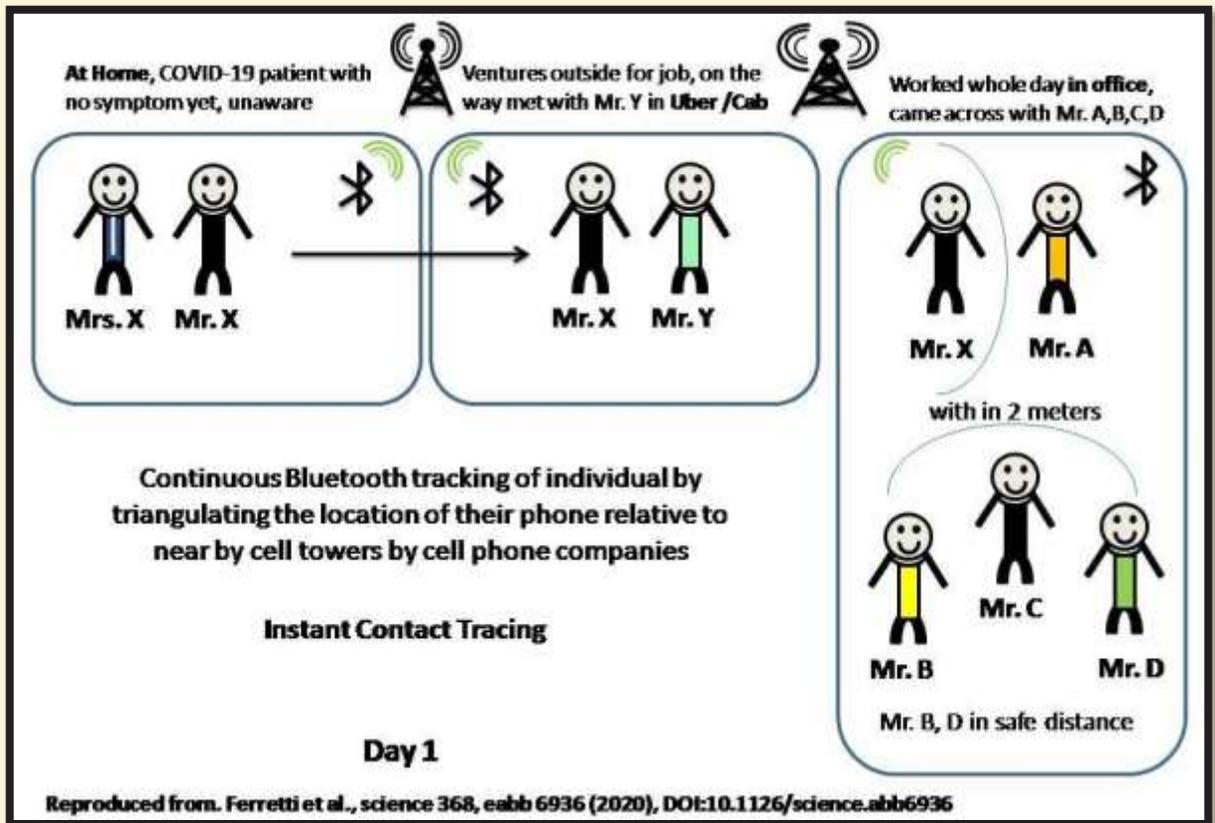


Fig. 1 DIGITAL CONTACT TRACING

5. Use of Robotics & Drones

From thermal screening, medicine and meal distribution to COVID-19 patients, robots are being employed. It can potentially reduce contact of health care workers. Surveillance via Drone is not a new concept. Government agencies in Telangana, Karnataka, Gujarat and cities like Varanasi are extensively using drones to combat issues arising from the pandemic. The civil aviation ministry has limited drone use to: between sunrise and sunset; and the flight ceiling limit at 200 feet [5].

6. Using Nanotechnology- from long lasting Disinfectants to Vaccine

For efficient cleaning of high-touch surfaces, researchers from the Hong Kong University of Science and Technology (HKUST) have developed a disinfectant that can protect surfaces for up to 90 days. Consisting millions of polymer Nano capsules, this can stay up to 90 days on a surface as claimed

by researchers. Once someone touches the surface it releases the disinfectant [6]. For RNA based vaccine, to deliver messenger RNA strands inside the body, lipid molecules are used to pack it. US-based Biotechnology Company recently announced that its mRNA-based vaccine candidate (mRNA-1273) for the novel coronavirus disease (COVID-19) has just entered Phase 2 clinical trials as of latest news [7].

7. 3D Printing Technology

Keeping in mind the demand of medical essentials, 3D printing of surgical masks, N-95 to testing swab kits to surgical goggles, oxygen valves etc. are being 3D printed.

8. Rapid data sharing through open source technologies

9. India's Aarogya Setu

A Bluetooth based contact tracing application, helps in mapping of likely hotspots and dissemination of relevant

information about COVID-19. Aarogya Setu lets users know if they have been near a person with COVID-19 by scanning a database of known cases of infection [8]. There are some criticisms about the app regarding transparency, limitation of data usage etc. but Aarogya Setu is a good initiative with tremendous potential if implemented properly. Along with every phone based surveillance system there come concerns regarding privacy. No surveillance should ever become an intrusive Bio-surveillance. In India personal data protection bill was introduced in December 2019.

To conclude, technological advancements are making us more proficient in our strategies against COVID-19. The hour of need is a more organized and equally spread out system in place to tackle this pandemic better.

References

1. The Fourth Industrial Revolution: what it means and how to respond. World Econ. Forum [cited 2020 Jun 4]; <https://www.weforum.org/agenda/2016/01/the-fourth-industrial-revolution-what-it-means-and-how-to-respond/>
2. An AI Epidemiologist Sent the First Alerts of the Coronavirus. Wired [cited 2020 Jun 4]; <https://www.wired.com/story/ai-epidemiologist-wuhan-public-health-warnings/>
3. Taiwan's digital fence technologies. Taiwan News. [cited 2020 Jun 5]; Available from: <https://www.taiwannews.com.tw/en/news/3912429>
4. China uses data tracking and artificial intelligence to fight coronavirus - Republic World. [cited 2020 Jun 5]; <https://www.republicworld.com/world-news/rest-of-the-world-news/china-uses-data-tracking-and-ai-to-combat-new-virus.html>
5. COVID-19 responses show need to revisit India's drone policy. [cited 2020 Jun 5]; <https://economictimes.indiatimes.com/blogs/et-commentary/>

COVID-19-responses-show-need-to-revisit-indias-drone-policy/

6. New Disinfectant Can Kill Coronavirus on Surfaces for 90 Days- ExtremeTech [cited 2020 Jun 5];<https://www.extremetech.com/extreme/309865-new-disinfectant-can-kill-coronavirus-on-surfaces-for-90-days>

7. Moderna's COVID-19 vaccine enters phase 2 trial; first patients in each age cohort dosed with mRNA-1273:

<https://www.timesnownews.com/health/article/modernas-covid19-vaccine-enters-phase-2-trial-first-patients-in-each-age-cohort-dosed-with-mrna1273/600201>

