

Medi-Update

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PARUL SEVASHRAM HOSPITAL

PARUL INSTITUTE OF MEDICAL SCIENCES & RESEARCH

NOVEL CORONA VIRUS – COVID 19

Coronaviruses (CoV) belong to the genus Coronavirus in the Coronaviridae. All CoVs are pleomorphic RNA viruses characteristically containing crown-shape peplomers with 80-160 nM in size. With its high mutation rate, Coronaviruses are zoonotic pathogens that are present in humans and various animals with a wide range of clinical features from asymptomatic course to requirement of hospitalization; causing infections in respiratory, gastrointestinal, hepatic and neurologic systems. They were not considered as highly pathogenic for humans until they



have been seen with the severe acute respiratory syndrome (SARS) in the Guangdong state of China for the first time in 2002 and 2003. Before these outbreaks, there were the two most known types of CoV as CoV OC43 and CoV 229E that have mostly caused mild infections in people with an adequate immune system. Approximately ten years after SARS this time, another highly pathogenic CoV, Middle East Respiratory Syndrome Coronavirus (MERS-CoV) has emerged in the Middle East countries. In December 2019, 2019 novel Coronavirus (nCoV), which is another public health problem, has emerged in the Huanan Seafood Market, where livestock animals are also traded, in Wuhan State of Hubei Province in China and has been the focus of global attention due to a pneumonia epidemic of unknown cause. At first, an unknown pneumonia case was detected on December 12, 2019, and possible influenza and other coronaviruses were ruled out by laboratory testing. Chinese authorities announced on January 7, 2020 that a new type of Coronavirus (novel Coronavirus, nCoV) was isolated. This virus was named as 2019-nCoV by WHO on January 12 and COVID-19 on 11 February 2020. Where the first case originated, the infection were transmitted probably as zoonotic agent (from animal to human). The increase in the number of cases in Wuhan city and internationally after closing the market and evacuation of the cases in China has indicated a second transmission from human-to-human. New cases are identified, primarily in other Asian countries and in many countries such as the trans-oceanic USA and France.

Epidemiology

In December 2019, many pneumonia cases that were clustered in Wuhan city were reported and searches for the source have shown Huanan Seafood Market as the origin. The first case of the COVID-19 epidemic was discovered with unexplained pneumonia on December 12, 2019, and 27 viral pneumonia cases with seven being severe, were officially announced on December 31, 2019. Etiologic investigations have been performed in patients who arrived to the hospital due to similar viral medical histories of these patients has strengthened the likelihood of an infection transmitted from animals to humans. On January 22, 2020, novel CoV has been declared to be originated from wild bats and belonged to Group 2 of beta-coronavirus that contains Severe Acute Respiratory Syndrome Associated Coronavirus (SARS-CoV). Although COVID-19 and SARS-CoV belong to the same beta coronavirus subgroup, similarity at genome level is only 70%, and the novel group has been found to show genetic differences from SARS-CoV. Similar to the SARS epidemic, this outbreak has occurred during the Spring Festival in China, which is the most famous traditional festival in China, during which nearly 3 billion people travel countrywide. These caused favourable conditions for the

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transmission of this highly contagious disease and severe difficulties in prevention and control of the epidemic. The period of the Spring Festival of China was between January 17 and February 23 in 2003, when the SARS epidemic peaked, while the period of the festival was between January 10 and February 18 in 2020.

Similarly, there was a rapid increase in COVID-19 cases between January 10 to 22. Wuhan, the centre of the epidemic with 10 million populations, is also an important centre in the spring festival transportation network. The estimated number of travellers during the 2020 spring festival has raised 1.7 folds when compared with the number travelled in 2003 and reached to 3.11 billion from 1.82 billion. This large-scale travel traffic has also created favourable conditions for the spread of this difficult-to-control disease.

Incubation Period

Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days.

Symptoms

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Spread

People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

Protection measures for everyone

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through national and local public health authority.

One can reduce chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean hands with an alcohol-based hand rub or wash them with soap and water. Washing hands with soap and water or using alcohol-based hand rub kills viruses that may be on hands.
- Maintain at least 1 metre (3 feet) distance from anyone who is coughing or sneezing. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If one is too close, he/she can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

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- Avoid touching eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to eyes, nose or mouth. From there, the virus can enter body.

- Make sure you, and the people around you, follow good respiratory hygiene. This means covering mouth and nose with bent elbow or tissue while coughing or sneezing. Then dispose of the used tissue immediately.

Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid travelling to places – especially if you are an older person or have diabetes, heart or lung disease.

