

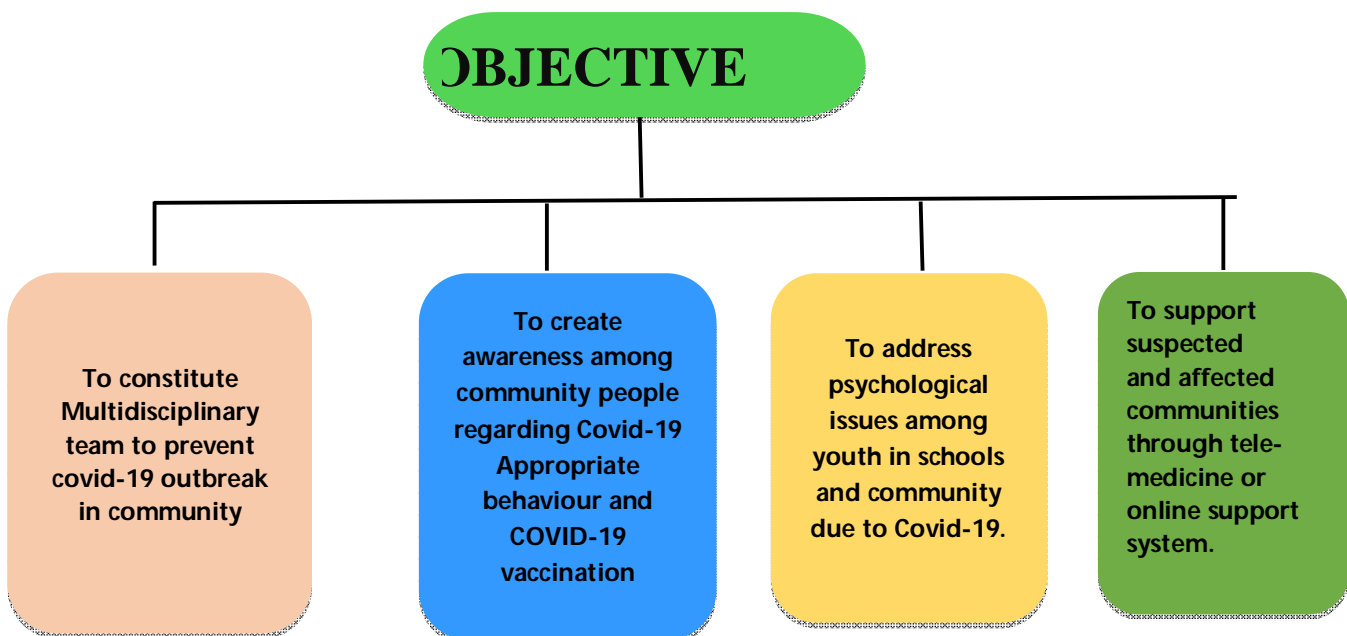


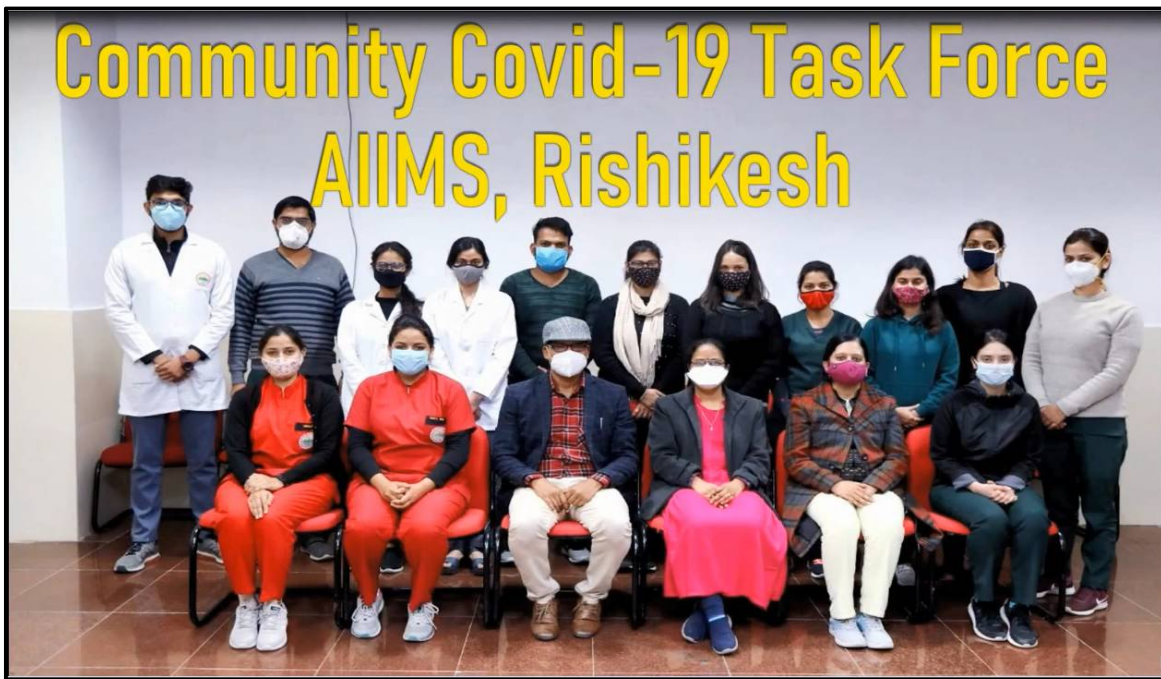
Introduction

AIIMS Rishikesh has established COVID-19 Community Task Force, with the aim to create awareness regarding the COVID-19 prevention in the community. Also, the problems & difficulty related to COVID-19 pandemic and COVID-19 vaccination was addressed through an online support system operated by the Social Outreach cell AIIMS, Rishikesh.

Padma Shree Prof. Ravi Kant, Director & CEO, AIIMS, Rishikesh said that comorbidities due to consequence of pandemic has to be addressed urgently. As we already have an ever increasing burden of non-communicable diseases like diabetes, hypertension, mental illness in addition to COVID-19, now is the time to manage all these morbidities altogether to produce a productive and healthy society.

There is also a Facebook page and a YouTube channel of COVID-19 Community Task Force so that the adequate info by the experts can be conveyed to the community. It has been seen that a lot of psychological implications are increasing due to quarantine, isolation and social stigma. We need to address all these issues simultaneously along with the COVID-19. Also different types of challenges are being faced by youth especially the students, due to the online mode of teaching during the lockdown, which will also be addressed through this platform.





Members of COVID-19 Community Task Force team –

Dr. Santosh Kumar	Community & Family Medicine	Nodal Officer	Overall Coordination and supervision
Dr. Ranjeeta Kumari	Community & Family Medicine	Epidemiologist	Framing community guidelines for COVID-19 prevention