8. Aarogya Setu Mobile App. MyGov.in [cited 2020 Jun 5];<https://mygov.in/aarogya-setu-app>



Cartoon

Let Us Kill it Together

Anushka Sarkar¹

¹IQ City Medical College, West Bengal



Technology

Use of Technology in Dealing with COVID-19 Cases

Achyut Murari¹

¹Osmania Medical College, Telangana

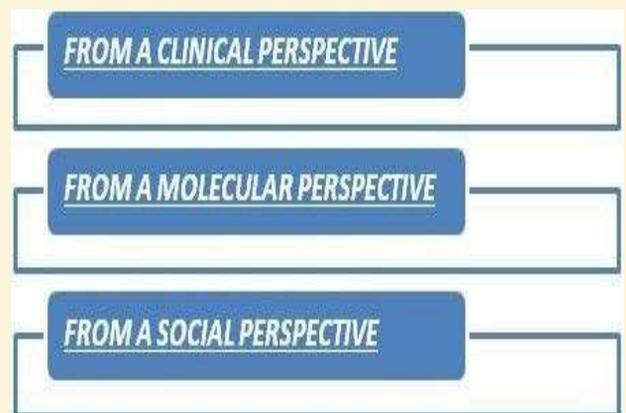
Healthcare delivery requires the support of new technologies like Artificial Intelligence (AI), to fight and look ahead against the new diseases. AI is a decisive technology to analyse, prepare us for prevention and fight COVID-19 and other pandemics. In this worldwide health crisis, the medical industry is looking for new technologies to monitor and control the spread of COVID-19 pandemic. In this article, we discuss how technology can contribute to these goals by enhancing ongoing research efforts, improving the efficiency and speed of existing approaches, and proposing original lines of research described from the clinical, molecular and social perspectives.

Introduction

Technology such as Artificial Intelligence, is increasingly

prevalent in business and society, and is beginning to be applied to healthcare. These technologies have the potential to transform many aspects of patient care, as well as administrative processes within provider, payer and pharmaceutical organizations.

There are already a number of research studies suggesting that AI can perform as well as or better than humans at key healthcare tasks, such as diagnosing disease. Today, algorithms are already



outperforming radiologists at spotting malignant tumours, and guiding researchers in how to construct cohorts for costly clinical trials. However, for a variety of reasons, we believe that it will be many years before AI replaces humans for broad medical process domains.

Main applications of AI in COVID-19 pandemic are:

From a clinical perspective

AI can support COVID-19 diagnosis in medical imaging, provide alternative ways to track disease evolution using non-invasive devices and generate predictions on patient outcomes based on multiple data inputs including electronic health records.

a. Early detection and diagnosis of the infection

AI can quickly analyse irregular symptoms and other 'red flags' and thus alarm the patients and the healthcare authorities. It helps to provide faster decision

making, which is cost-effective. It helps to develop a new diagnosis and management system for the COVID-19 cases, through useful algorithms.

b. Diagnosis and Prognosis

Both X-rays and Computed Tomography (CT) scans can be used. CT scans showed comparable performance with an expert radiologist, and greatly improved the efficiency of radiologists in clinical practice.

It holds great potential to relieve the pressure off frontline radiologists, improve early diagnosis, isolation, and treatment, and thus contribute to the control of the epidemic. Other initiatives include AI model for diagnosing COVID-19 from x-rays at the end of March 2020. This model, labelled CAD4COVID, is described on their website as "artificial intelligence software that triage COVID-19 suspects on chest X-rays images".

c. Development of therapy

AI is used for drug research by analysing the available data on COVID-19. It is useful for drug delivery design and development. This technology is used in speeding up drug testing in real-time, where standard testing takes plenty of time and hence helps to accelerate this process significantly, which may not be possible by a human. It can help to identify useful drugs for the treatment of COVID-19 patients. It has become a powerful tool for diagnostic test designs and vaccination development. AI helps in developing vaccines and treatments at a much faster rate than usual and is also helpful for clinical trials during the development of the vaccine.



With the help of real-time data analysis, AI can provide updated information which is helpful in the prevention of this disease. It can be used to predict the probable sites of infection, the influx of the virus, need for beds and healthcare professionals during this crisis. It identifies traits, causes and reasons for the spread of infection. In future, this will become an important technology to fight against the other epidemics and pandemics. It can provide a preventive measure and fight against many other diseases. In future, AI will play a vital role in, providing more predictive and preventive healthcare.

Other technologies that can be applied to help provide treatment during the pandemic are computer-assisted psychotherapy and mobile apps for behavioural health. Meta-analyses of computer-assisted cognitive-behavioural therapy (CCBT) for depression have found evidence for effectiveness, and studies comparing CBT with face-to-face treatment have reported no differences in outcome. CCBT is

considerably more effective if it is delivered with at least a small amount of clinician support (usually 1-4 hours for the entire course of treatment) as opposed to using a computer program as stand-alone treatment.

d. Reducing the workload of healthcare workers

Due to a sudden and massive increase in the numbers of patients during COVID-19 pandemic, healthcare pvery high workload. Here, AI is used to reduce the workload of healthcare workers. It helps in early diagnosis and providing treatment at an early stage using digital approaches and decision science, offers the best training to students and doctors

regarding this new disease. AI can impact future patient care and address more potential challenges which reduce the workload of the doctors.

From a social perspective

AI has been applied in several areas of epidemiological research modelling empirical



data, including forecasting the number cases given different public policy choices. Other works use AI to identify similarities and differences in the evolution of the pandemic between regions. AI can also help investigate the scale and spread of the “infodemic” to address the propagation of misinformation and disinformation including the emergence of hate speech. Hindering fake news, by adding fact-checker systems (e.g. WhatsApp has started a pilot project called Facta, which watches the news and provides an analysis of those items that are found to be fake). Forecasting the epidemic’s spread over time and space. This purpose is probably one of the most difficult as there is no historical tracking of the pandemic, as it is an extraordinary event.



From a social perspective

AI has been applied in several areas of epidemiological research modelling empirical data, including forecasting the number cases given different public policy choices. Other works use AI to identify similarities and differences in the evolution of the pandemic between regions. AI can also help investigate the scale and

spread of the “infodemic” to address the propagation of misinformation and disinformation including the emergence of hate speech. Hindering fake news, by adding

Conclusion

Artificial Intelligence is an upcoming and useful tool to identify early infections due to coronavirus and also helps in monitoring the condition of the infected patients. It can significantly improve treatment consistency and decision making by developing useful algorithms. New and old technologies need to be mustered without delay and put into action.



Cartoon

Journey of Corona

Kanaparthi Anvitha¹

¹Gandhi Medical college, Telangana



Best Country

Hong Kong, a Small Nation that can become a Global Inspiration

Ishika Mishra¹

¹Government Medical college, Madhya Pradesh

The National Health Systems serve as the first line of defense against the threat of a pandemic disease. Currently, when the whole world is dealing with the COVID-19 Pandemic, a small nation, Hong Kong has outshined itself and has emerged as an inspiration to the world on how to combat the contagion. Hong Kong has demonstrated to the world the critical importance of the HealthCare System that has helped it to overcome the COVID-19 pandemic.

According to the Healthcare Efficiency Index, Hong Kong's Healthcare System is regarded as one of the most efficient HealthCare Systems in the world. The country has well managed to suppress the local transmission of COVID-19 despite its close linkages with China (Epicenter of

the novel coronavirus). The victory of the Nation over the invisible enemy was only made possible due to its Universal and People-Centered well developed Healthcare System and Medication System. The transmissibility of COVID-19 has been effectively curbed in Hong Kong and the numbers of fresh cases that are being reported now are contained in single digits. The nation has been successful in controlling the transmissibility as well as the mortality due to COVID-19 by the timely implementation of the Public Health Measures.