Diagnosis

By rRT PCR for COVID 19

Specimens

1. Nasopharyngeal swab and Oropharyngeal swab
2. Bronchoalveolar lavage, Tracheal aspirate
3. Sputum

WHATS UP WITH MEDICAL FIELD

COVID 19 testing strategy in India by Department of health research – ICMR

Strategy for COVID-19 testing in India

1. All symptomatic (ILI – Influenza Like Illness symptoms) individuals with history of international travel in the last 14 days.
2. All symptomatic (ILI symptoms) contacts of laboratory confirmed cases.
3. All symptomatic (ILI symptoms) health care workers / frontline workers involved in containment and mitigation of COVID19.
4. All patients of Severe Acute Respiratory Infection (SARI).
5. Asymptomatic direct and high-risk contacts of a confirmed case to be tested once between day 5 and day 10 of coming into contact.
6. All symptomatic ILI within hotspots/containment zones.
7. All hospitalised patients who develop ILI symptoms.
8. All symptomatic ILI among returnees and migrants within 7 days of illness.
9. No emergency procedure (including deliveries) should be delayed for lack of test. However, sample can be sent for testing if indicated as above (1-8), simultaneously.

Government of Gujarat has also provided guidelines for Testing of COVID 19 in addition to above ICMR guidelines

1. Preoperative patients before major surgery and for invasive surgery patients
2. Cancer patients taking Chemotherapy or Radiotherapy and Haemodialysis patients
3. Pregnant women within last 5 days of EDD or before procedure in case of emergency Caesarean Section.

Note:

- ILI case is defined as one with acute respiratory infection with fever $\geq 38^{\circ}\text{C}$ AND cough.
- SARI case is defined as one with acute respiratory infection with fever $\geq 38^{\circ}\text{C}$ AND cough AND requiring hospitalization.
- All testing in the above categories is recommended by real time RT-PCR test only.

Situation report

As of June 16, 2020

Globally – 79,41,791 confirmed cases and 4,34,796 deaths

India – 3,43,091 confirmed cases and 9,900 deaths

Gujarat – 24,577 confirmed cases and 1,533 deaths

INTERESTING MEDICAL CASE REPORTS OF PATIENTS TREATED AT PSH

Case-1

Department of minimal invasive surgery at Parul Sevashram Hospital now frequently performs bariatric surgeries. In such a recent case, a 29 year old female suffering from morbid obesity, weighing 109 kg with a BMI of 44 was operated with sleeve gastrectomy. She was discharged on 3rd day after surgery. She lost 22 kgs weight in just 4 months and is expected to lose 15-20 kgs more in next 6 months.

Operating surgeon – Dr. Chirag parikh



INTERESTING MEDICAL CASE REPORTS OF PATIENTS TREATED AT PSH

Case -2

Splenectomy with proximal Porto-renal shunt

A 32 year old male patient was admitted in PSH, with complaints of persistent abdominal pain and occasional vomiting with blood since last 3 years.

On examination patient had huge enlargement of his spleen and on further investigations, it was found that hematologically, there was pancytopenia which was suggestive of hypersplenism.

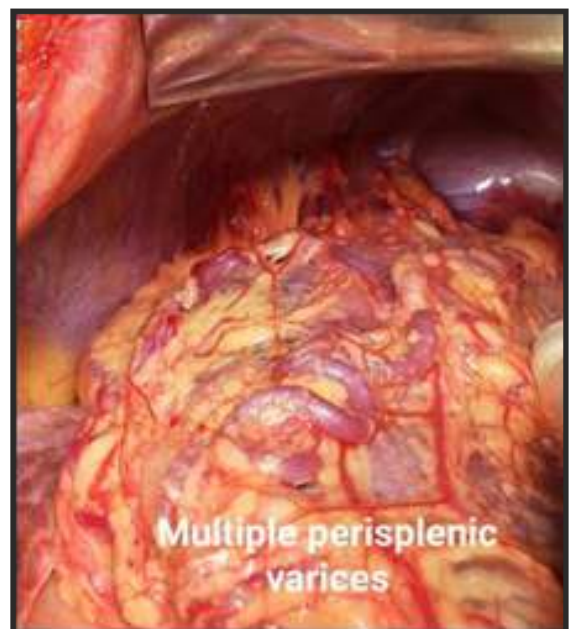
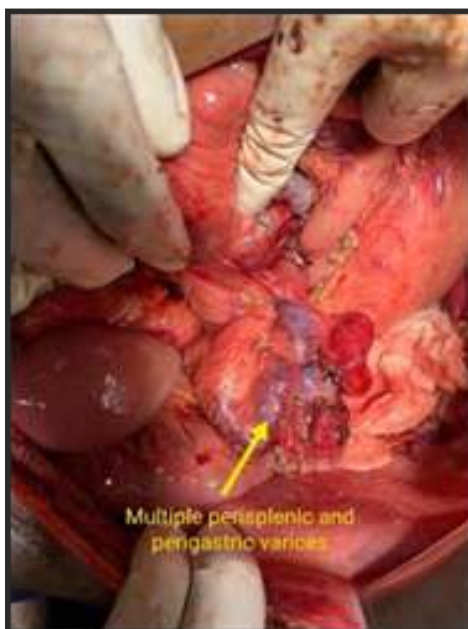
USG was suggestive of cavernous transformation of portal vein surrounding liver which indicated portal hypertension.