Dr. Anindya Das	Department of Psychiatrist	Psychiatrist	Addressing mental illness due to COVID-19 in community
Dr. Anupama bahadur	Department of Obstetrics and genecology	Women health consultant	Addressing women health in community
Dr. Ajeet Bhadoria	Community & Family Medicine	Public health expert/ coordinator	Public health support and coordination in community
Dr. Mukesh	Department of medicine	Clinician COVID-19 pandemic	Consultation for community COVID-19 victim.
Dr. Ashish bute	Forensic Medicine	IT incharge	To prepare IEC platform and IT support
Mrs. Rakhi Mishra	Nursing Collage	Assistant Professor	IT support and News letter
Dr. Bruzily Abraham	Department of psychology	Psychologist	Preparing common guidelines related to psychosocial
Advocate Pradeep Pandey	Legal cell	Law officer	Addressing legal issues.
Mr. Harish Thapliyal	Public relation officer	Outreach coordinator	Intersectoral coordination b/w community leaders and AIIMS Rishikesh

Activities Under COVID-19 Community Task Force

Establishment of Mask Bank

Mask bank was started by AIIMS Rishikesh Covid-19 Community Task Force on the auspicious occasion of Vijay Dashami on 25-10-2020 at Triveni Ghat to provide masks to the common people, especially to those who cannot afford to purchase it due to lack of money. At present the mask bank is running with the support of AIIMS administration and social organization. Moreover, People present at Triveni Ghat during the inauguration was also educated regarding the importance of wearing masks and to be maintain two yards distance to prevent corona infection.