The country took the route that WHO recommended and embarked on a rigorous programme of testing everyone with flu-like symptoms. People who tested positive were

quarantined in hospital, Meanwhile their contacts over the recent days were being traced and were instructed to self-isolate themselves. Strict controls were implemented over the borders and anyone who arrived from a country having COVID-19 cases had been quarantined for 14 days. On the other hand, Public awareness was also being created amongst the people of the nation, So that they tend to maintain Physical distancing and Personal Hygiene. The Real time Reproductive Number (Rt) which gives an up-to-date estimate about the transmissibility of the virus was reported to be 0.43 (Ref: University of Hong Kong) on April 13 which indicated a decrease in the transmission of the virus only due to the enforcement of the Public Health Interventions. The nation did also protect its Healthcare workers from the wrath of the pandemic by making enough face masks, and PPE kits available for them. The success story of Hong Kong lies in its timely enactment of

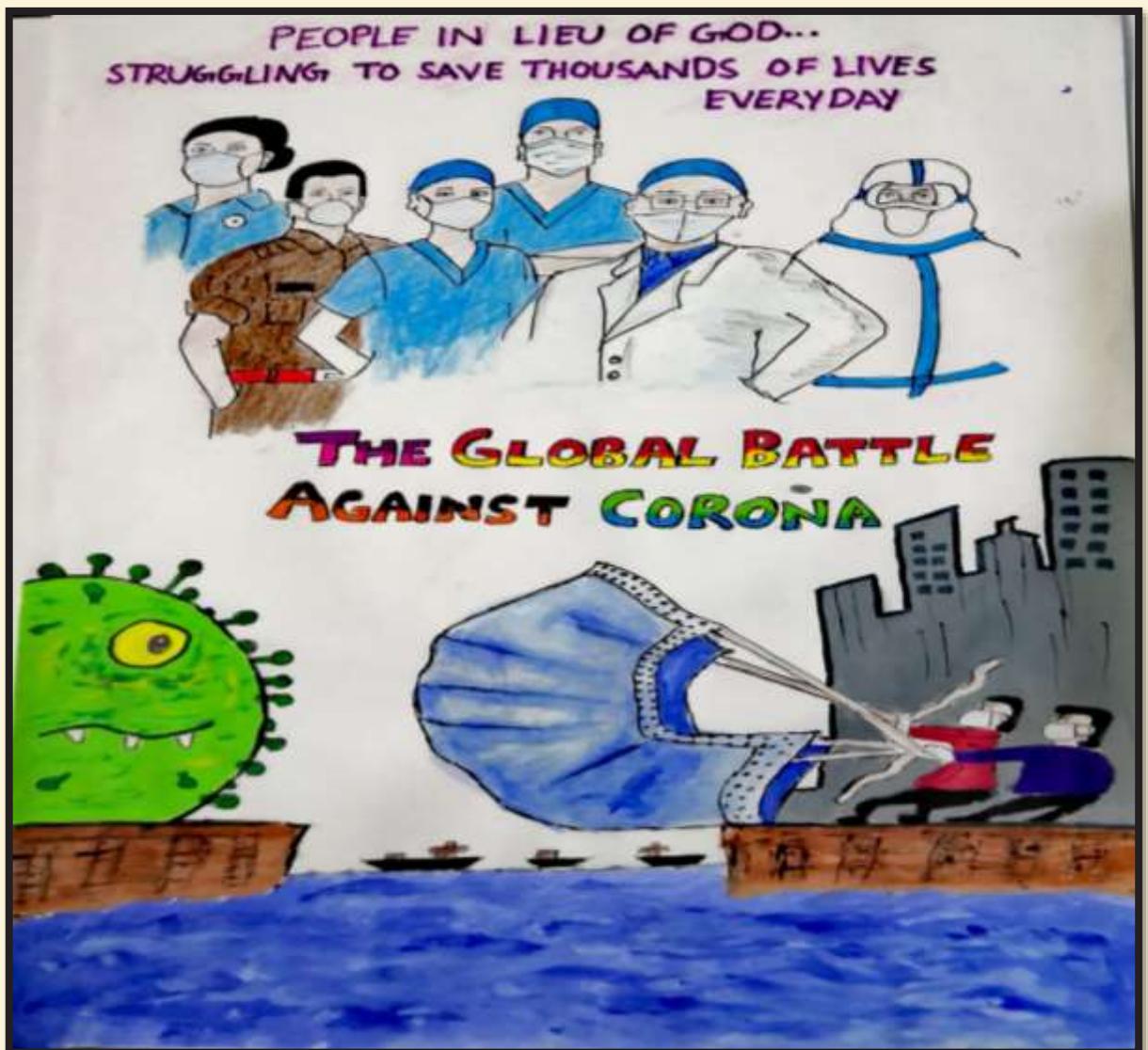
Public Health Measures along with sufficient resources aided by improved testing and hospital capacity to handle the novel coronavirus. Preventive Health Measures that have been consistently followed in the nation such as Hand Hygiene, wearing of face masks and PPE kits by the Hospital staff have made Hong Kong to overcome the Pandemic. Hong Kong's free

Universal Health care, the high number of doctors over the population, low mortality, and high life expectancy has greatly contributed to its fight against the ongoing COVID-19 Pandemic. The impact of Public Health interventions and the population's behavioral changes that have been rolled out in a resource sufficient setting led to substantially curb the transmissibility of COVID-19 in Hong Kong.

Hong Kong's exemplary Healthcare System teaches the world, the crucial importance of Preventive Health Measures to combat a Pandemic. An effective Public

Healthcare System which involves the implementation of Preventive Health Measures accompanied by the sufficiency of Resources is needed by a nation to overcome such Pandemics.

Public Healthcare is indeed an essential component of the Health System of a country that needs to be strengthened to prevent the outbreak of future Pandemics.



Best Country

COVID Story of the Health System of Taiwan

Saurabh Ramrao Dhakade¹

¹JIPMER, Karaikal, Puducherry

India's efforts to contain the COVID-19 are going on with strict lockdown, domestic manufacturing of PPE kits, etc. In this Global health crisis, global efforts need to be taken so that global response is firm in the form of exchange of knowledge (health), health equipments, funds, Patent pooling, more integrated research & development, along with some immediate and long-term measures for preventing this infectious diseases in future and therefore global recession.

Taiwan, the country located in East Asia with a population of around 2.38 crores (Ref: Ministry of Health and Family Welfare (MoHFW) Taiwan) shares a boundary in northwest with Peoples' Republic of China. Seventeen years back, it was hard hit by SARS virus and

subsequently by other infectious diseases, which disrupted its health infrastructure and hence the economy. Taking lessons from this pandemic it took large reformations in the health sectors such as increasing GDP expenditure on health to 5.9% & launching some national health programs like Long Term Care 2.0 programme in response to a aging society, therefore, creating comprehensive health care system and enabling them to provide care within 30 minutes to disabled persons, today due to which it has 442 confirmed cases, 7 deaths and 423 recovered cases taking active cases to only 12. It is quite overwhelming to see this data from the country which is in proximity to China that has the epicenter of this virus- Wuhan. This was due to the coordinated efforts taken by the government

of Taiwan and its people; it has successfully battled this COVID-19 fight till recently. When WHO was given confirmed information of the first COVID-19 case on the first of December 2019 by China, it started taking some measures like border quarantine measures, fever screening, health declarations, home quarantine (14 days) for passengers from nations listed under level 3 warning. On 2 Jan 2020 it activated the Central Epidemic Command Center (CECC) responsible for integrating resources from various ministries and investing fully in the containment of the epidemic.