Upper GI scopy was suggestive of Grade – I oesophageal varices. CECT abdomen was also suggestive of portal hypertension secondary to splenomegaly and oesophageal varices. Patient was also found to have Splenic artery pseudoaneurysm.

Patient was operated for splenic artery pseudoaneurysm. Splenectomy was performed with proximal Porto-renal shunt (splenic vein anastomosis with left renal vein to divert blood from portal to systemic circulation)

Patient did well postoperatively, was put on full diet on 2nd day and discharged on 7th day.

Operating Team : Dr Nitin Patel (GI & HBP surgeon), Dr Hiren Patel (Vascular surgeon), Dr Madhavan Iyenger (Prof. General Surgery), Dr Arpan Shah (Asst. Prof. General Surgery)



INTERESTING MEDICAL CASE REPORTS OF PATIENTS TREATED AT PSH

Case -3

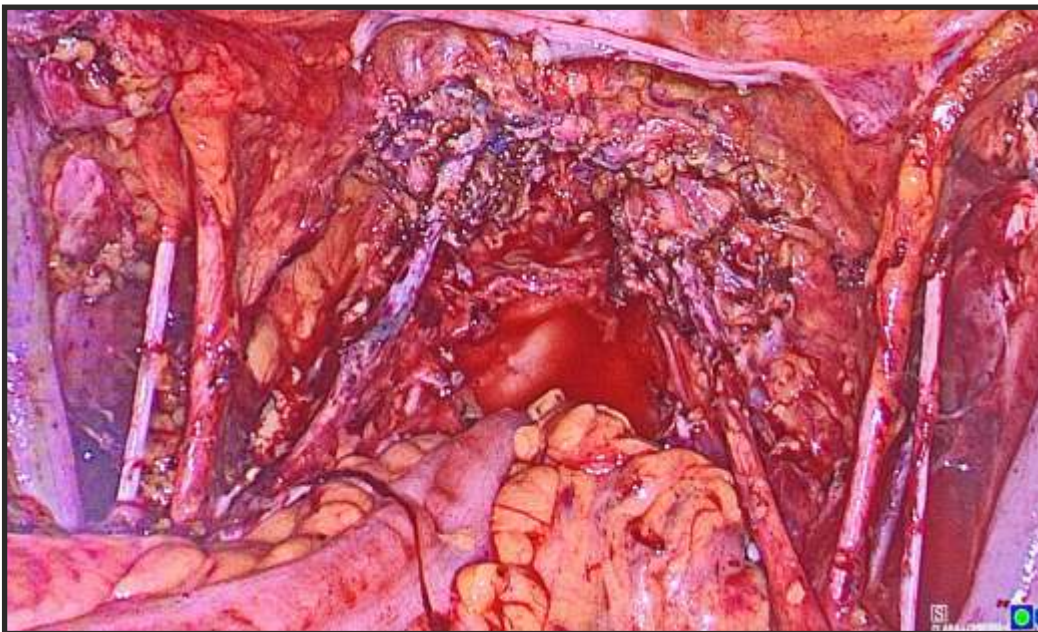
First Laproscopic Radical Hysterectomy done at PSH.

A 50 year old female patient came to Parul Sevashram Hospital and was diagnosed with Stage II B carcinoma of uterine cervix. Patient was operated with Laparoscopic radical hysterectomy. Histopathological report confirmed the clinical diagnosis. Postoperative period was uneventful and no chemotherapy or radiotherapy was needed. Patient was discharged on 5th day after complete recovery.

Very few surgeons in Vadodara do Laparoscopic radical Hysterectomy. So it is a boon for patients to get such treatment at an affordable price at Parul Sevashram Hospital.