This was the first attempt in Uttarakhand state and now the competent public is requested to come forward and donate the mask. Further, these masks will be distributed to needy and poor people.

Dr. Santosh Kumar, Nodal Officer, COVID-19 Community Task Force has distributed one thousand masks donated by Rotary Club Central and other social organizations to needy people who cannot buy it during the first day of Mask bank opening.

The purpose of Mask Bank is that the mask should reach to people specially to them who are unable to buy it.

Currently our Mask Bank have 1Lakh mask & till the date we distributed more than 60 Thousand Masks.



Establishment of Mask Bank



Awareness programs were organized in various schools by Covid-19 Community Task Force with the following objective:

1. **To create awareness among school students regarding preventive measures for reducing the spread of Covid-19 infection at school and home:-**A campaign was organized by Covid-19 community task force (CCTF) at nearby schools to provide information about covid-19 pandemic and precautionary measures to prevent spread of COVID-19 infections. The students were asked to use alcohol-based hand sanitizers, to wear mask and to maintain social-distancing. Further, students were informed that they can use either cloth mask or surgical masks. The mask made up of cloth can be reused after washing it thoroughly with soap and water. Students were also told that wherever they see anyone without a mask, they must immediately ask them to wear the mask because it reduces the chances of infection. They were also advised to avoid going to crowded places. At the end of the program, cloth masks were distributed to all the students and they were asked to spread the information to their neighborhood as well as to their friends.

In this series of Covid-19 awareness Campaign, we have covered more than 25 Schools.



COVID-19 Awareness Programme in school





2. **To address concern & issues of students caused due to COVID-19 pandemic:** - The Covid-19 community task force team has visited nearby school on 22 March 2021 to address the impact seen among students after Covid-19 pandemic. Dr. Santosh Kumar, Nodal Officer from Covid-19 Community Task Force, AIIMS Rishikesh has addressed various psychological issues among school students during the Covid-19 era. He said, that due to high usage of mobile phone the students develop eye strain. Other problems are also becoming prevalent among students like headache, tiredness, irritability, depression, etc. To prevent all those issues students were advised to make normal daily routine which can help to solve all these issues.



कोविडकाल से अभी तक सदमे से नहीं उबर पाए बच्चे

अमर उजाला ब्यूरो

बच्चों के जीवन के लिए सामान्य बनाने की चिकित्सकों ने दी सलाह

कोविड 19 महामारी के इस काल में बच्चों से बातचीत के दौरान पता चला है कि छात्र-छात्राएं अभी भी कोरोना के सदमे से उभर नहीं पाए हैं। एम्स में आयोजित कार्यक्रम में बच्चों से बातचीत में यह भी सामने आया है कि इन दिनों बढ़ते हुए कोरोना के केस विद्यार्थियों के लिए चिंता का विषय बन गए हैं। एम्स निदेशक प्रो. रवि कांत ने कहा कि कोरोना महामारी से लड़ने के लिए कोविड 19 वैक्सीन कारगर साबित हो रही है, लिहाजा इसके संक्रमण से अब घबराने की आवश्यकता नहीं है, बल्कि सुरक्षा के लिहाज से सोशल डिस्टेंसिंग का पालन करने, मास्क पहनने आदि से दिनचर्या को सामान्य बनाया जा सकता है।

अध्ययनों से ज्ञात हुआ है कि विद्यार्थियों पर कोविड 19 का बजह से मानसिक, शारीरिक व आर्थिक स्तर पर दुष्प्रभाव पड़ा है। इसमें मानसिक रूप से प्रभावित होने वाले बच्चे चिड़चिड़ापन, डिप्रेशन आदि से ग्रसित हैं व सामाजिक दूरी बढ़ने से उन्हें अकेले रहने की आदत हो गई है, जिसका दुष्प्रभाव उनके एकेडमिक लेवल पर पड़ रहा है। साथ ही कोविड के दौर में मोबाइल के माध्यम से अधिक कार्य करने से आंखों में ज्यादा जोर पड़ना, आंखों की दूसरी तकलीफें व थकावट आदि की समस्याएं भी बढ़ी हैं। अभिभावकों से आग्रह है कि बच्चों को हरसमय मोबाइल नहीं दें व उन्हें खेल और अन्य रचनात्मक गतिविधियों में शामिल होने के लिए भी प्रोत्साहित करें।