Use of technology [Ref: The Hindu]

1. Electronic system for entry quarantine, which allows passengers with local mobile no to fill info using a mobile, after that health declaration will be sent as a message, which is connected to Community care support management system

(CCSMS), this allows government agencies to provide care service & medical assistance.

2. Travel history is stored on the National Health Insurance (NHI) card which allows physicians to give possible care and prevent community transmission

3. To monitor home quarantine people, the Government is working with the telecom sector to allow GPS tracking of their location, in case of violation of punishing them.

4. Increasing laboratory testing capacity, expanding the scope of surveillance & inspection, retesting people with higher risk who already tested negative (population aged above 64 yrs is >13.2%) are some other measures taken with the help of technology.

Broad term measures

1. Created a tiered system for testing, 50 regional hospitals, medical centers, 167 community hospitals/clinics

2. Banned the export of surgical mask, expanded domestic mass production

3. Launched the rationing system for mask purchasing at NHI-contracted pharmacies & local health agencies, allows people to order online & pick up masks at convenience stores.

As a responsible global citizen & its duties under International Health Regulation 2005 WHO, it is notifying WHO of confirmed COVID-19 cases. [Irony is that Taiwan is not the part of WHO due to some political conflicts], so that global health is not imperiled due to lack of communication & transparency which is shown by China damaging global health & economy. As a responsible global

citizen, in achieving Sustainable Development goal of 'No one should be left behind by 2030' it is collaborating with the international community through Taiwan International Health Action (TIHA) & Taiwan International Health Training centers (TIHTC) to share its strategy to diagnose & prevent COVID-19, research for drugs & vaccine against COVID-19.

Taiwan started its National Immunization programme (NIP) in 1954, which has decreased the burden of other communicable diseases, Also in past it has achieved some milestones in public health like eradicating malaria (1965) and polio (2005) under the efforts of Taiwan government, its people & communicable disease prevention and control (CDPC) agency. [Ref: (MoHFW) Taiwan]

Art Work

The Warriors

Akheel Ahammed¹

¹AIIMS, Mangalagiri, Andhra Pradesh



Best State

Efficient Management of COVID-19: A Guidance from Kerala

Sheheem¹

¹AIIMS, Mangalagiri, Andhra Pradesh

“Nature called a break for the busy buzzing lives around us for it to heal from the misery the living population has created.”

At last everything is

K A R M A...

Till now from the day when Wuhan Village came up with a unrecognized word COVID-19, everyone is in a dilemma of what happened all of a sudden. Everywhere there is nothing more to hear than huge numbers of death, plots of sufferings, news of diseases, worldwide pandemic, economic crisis and more yet to come. And humankind has stumbled in their faith, spirit, beliefs on gods of various kinds. At the end of the day everyone is inside the home for their safety, doing their best to keep themselves healthy and being

socially connected through all the media. Like every corner of the modern world is taking measures and checking the contagious threat, I would like to share the efforts of one of the South Indian coastal states of Kerala. It was already renowned for the best example of disease management shown by the handling of the deadly Nipah virus in 2018. This time also they have put forward a great model for the rest of the world, controlling the mortality rate and disease spread with their immense experience of controlling a potential disaster.

When China, the world's largest population came up with increasing death tolls due to COVID-19, the rest of the world also started reporting positive cases. India confirmed its first case in Kerala. The government of Kerala realized the lethal risk and

started their action plans on the same day dated 30 January 2020. With efficient leadership and apt decisions from a civil servant named PB Nooh and a team, they settled on the WHO recommended plan of contact tracing, isolation and surveillance. Even though there were many hiccups in between they managed to identify the index case and the subsequent cases from the family who arrived from Italy. This led to the launch of 'Break The Chain' campaign with the immense support from Kerala's Health Minister, K K Shailaja and the state government on March 15. This was targeted towards sensitizing the public for preventing a second wave of infections by emphasizing on personal hygiene. The people of Kerala also came out with great support of the campaign through social media. The government beefed up the availability of face masks and hand sanitizers. Under the 'Break the Chain campaign' the government installed facilities

for hand washing in public places. Kerala's health care system which is ranked the best in India including life expectancy, has added up to their hope for better outcome. The awareness among the people made them more cautious and responsible towards the safety of the population.

Anticipating the danger ahead, the Kerala government declared a high alert by closing all educational institutions and urged people to refrain from public gatherings on March 10. The disease outbreak started coming up in other parts of the country and the central ahead, the on 23rd March and in between they followed up with the nationwide lockdown. The lockdown was implemented with very strict regulations as the state came up with 100+ confirmed cases and one death. Even prior to these lockdowns, the Kerala government had instructed the patients to be in home quarantine, including for those who arrived from COVID-19 affected countries. Isolation wards with 40 beds were set up and a helpline named 'Disha' was

activated for queries and follow up. Government took strong initiatives towards awareness and instructions for people about how to tackle with the lockdown in home, utilising the time usefully, maintaining good health and other psychosocial support.

The lockdown was regulated very efficiently with the help of police forces and public health workers. They also took aid of modern technology such as Drones for monitoring the peoples and also many youngsters came up with creative designs. Government restricted public transport and travelling after 7 PM. The grocery shops and other basic amenities were opened with time regulations. People welcomed the regulations and tried to follow them seriously. Every government office and other institutions were ordered to have hand sanitizers compulsorily. There were many difficulties in enforcing the laws implemented through lockdown. Law breakers were handled

seriously by the police strengthening its effect. Government ensured social welfare by giving importance to the vulnerable sections by providing community kitchens to feed the public, delivering mid-day meals to homes of children, providing free ration kits through ration shops and even moved up the date of state pension payments as the supply of goods to the state was disturbed, price inflation occurred which was tackled by fixing maximum selling price. The economic crisis shook the government but the substantial contributions from the people eased a little. When the cases appeared to be efficiently controlled, the government initiated plans to send the migrant workers back to their home states after getting permission from central government and railway authority. They were provided with food, water and other necessities and departed warmly maintaining the social distancing and other precautions.

Subsequently, through all these days the Chief Minister Pinarayi Vijayan

came for press meet every evening to declare the current test results, decisions and other incidents which helped in building trust of the people. Along with this, the government planned to allow foreign Keralites from middle east countries and other states to travel home giving priority to pregnant women, elderly people and others requiring urgent medical treatment. All the arriving people were checked for symptoms, tested for the disease and ordered to stay in quarantine provided by the government for 14 days. Those with diseases were admitted immediately and provided with required medical care. The government was already prepared with the action plans for a third wave and equipped with necessary medical facilities. As of the 26 May, there are 963 confirmed cases with 542 recoveries and six deaths with the least mortality rate in the country. The decisive measures taken by the state government as mentioned and the health

department with the immense support from the people shows a phenomenal example for the whole world on the efficient management of a pandemic. These appreciable strategies and decisions are those which took Kerala with highest number of cases at one point to one with flat infection curve and one with highest recovery rates!!!

So this Kerala model shows the systematic approach towards handling a pandemic and maintenance of social welfare in the best possible way. This offers many lessons to the centre and other states. What makes the state's response truly distinct is the government's leadership and strong primary health care facilities. We all should learn from these examples and fight forwards against the threat against the human kind and for the better future of world.