Operating Team : Dr Komal Patel, Dr Dipayan Nandi, Dr Mayur Patel

Anesthetist : Dr Jaimin Pandya and Dr Hetal Parikh



What's new at PIMSR & PSH

The Times Icon Vadodara 2020 Award Parul Sevashram Hospital was felicitated with The Times Icon Vadodara 2020, for contribution in Healthcare



Medical Excellence Award Dr. Geetika Patel, Medical Director & BOG Member, Parul University was recently bestowed with the Medical Excellence Award By International Business Council, for Outstanding Achievements & Remarkable role in the field of Medical Sciences

Arogya Mahasanman Award Parul Sevashram Hospital, affiliated to Parul Institute of Medical Sciences was recently awarded by Honorable Shri Nitinbhai Patel, Deputy Chief Minister and Health Minister of Gujarat State, for outstanding contribution in Health Care services by wide implementation of Centre and State Run health care schemes and providing quality patient care.



100% Thalassemia Testing for PU students Parul University was Felicitated for joining hands with Indian Red cross society for 100% Thalassemia Testing for its students by Shri. Acharya Devvrat, Hon. Governor of Gujarat & Shri. Nitinbhai Patel, Hon. Deputy CM & Health Minister

What's new at PIMSR & PSH



NRI Students visit to Parul University and Parul Institute of Medical Sciences

Parul Sevashram Hospital, 750 bedded multi-speciality hospital, affiliated to Parul Institute of Medical Sciences, and Parul institute of medical sciences was visited by students from US in the pre clinical departments in a continuing

tradition of International exchange of students.

Charitable health camps by Parul Sevashram Hospital at Naswadi

In keeping with the service and humanitarian orientation of Parul Sevashram hospital a charitable camp was started in Naswadi taluka of Vadodadara district .Naswadi consists of 275 Villages and 59 Panchayats This Place is in the border of the Vadodara District and Narmada District. Narmada District Tilakwada is west towards this place . Parul Sevashram hospital has started providing much needed specialist care in this far flung area.



Digital Teaching Learning at PIMSR

We at PIMSR ensured that teaching , learning process of the college is not hampered by the lockdown situation. Following our some of the initiatives taken by us to ensure that PIMSR is a digitally empowered institute.

- 1) Use of google classroom, zoom meeting application and google hangout for online teaching
- 2) Conducted end-semester examinations online through world assessment council platform
- 3) Conducted regular webinars by outside experts for teachers and students in the institute

With regular quizzes , evaluation and assessments on online platforms. This is education that breaks the mould, the future of education is here.



What's new at PIMSR & PSH

Parul Sevashram Hospital: A Covid Designated Hospital

Parul Sevashram Hospital has taken an initiative of voluntarily offering services to Covid 19 patients by signing an MOU with District Collectorate, Vadodara under which the hospital has designated 75 beds in first phase for offering completely free services to Covid-19 patients. Since the day of signing the MOU, hospital has been offering free treatment to an average of 40-60 patients daily.



Molecular laboratory for COVID 19 testing and NABL/ICMR approval

Molecular laboratory, Department of Microbiology, PIMSR is one of the first private medical college laboratories to get accreditation from NABL and also from ICMR. Before 12th April 2020 there was no existence of molecular laboratory at PIMSR but with tremendous support of management and hard work of department of microbiology, Molecular laboratory for testing of COVID 19 was established within a very short time. Molecular laboratory got its accreditation certificate from NABL, INDIA on 9th of May 2020 and ICMR Delhi approved the Molecular laboratory for COVID 19 testing on 11th May 2020 through a letter from AIIMS Jodhpur, a nodal centre appointed from ICMR for Medical colleges of Gujarat. Molecular Laboratory is a state of art laboratory having capacity not only to carry out COVID 19 test but also many other advance tests based on Real Time reverse transcriptase PCR.



What's new at PIMSR & PSH

WEBINARS BY PIMSR DURING LOCKDOWN

The COVID -19 left an unprecedented imprint on every corner of human realm. Education has been badly impacted due to shutdown of all educational institutes. There was a radical way in which pedagogy changed from manual to digital to overcome the COVID problem.

