



UNNAT BHARAT ABHIYAN



An Online Webinar Report on

Post COVID Wellness and Emerging Health Challenges

July 04, 2021 (Sunday)



Organized by
Regional Coordinating Institute (RCI)
Unnat Bharat Abhiyan (UBA)
INDIAN INSTITUTE OF TECHNOLOGY ROORKEE

INTRODUCTION

An Online Webinar entitled “**Post COVID Wellness and Emerging Health Challenges**” was organized by the Regional Coordinating Institute (RCI), Unnat Bharat Abhiyan (UBA), Indian Institute of Technology Roorkee, on July 04, 2021 (Sunday) through virtual platform WebEx.

UBA Participating Institutions (PIs) coordinators from Uttarakhand, West Uttar Pradesh, and other regions, IIT Roorkee faculty members, students, Gram Pradhan's farmers of adopted villages attended this program. The webinar schedule is enclosed as Annexure – I.

INAUGURAL SESSION



Prof. Ashish Pandey, Coordinator, RCI - UBA, IIT Roorkee, welcomed the dignitaries and all the participants. He commenced the webinar that featured the keynote speakers, i.e., Dr. Santosh Kumar, Associate Professor of Community and Family Medicine, Nodal Officer COVID-19 Community Task Force, AIIMS Rishikesh. He is a renowned Family physician, practicing in community for last 10 year. Contributed his primary care services in community to more than 20000 patients till now. He is conducting wellness programs for college students and youth and is also known as a youth motivator. He was conferred several awards i.e. “Award of excellence” by National Integrated forum of artist and activist (NIFA) for “counseling and motivational activities for Youth of Nation”, “TEACHER OF THE YEAR AWARD” by Government of Uttarakhand, “BEST TEACHER AWARD” By Director AIIMS Rishikesh, “HIM RATN” By Hon’ble Governor Uttarakhand for best social and outreach services, “SEWA RATN” by Government of Uttarakhand for Outreach primary care services, Universal Human Right and social development associations for “outstanding services in community & society”, “Shashwat Ratn” award by community leader for best community services by community of Uttarakhand & “Ambedkar Ratn” for Excellence in medical services for community and youth etc.

The main aim of the webinar is to provide authentic information regarding POST COVID-19 to the participatance, so as they can be benefited.

Prof. M. K. Barua, Dean of Students Welfare, IIT Roorkee, welcomed the keynote speaker Dr. Santosh Kumar. He said that there are several issues related to mental health in the people after COVID-19. Due to the pandemic, the students are under pressure and getting illnesses like anxiety, hypertension, etc. They are locked in the house during the pandemic and have no option to be safe and healthy. They are worried about what will happen in the future i.e., jobs, higher study etc. He appreciated that UBA regional team chosen this vital & appropriate topic for the participants. It will help to take care of mental health after post COVID.



Dr. Santosh Kumar, Associate Professor of Community and Family Medicine, Nodal Officer COVID-19 Community Task Force, AIIMS Rishikesh. Dr. Santosh is well-informed about the Post COVID wellness, and we need to be careful about illness. The people who got the Covid positive in the recent past can be affected by the different diseases after recovery. He discussed the Post Covid Symptoms /syndromes. How to get rid of these severe diseases and recognize the symptoms like Neurologic (Headache, Dizziness), Renal (Acute Kidney injury, Proteinuria, Hematuria), Hepatic, Gastrointestinal, Cardiac, Endocrine, and Dermatological, etc.

Dr. Santosh advised to do yoga, exercise to avoid anxiety, hypertension, heart disease, blood sugar & blood pressure, etc. Further, he introduced a new theory of Well-being PERMA i.e., positive emotions, engagements, positive relationships, meaning, and accomplishment.