References

1. https://en.wikipedia.org/wiki/COVID-19_pandemic_in_Kerala
2. <https://www.technologyreview.com/2020/04/13/999313/Kerala-fight-COVID-19-india-coronavirus/amp/>

Art Work

Light the Candle of Unity! Burn the Darkness of Corona

Shubham Panwar¹

¹AIIMS, Mangalagiri, Andhra Pradesh



Best State

Uttar Pradesh - a Potent Combatant in COVID-19 Pandemic

Akshat Srivatsava¹

¹AIIMS, Rae Bareli, Uttar Pradesh

If we go back a few months in time and analyze the ongoing life, it was hard to predict that a tiny virus was going to halt the entire world. Today, May 21 2020, statistical analysis provides data about 5,131,899 active cases and 331,110 deaths across the globe and about 112,359 infected and 3,435 dead people across India (source- Aarogya Setu app). This pandemic has successfully paused the daily hustle and bustle and made the entire world to stand united against this wrath of nature. Every country, every state is working on their heels to protect their people from the SARS-CoV-2 virus. But one state that has proved itself as Napoleon of the war is Uttar Pradesh (UP).

The COVID-19 pandemic was first confirmed in the Indian state of Uttar Pradesh on 5th March 2020, with the first positive case in Ghaziabad. Mortality rate in

the state is 2.5%. Till now there are 19 districts as RED ZONES, 36 districts as ORANGE ZONES and 20 districts as GREEN ZONE. Being the second largest state in size and most populated state in India, above data is far from disastrous as compared to states like Maharashtra, Tamil Nadu, Bihar and Gujarat etc. Maharashtra alone accounts for 35% of total cases of COVID-19 in India. In Uttar Pradesh about 45,300 people have recovered from COVID-19, which is a decent recovery rate at par with that of entire nations. In the month of March the number of cases was very low and the situation was fairly under control, but after the upsurge of COVID-19 cases in the nation due to people of Tablighi Jamaat, the number of COVID cases started to increase in UP too. But due to strict and complete lockdown, barred interstate transportation,

impeccable efforts of the medical fraternity, closure of public and religious places, COVID-19 cases were stopped from growing exponentially. City of Agra came out as the potent hotspot for COVID cases but regular testing and cooperation of people helped in controlling the outbreak to an extent. Districts of Budaun and Lalitpur have zero cases till now and 21 cities including Ayodhya, Azamgarh, Etawah, Hamirpur, Sonbhadra cities have less than 10 COVID-19 active cases.

As per the data from The Tribune newspaper, around 5 lakh migrants have already returned to UP since the lockdown with loss of their livelihoods. Another 10 lakh migrant workers are to be brought back to the state very soon. These workers are tested for Coronavirus infection before sending them to 14 days of quarantine. The state government has decided to provide a set amount in the bank accounts of labourers so that their families do not suffer from the side effects of COVID-19; 35 lakh labourers in the state will get Rs 1,000 each as

financial aid. Chief Minister Yogi Adityanath has set up a committee to work on a detailed plan to employ the returning migrant in the state. The mandate of the committee is to provide migrants with employment opportunities at the local level that will strengthen the rural economy. The state's ambitious program named One District One Product aims at supporting the Prime Minister's plan for expanding the business of local products and branding the indigenous goods. Employment will also be provided on the basis of Mahatma Gandhi National Rural Employment Scheme (MGNREGA). Efforts are continuously made to expand the micro, small and medium enterprises, rural development, Panchayati Raj and skill development. In Uttar Pradesh, around 1.95 crore ration card holders have been provided with food grains and around 527 community kitchens have been established which have delivered more than 1.37 lakh food packets till now to the needy. Close to 71 lakh Antyodaya scheme beneficiaries are there. Till now, 1,91,164 samples

have been tested (equivalent to 850 samples tested per million population) in UP under 22 government COVID-19 testing laboratories including KGMC Lucknow, IMSBHU Varanasi etc and 4 private COVID-19 testing labs are there in the cities of Lucknow, Noida, Greater Noida and Ghaziabad. The state has prepared 820 isolation beds at several hospitals and put seven medical colleges on alert. State has also denied supply of substandard PPEs to doctors and has provided comfortable and potent protective equipment. HCL pvt. Ltd. has provided 1 lakh PPE kits to UP and has promised for 1 lakh more.

Impact of lockdown was so fascinating that Himalayan range became visible from Saharanpur due to less pollution. Educational Institutes are also working hard everyday to keep providing education to students via online classes, powerpoint presentations, recorded lectures etc., so that their studies do not lag and suffer due to lockdown. Though people are trying to end this

horrific situation as soon as possible and provide relief to the citizens, few people have proved their nuisance by stone pelting and committing violence against healthcare workers, policemen, reporters etc. To resort against the violence, the Chief Minister said that perpetrators would be charged under the National Security Act, Epidemic Act and the Disaster Management Act. It is proposed that a fine upto Rs 5 lakhs and seven years of jail could be implemented as punishment. UP police have lodged 20,453 FIRs against 62,811 people under section 188 of Indian Penal Code [Epidemic Disease Act]

Sadly this coronavirus pandemic has rendered several people devoid of family, loss of jobs and lockdown has affected the economy of the country as well. Mental health of people in lockdown has been severe too. A large number of people do not have enough food to eat, a good place to quarantine themselves or a mask to wear to protect themselves. Everyday people are losing either something or



Figure 1: Bringing back the migrant workers via bus services. SOURCE- The Tribune



Figure 2: Distribution of food packages at Noida. SOURCE-India Today

somebody. In this condition the selfless and obliging efforts by every state and our PM are worth appreciable. This is the time for us to stand united against this pandemic and stay safe for ourselves and our loved ones. Stay at home, follow the guidelines and help the nation to heal. For some people the recovery will be rocky while for others it will bring several opportunities to grow. Have faith, this time too shall pass