During the lockdown period, faculty at PIMSR not only ensured continuation of regular academics, but also ensured students keep upgrading their knowledge with multiple interesting online webinars in different departments. Reputed faculty were invited to deliver sessions during these webinars

Sr. No	Title of Webinar	Organizing Department	Date of Webinar
1	Carcinoma of Breast	Dept. of Surgery	15-04-2020
2	Diabetes Mellitus : Simplified	Dept. of Medicine	16-04-2020
3	Advanced Laproscopic Surgeries : Bariatrics & Hernia	Dept. of Surgery	16-04-2020
4	COVID colloquium	Multi Departmental – Faculty of Microbiology, Psychiatry	23-04-2020
5.	An Approach to a case of Chest pain and management of Acute MI	Dept of Cardiology	24-04-2020
6.	Plasma therapy and its application in COVID-19	Dept. of Biochemistry	15-05-2020
7	Genetics in Medicine	Dept. of Biochemistry	15-05-2020
8	Child abuse and neglect : Lets Talk about it	Dept of Paediatrics	24-05-2020
9	Unravelling hidden forces between obesity crisis and cancer – how we can end them	Depart of Physiology	12-06-2020

EVENTS AT PIMSR & PSH

Innovative Experiments in Teaching –The Pirates of Anatomy

Department of anatomy of Parul Institute of Medical Sciences, on 14th February, Friday between 2-5 pm, organised the "Pirates of the Anatomy"- an educational treasure hunt, as part of innovative activity for 1st MBBS students. Students were in red (artery), blue (vein) and yellow (nerve) outfits. The faculties also dressed accordingly. Each student was allotted a particular artery, vein or nerve. They were asked about the structure they were assigned. It was great fun for students and faculties.



SKILL FEST 2020

Parul University upheld its motto of innovative pedagogy by organising a 4 day workshop titled "SKILL FEST 2020" a state level workshop series in association with department of paramedical and health sciences of Faculty of medicine Parul University. In a 4 day workshop participants learnt

various techniques and like Paediatric BLS, ECG, EEG, Suturing techniques, dispensing optics. The workshop also acclimatised participants with Basic radiography procedures and also CT Scan through different techniques.

DHOOM

"All work and no play makes Jack a dull boy". Its an accepted dictum that study and extracurricular activity should be a balanced part of teaching and in a way it helps keep the mind fit enough. Dhoom-PU's Annual Cultural and Sports Festival was a truly majestic celebration of budding talent, a rejuvenating experience for the students, where the floors came alive and every footstep was towards new memories and new social bonds. People unite in this festival to manifest the diversified culture of India & Abroad. This year Dhoom was organized on 24th, 25th & 26th February 2020 and Pre-Dhoom was scheduled on 20th to 21st February 2020



FACULTY & STUDENTS ACHIEVEMENTS

Faculty Achievement



- **Dr. Rajesh Roy** has presented poster on “A case of spontaneous coronary artery dissection” at Joint International Conference Ahmedabad 2020



- Dr. Jagdish Gohil sir has received **Gujarat Gynec excellence award** from Dr Nandita Palsetker, FOGSI PRESIDENT AND Dr Hrishikesh Pai at **Yuva FOGSI conference** held at Ahmedabad the world cube association during synapse 20, the annual cultural fest of DA-IICT, Gandhinagar

- Dr. Jaimin Pandya's article on Evaluation of Safety & Efficacy of Quick Penetrating Heparin Solution (1000IU/ml) in Prevention of Intravenous Cannula Related Thrombophlebitis: A Prospective, Randomized, Comparative, Parallel Group Clinical Study has been published in **Indian Journal of Anesthesia & Analgesia**



- Dr. Chirag Parikh has presented E video titled laparoscopic banded sleeve gastrectomy at 18th **National conference Ossicon 2020** New Delhi, Annual obesity & metabolic surgery society of India.

Students Achievement

● ICMR-STs PROGRAMME

Research project of one of the MBBS student “Kirti Shah” under the mentorship of “Dr. Shashwat Nagar” on “Barriers towards healthy life style among college going students of Medical and allied disciplines” has been shortlisted and selected for STS (Short Term Studentship) programme of ICMR (Indian Council of Medical Research).

- **Anurag Prakash** has secured **2nd position in synocubix 20**, affiliated with the world cube association during synapse 20, the annual cultural fest of DA-IICT, Gandhinagar



પારુલ યુનિવર્સિટીમાં સ્કીલ ફેસ્ટનું આયોજન



સ્કિલ બેઈઝડ ટ્રેનિંગ માટે સ્કિલ ફેસ્ટ અંતર્ગત જ્ઞાન મેળવી રહેલા વિદ્યાર્થીઓ.