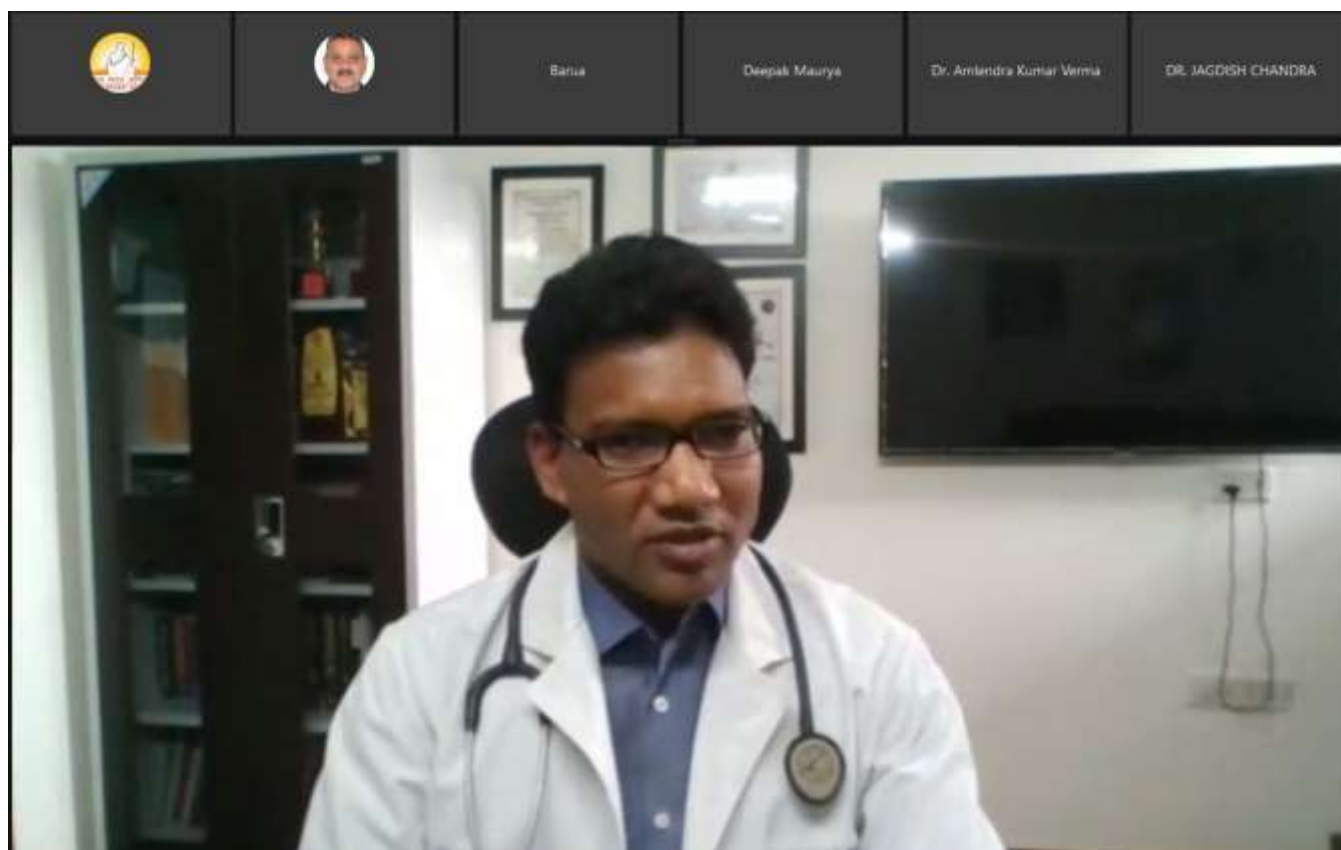
Dr. Santosh is aware that the third wave of COVID can come back again, so we need to prepare for this, and those who have not got the vaccination do the same at the earliest. Dr. Santosh humbly requested all to kindly share your problems, issues, diseases symptoms with the doctors.

"Happiness is present-oriented, rooted at the moment, why is it more focused on the past and future and how the link to the present, this finding suggests that you can focus on the present to increase your happiness."

During the interactive session, the participants raised a few questions, which were answered by Dr. Santosh Kumar.

In the end, Prof. Ashish Pandey, Coordinator, Regional Coordinating Institute, Unnat Bharat Abhiyan, IIT Roorkee, proposed a formal vote of thanks to keynote speaker Dr. Santosh Kumar (AIIMS-Rishikesh), Prof. M. K. Barua, Dean of Students Welfare - IIT Roorkee, participants, UBA team, and Media Cell of IIT Roorkee.

Photographs of Live Session





UNNAT BHARAT ABHIYAN
REGIONAL COORDINATING INSTITUTE
INDIAN INSTITUTE OF TECHNOLOGY ROORKEE



Online Webinar
on

“Post COVID Wellness and Emerging Health Challenges”




July 04, 2021; 16:00 hrs. (on WebEx)

Program Schedule

16:00 – 16:05	About the workshop	Prof. Ashish Pandey Coordinator, RCI-UBA, IIT Roorkee
16:05 – 16:15	Address by	Prof. M. K. Barua Dean of Students Welfare, IIT Roorkee
16:15 – 17:45	Discussion on “Community Samvad for Covid – 19 Pandemic”	Dr. Santosh Kumar, Associate Professor of Community and Family Medicine, Nodal Officer COVID-19 Community Task Force, AIIMS Rishikesh
17:45 – 18:00	Open Discussion with the participants	






Webinar Links:

- <https://twitter.com/iitroorkee/status/1411335363541356553>
- <https://www.facebook.com/IITRoorkee.ICC/posts/1717102755139318>
- <https://www.instagram.com/p/CQ3ngOE6zg/>
- <https://iitroorkee.tumblr.com/post/655699611419312128/rci-uba-iitroorkee-invites-you-to-attend-a>
- <https://www.kooapp.com/koo/iitroorkee/e5fa7c85-21ec-4ea3-9348-56da3bb59683>
- YouTube page: <https://www.youtube.com/watch?v=3IVFdP7brZ0>




UNNAT BHARAT GRAM AAROGYA SERIES
Regional Coordinating Institute (RCI), Indian Institute of Technology Roorkee
in association with All India Institute of Medical Sciences (AIIMS) Rishikesh


Webinar on
“Post COVID Wellness and Emerging Health Challenges”




Date & Time: July 04, 2021; 4.00 PM



Dr. Santosh Kumar
Associate Professor of Community and Family Medicine
Nodal Officer COVID-19 Community Task Force
AIIMS Rishikesh



Prof. Ashish Pandey
Regional Coordinator, UBA
IIT Roorkee



Prof. Mukesh Kumar Barua
Dean of Students Welfare
IIT Roorkee

Please join the program through the WebEx link
Webinar Link: <https://iitroorkee.webex.com/join?MTID=m4f71c5dfcca5c80ee90ef9063d581aa>
Event Number: 158 907 2432 Password: UBIAITR
Live streaming on IIT Roorkee YouTube page: <https://www.youtube.com/watch?v=3IVFdP7brZ0>