References

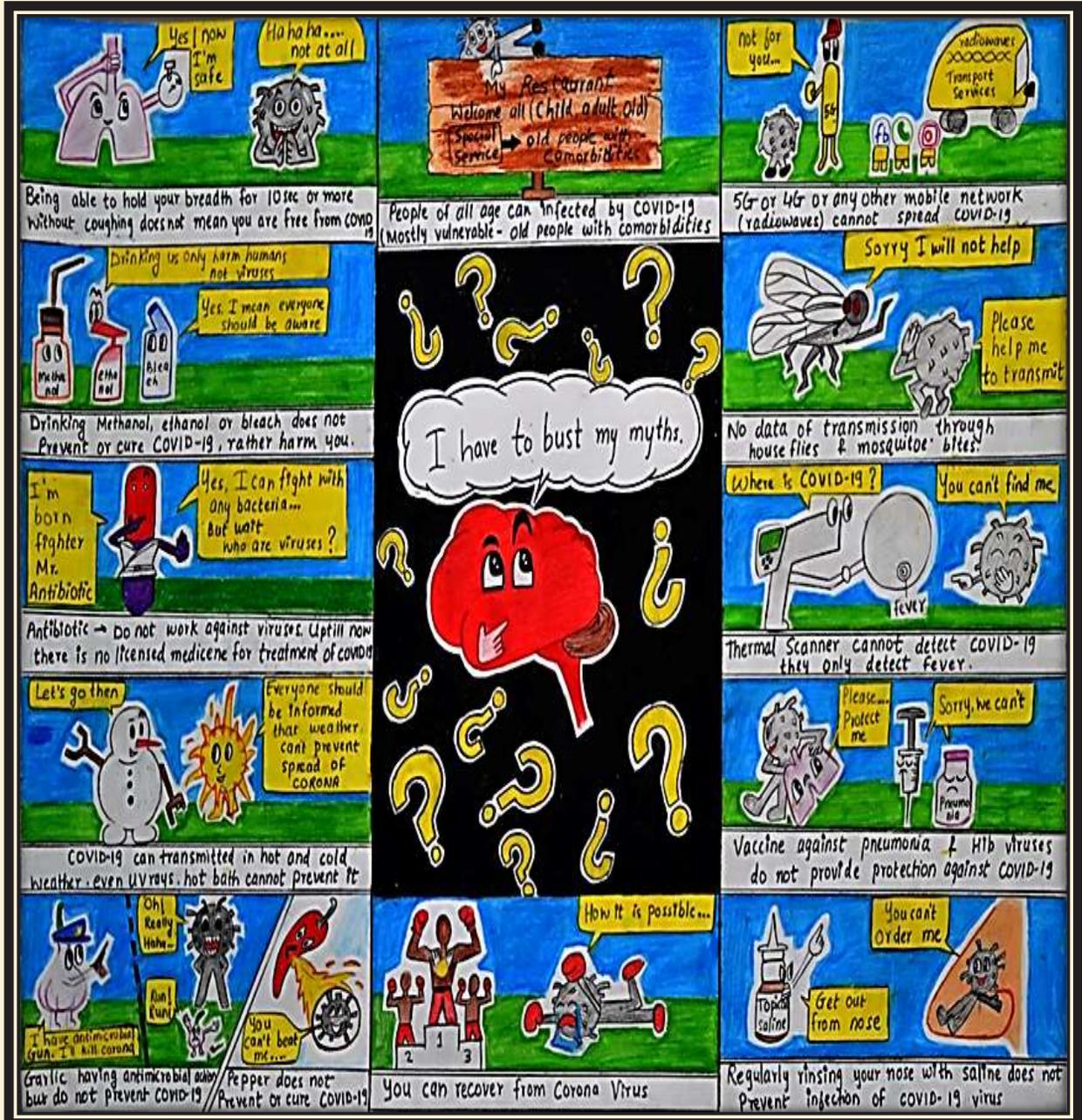
1. https://en.wikipedia.org/wiki/COVID-19_pandemic_in_Uttar_Pradesh
2. "Home | Ministry of Health and Family Welfare | GOI". mohfw.gov.in.
3. "Yogi Government to Amend Epidemic Act to Ensure Strict Punishments for Attack on CoronaWarriors". in.news.yahoo.com
4. Any worker or labourer of UP who is stranded in another state due to lockdown, can use his/her ration card number & avail its benefits there. Those who do not have a ration card, then under State Disaster Response Fund (SDRF), food packets are being provided: CM Yogi Adityanath pic.twitter.com/BPkujua70Y". @ANINewsUP.
5. "Uttar Pradesh CM Yogi Adityanath transfers Rs 225.39 Crores to Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) beneficiaries through direct bank transfer". pic.twitter.com/AD614DLcoQ". @ANINewsUP. Retrieved 12 May 2020.
6. "Chief Minister Yogi Adityanath has instructed for providing Rs 1000 to migrant workers who have been asked to remain in home quarantine after their return from other states: Additional Chief Secretary (Home) Awanish Awasthi". <https://twitter.com/ANINewsUP/status/1260876541535195136>
7. <https://www.tribuneindia.com/news/nation/up-government-to-bring-back-migrant-labourers-from-kota-75615>
8. <https://m.economictimes.com/news/politics-and-nation/COVID-19-up-distributes-foodgrains-to-1-95-crore-ration-card-holders-sets-up-527-community-kitchens/articleshow/74867725.cms>

Bust Myths

I Have to Bust My Myths

Mohit Laxmandas Lulla¹

¹Ashwini Rural Medical College and Research Centre
Maharashtra



Bust Myths

Ritualistic Practices to Contain Corona – A Boon or A Bane?

B. S. Navya¹

¹ESIC Medical College and Research Centre, Telangana

Many a times the question has been raised that what are the changes that this world has seen since ancient world to the present day modern world. India being rich in culture, customs and spiritual beliefs I strongly believe that one has to look back to the habits and beliefs of our ancient people in the present situation to fight against corona. In a present day world with so much advancement in science & technology where the human being has advanced so much that he is planning to step on to Mars, it is difficult to digest in accepting blindly the socio cultural habits and beliefs of the people who are still following and practicing. With this introductory note I would like to put forward my views & experiences in connection to fight against corona by the group of people living in

the remote areas of Andhra Pradesh. To my scrutiny, I have seen people following these spiritual practices and rituals with the belief of containing this coronavirus. There is a story revolving round in some parts of rayalaseema even now saying that there is a lady by name “MUSALAMMA” who is a resident of a remote village in rural parts of Andhra Pradesh who has sacrificed her life to overcome the problems faced by the village and saved the village long back from the evil eyes leaving their two children to become destitute will also help these people in fighting against corona. So in the luminare of MUSALAMMA, people of my area are performing many rituals and practicing many myths like writing with turmeric on the walls with lines like

“REPU-RAA”(come tomorrow), placing thorns at the entry and exit roads, performing puja to NEEM TREE, not consuming meat, applying turmeric dipped threads as armlets by the ladies, eating neem leaves, drinking of kashayam made of ingredients like ginger, turmeric, garlic, black pepper etc. sprinkling with turmeric mixed and neem leaves water in and around the house, sprinkling cow dung water in front of the house, going in groups to offer prayers to that MUSALAMMA to stop the entry of this corona into their village. All this made me think twice looking at these ritual practices these people are performing including my household members.

Are these ritual practices and the beliefs these people are following are really going to help in stop spreading the corona? Or is it just a blind method to follow the ancient people's beliefs and practices? Will all these things really contain this disease? As the government of INDIA and the world itself has said and accepted

that the culture, customs, traditional practices and the eating habits that the people in India follow will help in controlling the spread of disease and also helps in boosting the immunity of individual to fight against corona after discussing with experts of AAYUSH and many other scientific personnel's. So with all this even I had to compromise and force myself to practice these things. I being a medico in this present situation of do or die I have no other choice. However there are some pseudoscientific things that happened during this pandemic which I feel it is very important for me to bring out some of these points to your attention. Along with the other pseudoscientific things the world itself has visited one more thing that has taken place specially in our country in the month of March 2020 on 22nd evening at around 5 PM where the entire country stood up with our prime minister to clap for five minutes as a sign of gratitude towards covid-warriors (Frontline workers) which made

me break into tears out of emotion but that did not last long as the next day I saw in TV, group of people coming on to the roads in hundreds and clapping thalis and drums together which itself will again cause the spread of virus. One more incident that took place on 5th April 2020 night at around 9 pm was, people are asked to light the Candles, Dias, Torch lights standing in balconies, but out of curiosity some people lit the fire like a Holi celebration which even led to fire accidents in some places and few did firecrackers like Diwali and raising slogans like **GO CORONA GO** which again indulged in group gatherings. The flaws in this incident is that even some of the leaders are involved in this activity with group gatherings. Some other incidents like drinking of sanitizers near my house and my neighbours woke us early in the morning around 3 AM saying that a baby was born to a cow and has spoken saying that who all are sleeping now will be killed.

These are all some of the pseudoscientific things that were

followed blindly even though few criticized.