સ્કિલ બેઈઝડ ટ્રેનિંગ એજ્યુકેશનથી વિદ્યાર્થીઓનો આત્મવિશ્વાસ વધે છે

STUDENT FEST

સિદ્ધી રિપોર્ટર, વડોદરા

પારુલ યુનિવર્સિટીના કેકલ્ટી ઓફ મેડીસીન દ્વારા વડાપ્રધાનના સ્કીલ ઈન્ડીયા વિજ્ઞાનમાં સહભાગી થવાના હેતુ અને વિદ્યાર્થીઓના વિકાસ માટે રાજ્યકક્ષાનું એટકોર્મ તૈયાર કરાયું હતું. જે અંતર્ગત મેડીકલ અને પેરામેડીકલના વિવિધ વિદ્યાર્થીઓ માટે સ્કીલ બેઈઝડ ટ્રેનિંગ ખાસ મહત્વ ધરાવે છે. સ્કીલ બેઈઝડ ટ્રેનિંગ એમબીબીએસ, બીએચએમએસ, બીપીટી, પેરામેડીકલ સાયન્સ અને નર્સિંગના વિદ્યાર્થીઓના અભ્યાસક્રમનો એક ભાગ છે. આ

વિદ્યાર્થીઓની મેડીકલ સ્કીલ બેઈઝડ ટ્રેનિંગ માટે સ્કીલ ફેસ્ટ 2020નું આયોજન કરવામાં આવ્યું હતું. જેમાં પારુલ યુનિવર્સિટી અને રાજ્યભરની અન્ય કોલેજના પેરામેડીકલના કુલ 700 વિદ્યાર્થીઓએ ભાગ લીધો હતો. ત્રી દિવસીય ઈવેન્ટમાં પેડીએટ્રીક નિયોનેટલ રિસોર્સીશન, એરવે એન્ડ ક્રોન્કોસ્પી, ઈન્સીજી, મિકેનિકલ વેન્ટીલેશન, મુળભૂત રેડિયોગ્રાફી ટેકનીક, એમીજી, એક્સરે, કેન્સર ડીટેક્શનમાં સાયબોલોજી જેવા વિષયો વિદ્યાર્થીઓને શીખવવામાં આવ્યા હતા. સ્કીલ બેઈઝડ ટ્રેનિંગથી વિદ્યાર્થીઓમાં જીવ બચાવવાનો આત્મવિશ્વાસ આવે છે.

વૈશ્વિક આરોગ્ય પહેલમાં પારુલ સેવાશ્રમ સ્પેશિયાલિટી હોસ્પિટલ સહભાગી થઈ શહેરના ડોક્ટરોને શિક્ષાગોત્રી તબીબી વિદ્યાર્થીની ડો.રસેલ વેબરમેન અમેરિકન હેલ્થકેર સમજાવશે



CITY GUEST

સિદ્ધી રિપોર્ટર, વડોદરા

મેડિકલ સેક્ટરમાં વૈશ્વિક આરોગ્ય પહેલની ખાતરી હોય છે. પારુલ યુનિવર્સિટી દ્વારા વિવિધ ક્ષેત્રોમાં સહભાગી થઈ શહેરના ડોક્ટરોને શિક્ષાગોત્રી તબીબી વિદ્યાર્થીની ડો.રસેલ વેબરમેન અમેરિકન હેલ્થકેર સમજાવશે. આ સમયે તેઓએ અમેરિકન હેલ્થકેર સિસ્ટમ વિશે સેક્ટરને મજબૂત કરવાની જરૂર છે. તે સહભાગી થઈ શહેરના ડોક્ટરોને શિક્ષાગોત્રી તબીબી વિદ્યાર્થીની ડો.રસેલ વેબરમેન અમેરિકન હેલ્થકેર સમજાવશે.

દિવ્ય ભાસ્કર

19-Feb-2020
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ભાસ્કર ટોડે-શો વડોદરાના મેડિકલ ક્ષેત્રની વિવિધ સ્પેશિયાલિટીના તજજ્ઞ તબીબોની કોરોના વિષે વિસ્તૃત ચર્ચા

કોરોના વાઈરસના ચેપથી બચતા રહેવા માટે આપણી સાવધાની સૌથી સલામત સજ્જતા

રોગોથી બચવા ઈઈક ખાતા શી કાળજી લેવી, માસ્કનો ઉપયોગ કેવી રીતે કરવો તે સમજાવ્યું

વડોદરા 19-ફેબ્રુઆરી: વડોદરાના મેડિકલ ક્ષેત્રની વિવિધ સ્પેશિયાલિટીના તજજ્ઞ તબીબોની કોરોના વાઈરસની બીમારીથી સંકેતો શોધવા અને વાઈરસનું કાબુ રાખવા અને તેના ચેપ સામે સલામત રહેવાની રીતો શોધવા માટે 'દિવ્ય ભાસ્કર' કાર્યાલય ખાતે એક ટોક શોનું આયોજન કરવામાં આવ્યું હતું. આ ટોક શોમાં વડોદરાની જાણીતી હોસ્પિટલના વિવિધ ક્ષેત્રના તજજ્ઞોએ ભાગ