एम्स ऋषिकेश कम्युनिटी टास्क फोर्स के नोडल ऑफिसर डॉ. संतोष कुमार ने कहा कि कोविड 19 से बच्चों की सुरक्षा में अहम भूमिका निभा सकते हैं। उन्होंने बताया कि शिक्षकों को कोविड 19 के खोप के मद्देनजर छात्र छात्राओं में हो रहे मनोविकार एवं उनमें किसी भी प्रकार के शारीरिक व मानसिक बदलाव लक्षणों को पहचानने का प्रयास करना चाहिए व यथासंभव उनके प्रति आत्मियता व सहानुभूति के साथ साथ कुशल व्यवहार रखना चाहिए।

Online medical care among youth during COVID-19: - We all are facing an unprecedented situation and witnessing a historic period in this Covid-19 era. An international webinar on "Psychological well-being among youth during Covid-19" was organized by the Social outreach cell, AIIMS Rishikesh in collaboration with Uttarakhand Sciences Education and Research Centre (USERC). This event aimed to address academic, personnel, emotional and social stress of youth during COVID-19 pandemic and coping strategy by eminent national and international speakers.

We all are facing an unprecedented situation and witnessing a historic period in this Covid-19 era. An international webinar on "Psychological well-being among youth during Covid-19" was organized by the Social outreach cell, AIIMS Rishikesh in collaboration with Uttarakhand Sciences Education and Research Centre (USERC). This event aimed to address academic, personnel, emotional and social stress of youth during COVID-19 pandemic and coping strategy by eminent national and international speakers.

All India Institute of Medical Sciences, Rishikesh
 In collaboration with
Uttarakhand Science Education & Research Centre (USERC)
 Dept of Science & Technology
 Govt. of Uttarakhand
 Organizes
International webinar
 on
Psychological Well-being among Youth

Chief Patron
 Prof. (Dr.) Ravkant
 Director & CEO
 AIIMS, Rishikesh

Chief Patron
 Prof. (Dr.) Durgesh Pant
 Director
 USERC

Guest of Honor
 Prof. (Dr.) N. K. Joshi
 Vice Chancellor
 Kumaon University, Nainital

Speaker
 Dr. Mohan Chawla
 Consultant
 Psychiatrist
 NHS, UK

Speaker
 Bruzily Abraham
 Psychologist
 AIIMS, Rishikesh

Convener
 Dr. Santosh Kumar
 Associate Professor (CFM)
 Youth Counsellor
 AIIMS, Rishikesh

Convener
 Dr. Manju Sundriyal
 Scientist
 USERC

The registration for Webinar will be free of cost
 E-certificate will be provided
 link for registration: <https://forms.gle/TnHotm dSZ1xcZzN69>
Wednesday, 26 Aug 2020
Time: 2 PM -4 PM

AIIMS Rishikesh holds webinar on Covid-19 related psychological stress

By OUR STAFF REPORTER.
RISHIKESH, 25 Aug: An International Webinar was organised under the aegis of AIIMS Rishikesh on Friday. Speakers shared a variety of ideas on diagnosing mental problems that are developing in youth during Covid-19.

On this occasion, Professor Ravkant, Director, AIIMS, said that the Covid Pandemic could last till December 2021. In such a situation, there was need to develop the skills to live with it.

Many scientists, expert doctors, literateurs, thinkers and engineers participated in this international webinar organised under the joint aegis of Social Outreach Cell of AIIMS Rishikesh and Uttarakhand Science Education and Research Centre (USERC). The title of the webinar was - Psychological Wellbeing among Youth during Covid-19. The Guest Speaker from United Kingdom said that Covid-19 was causing a lot of change due to the isolation of the youth, who were imprisoned in their homes. The youth were going through many types of psychosis, frustrations, mental diseases and depression. Young people could be mentally healthy if they kept themselves busy by various means.

Professor Ravkant said there was need to develop skills to live with this stress and develop resilience. It was possible to connect with everyone. He described the psychological problems the youths could face.

Chief Patron Dr Durgesh Pant said that perfection was not everything; sometimes imperfection could also be enjoyed. Youths were under pressure due to parental expectations or the desire for high marks in examinations. Parents needed to understand their children.