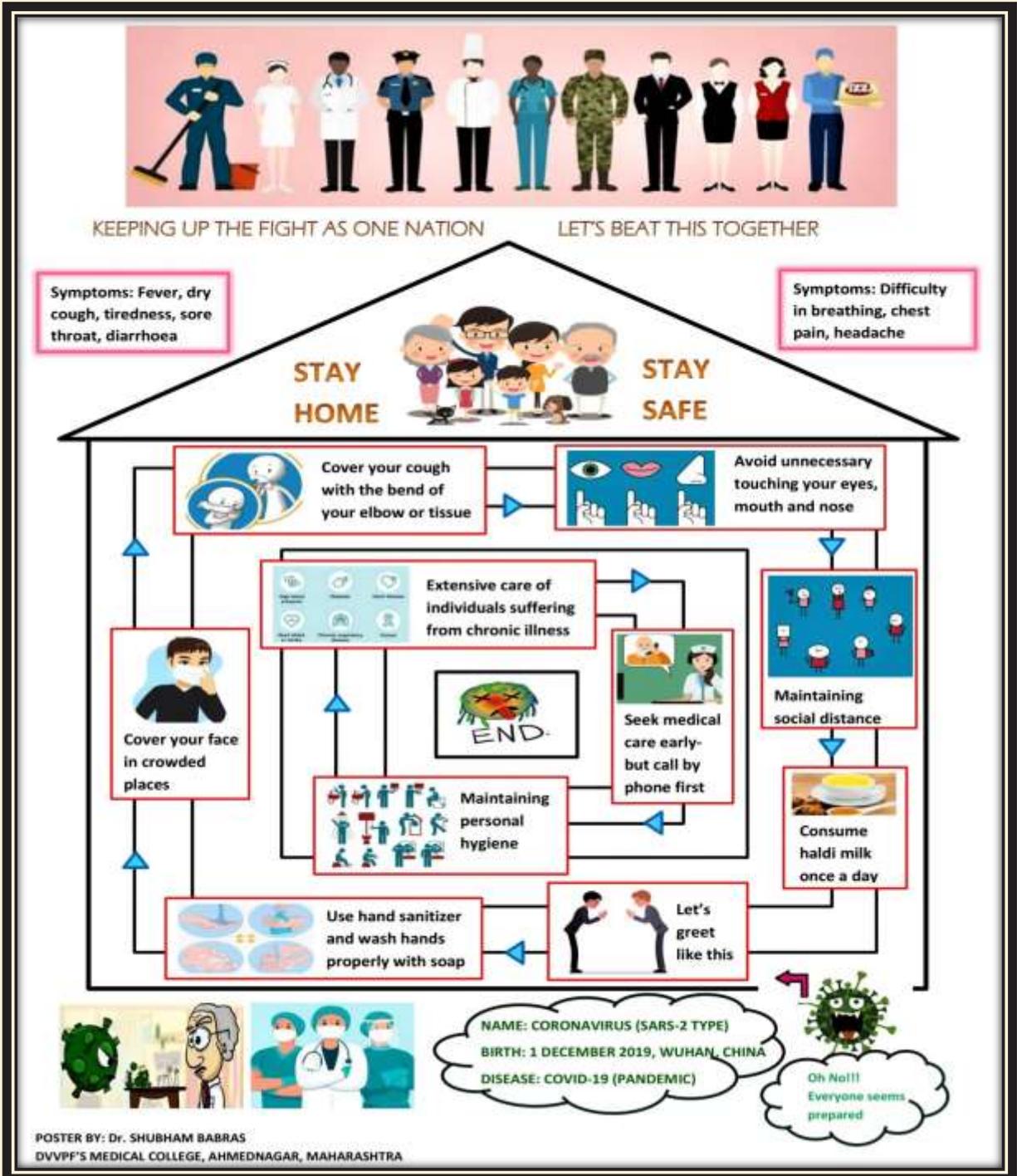
However I strongly believe that it is very much necessary for us to educate people regarding the myths and facts and it's the high time to bust these myths. Because the ritual practices that these people are following is good to some extent like consuming kashayam, using turmeric and other spices and condiments boost immunity will help, but offering prayers in groups and gathering in groups in the name of ritual and sacrificing some one's life just by listening to some priest words will definitely won't help in stop spreading the virus. So, one has to educate and create awareness regarding this. As these issues are very sensitive and age old practices it is very difficult for anyone to ask them to stop doing all this. So very cautiously one has to tackle these things by introducing the same thing in the medical curriculum as a separate entity to deal with pandemics like this when all the other routes of treatment fail in combating the virus.

Miscellaneous

Algorithm

Subham Babras¹

¹DVVPF's Medical College, Maharashtra



Activity

Social Media Post - A Door to Health Awareness in Mainstream Media

Deepak Kushalrao Mundhe¹

¹Seth GS Medical college and KEM Hospital, Maharashtra

I am a final year Community Medicine resident at KEM Hospital Mumbai. As the name of my specialization suggests, one of my jobs is to reach out to the community and contribute to awareness. Since all the traditional ways of communicating had to be stopped due to the current pandemic, I thoughtfully chose a platform accessible by everyone and where the public is easily available - yes - social media! Due to the lockdown, most of us were spending a lot of time on this platform.

I wrote about my experiences in my regional language (Marathi) while working during the COVID-19 pandemic on 23rd April as a post on Facebook. Right from the basics of information on coronavirus, difficulties of health care

providers while working in PPE kits, people's apathy towards preventive measures, violence towards healthcare professionals to the diminishing bond of trust and communication between doctor, patient, and the society. The article got 2300+ likes 1200+ comments & 850+ shares and became quite viral over social media, and was eventually published in almost all editions of newspapers in Maharashtra.

Subsequently, I received thousands of calls and text messages conveying how important it was to get to know what frontline health workers are facing, as not many such articles or information had reached the general public yet. Many have translated the original Marathi version of my article to English and Hindi and that has been shared around the globe.

Following this, I got many calls from NGOs for helping us by donating PPE kits, snacks, meals, and so on.

I was called for a live program on DD Sahyadri National on 3rd May. Through this, I was able to create awareness around Maharashtra, particularly the rural areas. It was followed by several other news channels and newspapers airing my interviews and quoting my video bytes which could help a great deal in creating awareness.

It gave me immense pleasure that during my days as a postgraduate student of Community Medicine in one of the most prestigious institutes of the country, I was able to do my bit by going beyond the routine COVID Screening OPD, ward duties and other work assigned by the department and institute to me.

Considering social media as the most powerful and easily available option in the hands of every Indian citizen, rumors and fake news also easily spread among the users. To combat this

and to provide true, genuine, scientific details and experiences of resident doctors, we have started KEM Hospital's social media handles which are continuously working for social awareness.



Infographic in Marathi titled 'कोरोना झुटी... कोरोना वॉर्डमधून डॉ. दीपक मुंदे!' (Corona Trick... Corona Ward from Dr. Deepak Munde!). It provides information about COVID-19 screening, PPE kits, and contact details for Dr. Deepak Munde at KEM Hospital, including a phone number and a website link.