લેવાનો હતો. આ તબીબોના જણાવ્યા મુજબ કોરોના વાઈરસ ઈઈક, કસ્ટી વગેરેથી ફેલાય છે. ઈઈક ખાતેથી લોચ તો હાથ માં પાડે લઈ જવા નહીં પણ કોલેલી વાળીને, આંગળીઓ વાળીને નહક નહક રાખીને વાળેલી કોલેલીના અંદરના ભાગ તરફના ભાગને ઈઈક ખાતેથી જાળવવું. આ ઉપરાંત રૂમલમાં ખાઈ શકાય પણ તેનો મોજો ઉપયોગન કરવો. માસ્કને પાછાથી મોઢીને સીધો જ કાચાપેટીના નાખવો જોઈએ.

- 1. એ ત્યાં ઈઈક ના ખાવું, ખુલ્લામાં ચુકવાનું ટાળવું**
કસ્ટી-ખાતે અને ઈઈક ખાવું ત્યાં જ નહીં બાકે તે કાચું રાખવું જોઈએ. આ વાઈરસ એક મીન્ટ પણ ખુલ્લામાં રીડી શકતો નથી. ખાવું નહીંના ખુલ્લામાં રીડી શકતો નથી. ખાવું નહીંના ખુલ્લામાં રીડી શકતો નથી. ખાવું નહીંના ખુલ્લામાં રીડી શકતો નથી.
- 2. ચીલમાં એટાબ્લગના લોચો કવરેટલાઈન છે**
ચીલના કવરેટલાઈનને કવર કરવું જોઈએ. આ વાઈરસ ચીલમાં રહેવાથી ફેલાય છે. ચીલમાં રહેવાથી ફેલાય છે. ચીલમાં રહેવાથી ફેલાય છે.
- 3. લોંબા મનમાં ખુદા ખુદા સવાલો હોય છે**
લોંબા મનમાં ખુદા ખુદા સવાલો હોય છે. લોંબા મનમાં ખુદા ખુદા સવાલો હોય છે. લોંબા મનમાં ખુદા ખુદા સવાલો હોય છે.
- 4. 10માં દરેક જાતે માસ્ક પ્રેક્ટિસથી જરૂર નથી**
10માં દરેક જાતે માસ્ક પ્રેક્ટિસથી જરૂર નથી. 10માં દરેક જાતે માસ્ક પ્રેક્ટિસથી જરૂર નથી.
- 5. માસ્કનો રંગ લીલાશ પડતો ઘાસ છે**
માસ્કનો રંગ લીલાશ પડતો ઘાસ છે. માસ્કનો રંગ લીલાશ પડતો ઘાસ છે.



- 6. આ વાઈરસ સામે લડવાની સક્તિ ઓછી**
આ વાઈરસ સામે લડવાની સક્તિ ઓછી. આ વાઈરસ સામે લડવાની સક્તિ ઓછી.
- 7. માસ્ક લણણોથી જ ઓળખાઈ શકાય**
માસ્ક લણણોથી જ ઓળખાઈ શકાય. માસ્ક લણણોથી જ ઓળખાઈ શકાય.
- 8. લણણ કાઢવા વાઈરસથી બચાવી શકે નહીં**
લણણ કાઢવા વાઈરસથી બચાવી શકે નહીં. લણણ કાઢવા વાઈરસથી બચાવી શકે નહીં.
- 9. લાક અને ગાળામાંથી નબળા લેવાય છે**
લાક અને ગાળામાંથી નબળા લેવાય છે. લાક અને ગાળામાંથી નબળા લેવાય છે.
- 10. આ લોંબા મનમાં ખુદા ખુદા સવાલો હોય છે**
આ લોંબા મનમાં ખુદા ખુદા સવાલો હોય છે. આ લોંબા મનમાં ખુદા ખુદા સવાલો હોય છે.

પારુલ સેવાશ્રમ હોસ્પિટલ 3 મહિનાના ડેટા એકત્ર કરશે કોરોના વોરિયર્સ સહિત 150 લોકો પર ચ્યવનપ્રાશનો ક્લિનિકલ ટ્રાયલ

ક્લિનિકલ ટ્રાયલ માટે પસંદ કરાઈ હતી. પારુલ સેવાશ્રમ હોસ્પિટલના હાર્ટકેટર ડો. કોમલ પટેલે જણાવ્યું હતું કે, હવે આયુર્વેદિક ચ્યવનપ્રાશનું કોવિડ 19 ની સુટીમાં ફરજ બજાવતા કોરોના વોરિયર્સ અને અન્ય લોકો એમ બે જૂથ પાડીને ત્રણ મહિના સુધી ક્લિનિકલ ટ્રાયલ શરૂ કરાયું હતું. જાણીતી આયુર્વેદિક દવા બનાવતી કંપની ડાબર દ્વારા પારુલ સેવાશ્રમ હોસ્પિટલની દેશમાં કુલ 5 આગ્રહી ઈન્સ્ટિટ્યૂટમાં ચ્યવનપ્રાશન લાંબા સમય બાદ તેના સકારાત્મક પરિણામો સ્પષ્ટ થશે. પારુલ આયુર્વેદિક કોલેજના પ્રિન્સિપાલ ડો. હેમંત તોષીખાનેએ જણાવ્યું હતું કે, અત્યારે 75 જેટલા લોકો ટ્રાયલમાં જોડાયા છે. કુલ 150 લોકોને બે અલગ અલગ જૂથ પ્રમાણે ટ્રાયલ હાથ ધરાશે. 3 માસ સુધીની પ્રક્રિયા દરમિયાન ટ્રાયલમાં ભાગ લેનારા વ્યક્તિઓ પાસેથી દિવસમાં બે વાર મોબાઈલ એપ્લિકેશનથી તેમના સ્વાસ્થ્ય અંગેના અભિપ્રાય લેવાશે.

STUDENTS CORNER

Student's Feed-back on Digital Education

During this global pandemic of Covid-19, I, a student of Parul University, have had the wonderful experience of online teaching. I am really grateful for the efforts put up by the University, the teaching and the technical staff who are directly or indirectly involved in this course, for taking utmost care of our priceless education. Not only are the interactive lectures and wards held online but also any queries are enthusiastically welcomed and solved by the faculties. I appreciate all the efforts taken and I am proud to be a part of Parul University.

-Farheen Shaikh (2nd MBBS Student)

Due to the covid-19 pandemic, it was nearly impossible for us to get back to the lectures, but the faculty and authorities of Parul University made it possible. My overall experience while learning online was great. The teachers taught us with extreme zeal. The lectures were very live and the student-teacher interaction made it quite interesting, just like the environment we have in our classroom. The faculties are always open to suggestions and helped us to cope with the new method. I really appreciate all the efforts put down by the faculty and our University. We are glad to be a part of it.

-Kriti Shah (2nd MBBS Student)

MYTH AND FACTS

Myth : Vaccines against pneumonia prevent against corona virus too

Fact : No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Myth : Novel coronavirus only affects older people

Fact : It can infect people of all ages, but as with all viral infections, there are people with higher risks of contamination. Children, seniors, individuals with a compromised immune system and people with health conditions such as diabetes, heart disease, kidney failure, liver disorders, asthma, lung disease and other respiratory issues are vulnerable to become ill and developing severe forms of the disease

Myth : Regularly rinsing your nose with saline help prevent infection with the new coronavirus

Fact : No, There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

Myth : 2019-nCoV affects younger people more than the older ones?

Fact : People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

Myth : Antibiotics are effective in preventing and treating the new coronavirus?

Fact : No, antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

Myth : Everyone in general population must wear a mask during 2019-nCoV outbreaks

Fact : If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection. Wear a mask if you are coughing or sneezing. Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.

MEDI – QUIZ

1. **You can protect yourself from COVID-19 by:**
 - A) Swallowing or gargling with bleach
 - B) Consuming acetic acid or steroids
 - C) Essential oils, salt water, ethanol
 - D) Washing your hands frequently
2. **Best way for prevention from COVID-19 is by:**
 - A) Washing hands frequently
 - B) Avoiding close contact with people
 - C) Avoiding overcrowded places
 - D) All of above
3. **COVID-19 epidemic occurred because:**
 - A) Deliberately created or released by people
 - B) It is the same virus that caused SARS
 - C) Antigenic variation of the virus in animals
 - D) None of above
4. **Which face mask offers best protection against COVID-19**
 - A) Single layer surgical mask
 - B) Double layer surgical mask
 - C) N-95 respirators
 - D) None of above
5. **The current status of COVID-19 as on March 2020 is:**
 - A) Epidemic
 - B) Pandemic
 - C) Public Health Emergency of International Concern
 - D) Outbreak
6. **The Primary Mode of transmission of COVID-19 is:**
 - A) Faeco-oral route
 - B) Airborne transmission
 - C) Droplet spread
 - D) None of above

Answers to MCQs in previous newsletter

1. (C) 2. (A) 3. (A) 4. (A) 5. (D) 6. (D)

This newsletter comes to you with the
efforts of our literature club

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