Bust Myths

Corona Virus Myth Busters

Mohd Burhanuddin¹

¹Bhaskar Medical College, Telangana

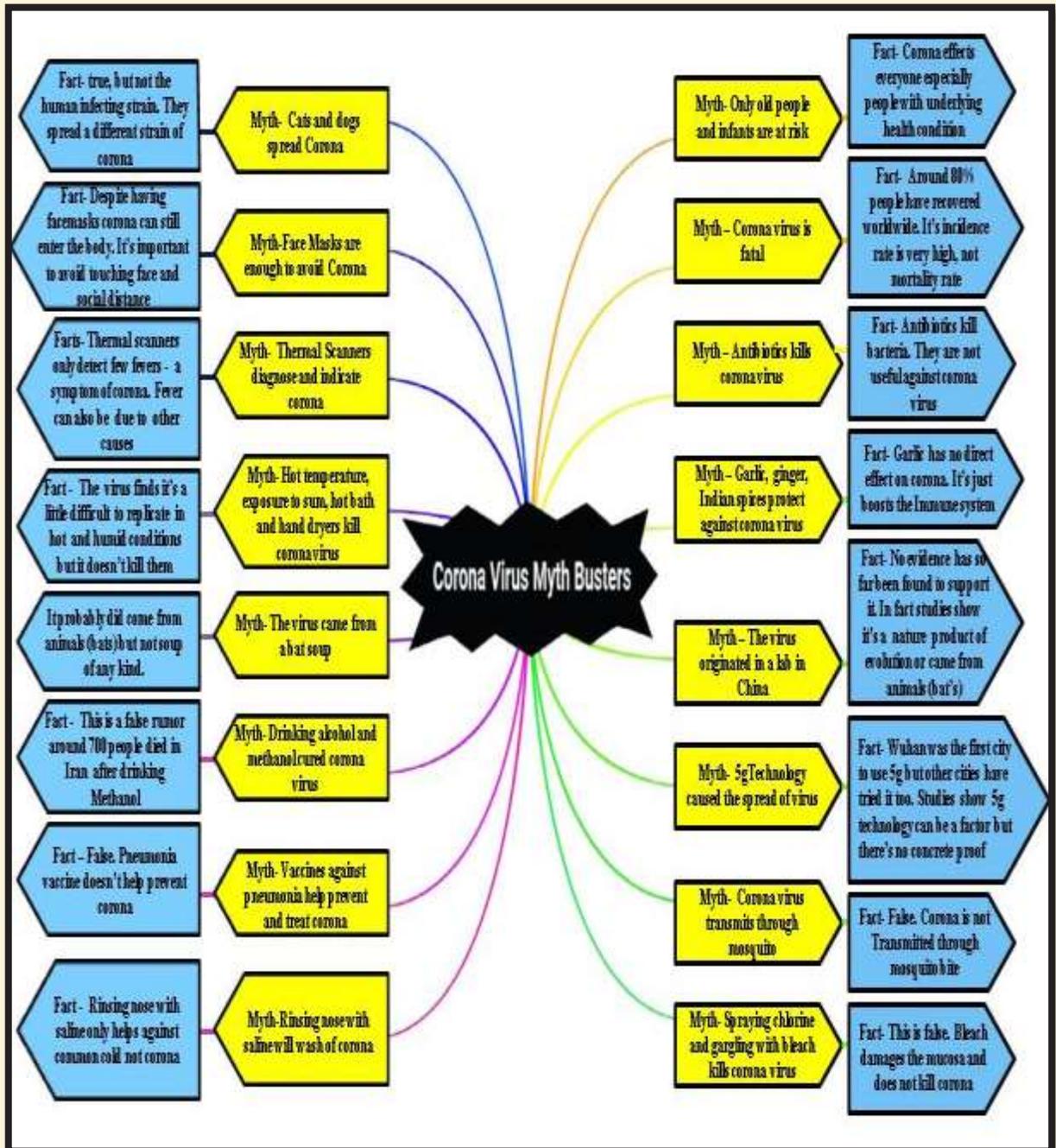


Image Acknowledgment

Contributor	Page
Muskan <i>AIIMS, Bathinda.</i>	6
B S Navya <i>ESIC Medical College, Telangana</i>	21
Nidhi <i>AIIMS, Bathinda.</i>	24
S.Jyothi Priya <i>Government Medical College Mahaboobnagar, Telangana</i>	31
S. Keerthi <i>Andhra medical college, Vizag, Andhra Pradesh</i>	36
Voleti venkata Rajitha <i>Gitam institute of medical sciences and research</i>	41
Vatsala Upadhyay <i>Government medical college, Dungarpur</i>	43
K.Manasa <i>Great Eastern Medical School and hospital</i>	50
V. Lahari <i>Kamineni Institute of Medical Sciences, Telangana</i>	56
S. Keerthi <i>Andhra medical college, Vizag, Andhra Pradesh</i>	60



Advisors



Dr. T.S Ravikumar
President, AIIMS, Mangalagiri



Dr. Mukesh Tripathi
Director, AIIMS, Mangalagiri



Dr. Joy A Ghoshal
Dean, AIIMS, Mangalagiri



Mr. Shramdeep Sinha
DDA, AIIMS, Mangalagiri

Editors



Dr. Rakesh Kakkar,
Professor and Head
Dept. of CFM
AIIMS, Mangalagiri



Dr. Rajeev Aravindakshan
Addl. Prof
Dept. of CFM
AIIMS, Mangalagiri



Dr. Dhruvajyoti Debnath,
Assoc. Prof
Dept. of CFM
AIIMS, Mangalagiri



Dr. S. Sathiyarayanan,
Asst. Prof
Dept. of CFM
AIIMS, Mangalagiri



Dr. Arti Gupta
Asst. Prof
Dept. of CFM
AIIMS, Mangalagiri



Dr. Limalemla Jamir
Asst. Prof
Dept. of CFM
AIIMS, Mangalagiri



Dr. Desham Chelimela
Senior Resident
Dept. of CFM
AIIMS, Mangalagiri



Dr. Raga Deepthi
Senior Resident
Dept. of CFM
AIIMS, Mangalagiri



Dr. Vinoth Kumar Kalidoss
Tutor
Dept. of CFM
AIIMS, Mangalagiri



Dr. Navya Krishna Naidu
Tutor
Dept. of CFM
AIIMS, Mangalagiri



Mr. Venkateswara Rao
DEO
Dept. of CFM
AIIMS, Mangalagiri

World Patient Safety Day Edition of e- Magazine

**WHO -Theme for this year:
"Health Worker Safety- A Priority For Patient Safety"
Slogan: "Safe health worker, Safe patients"
Call for action: "Speak up for health worker safety"**

Who can participate?
All Health Care Professionals can participate

INNOVATE
EDUCATE
CREATE AWARENESS
GENERATE CONFIDENCE
PARTICIPATE!!

- One entry per category is allowed
- Selected entries under each theme will be published

Cover page will be selected from art works

All India Institute of Medical Sciences (AIIMS), Mangalagiri invites you to take part and send your entries for the e-magazine, *first of its kind* in India on Patient Safety

What can you do?

Put on your thinking cap....let your imagination take flight...help weave a tapestry of..

1. POETRY
2. ART WORK
3. CARTOON
4. STORY
5. BEST PRACTICES (noticed by you at your/ any other hospital/institute)
6. BEST ACTIVITY (done by you)
7. Miscellaneous other ideas

**Publication Date
Sept 17, 2020**

E-mail with your

- Name
- Designation
- Institute
- Theme number

Send only through e-mails (electronic)

**Last Date
Sept 1, 2020**

**Editorial team
emagazineaiism@gmail.com**

- Text entries should be limited to 1000 words in Arial font (12) and mailed in word document (.docx format) – References must wherever necessary
- Cartoons/Art work should be drawn manually, taken a photograph and mailed in .png format
- Incomplete entries/multiple entries under same theme/ plagiarized works will be rejected
- Copyrights of all submissions will be reserved with AIIMS, Mangalagiri. The material may be used for various health promotion activities in India with due credit to the participants