Psychiatrist from United Kingdom Dr MK Chawla emphasised that psychological needs were also important. He described the role of meditation and exercise to overcome stress and depression.

Dr B Abraham, Specialist, Psychiatry Department, AIIMS, advised avoiding loneliness, sparing time for recreation, seeing movies, reading book, planning creative activity. One should not be cut off from loved ones.

Most successful people need more Emotional Quotient (EQ) than IQ.

Dr Santosh Kumar, Associate Professor, Community Family Medicine, and Youth Counselor, emphasised the need for good and positive people. Resources (positive friends, positive environment, books, relatives, exercise) were inversely proportional to stress. For those rich in resources, the stress would be less.

Dr Manju Sundariyal, USERC Scientist and Coordinator, discussed various problems raised by participants related to women's wellbeing during Covid 19. Other family members were advised to contribute to house work and not burden just one family member.

- ✚ **Covid-19 vaccination awareness program:** -In the community dialogue seminar, there was a conversation between local citizens and doctors of the institute, in which, teachers, members of Gram Panchayat and citizens got all their queries answered by the doctors. In the program organized at Maa Anandamayi School Raiwala, the village head and other representatives of the area along with the common citizens got their queries related to the early commencement of vaccination campaign for prevention of corona virus answered by doctors of AIIMS, Rishikesh. In the seminar, Dr. Santosh Kumar, Nodal Officer of the Covid-19 Community Task Force of AIIMS Rishikesh, and his team members talked about Covid-19 virus infection and its preventive measures. They also informed public about the early commencement of vaccination campaign for prevention of Covid-19. Nodal Officer told them that even after receiving the vaccine, no one should stop wearing mask.



- ✚ **The experience of vaccination has been shared through a video in COVID-19 Community Task Force YouTube channel:** -COVID-19 vaccination was started in All India Institute of Medical Sciences on 16 January 2021, under which health workers were given vaccines of COVID-19 in the first phase. For public awareness, a video has been created by the COVID-19 Community Task Force in a YouTube channel in which health workers have shared their experience during vaccination. Video link is given below.



<https://www.youtube.com/watch?v=zCMKunVlj4c>

Public awareness program: Triveni Ghat Rishikesh to Aastha Path Barrage: -A

public awareness drive was held on 13th October 2020 in association with Social outreach cell, Nodal officer - Outreach team, AIIMS Security personnel and other supporting organizations - Rotary Club, Rotary Club Centre and Lions Club from Rishikesh through Triveni ghat to the Aastha path barrage in Rishikesh.

The route was divided into three sections by the team – Triveni Ghat to 72 Sidhi, 72 Sidhi to Sai ghat and Sai ghat to Aastha path barrage.

Covid-19 related information was provided to the people who had come for morning walk in the above-mentioned sections. Masks were distributed to those who weren't wearing one. Sanitizers were distributed to people who were wearing masks in order to encourage them. Furthermore, people were made aware about the importance of wearing a mask and were advised that they shouldn't go out without wearing one. They were also made aware that covid-19 has not yet ended and were advised to strictly follow all guidelines without any laxity.



एम्स ने चलाया कोविड जागरूकता अभियान

अमर उजाला ब्यूरो

ऋषिकेश। एम्स के आउटरीच सेल के तत्वावधान में गठित कोविड 19 कम्यूनिटी टास्क फोर्स की ओर से मंगलवार को नगर क्षेत्र में कोरोना जन जागरूकता अभियान के तहत लोगों को कोविड-19 के दुष्प्रभावों को लेकर जागरूक किया गया। इस दौरान लोगों को मास्क व सैनिटाइजर का वितरण भी किया गया।

एम्स निदेशक प्रो रवि कांत ने आउटरीच सेल की इस पहल की सराहना की। उन्होंने बताया कि इस महामारी के भयावह दौर में कुछ अन्य तरह की व्याधियां व मनोविकार उत्पन्न हो गए हैं। जिनके निस्तारण व जनजागरूकता के लिए हम तरह के

अभियान के दौरान लोगों को मास्क व सैनिटाइजर का वितरण किया



कोरोना की रोकथाम को एम्स रोटीरी क्लब, लायंस क्लब ने चलाया अभियान।

सामूहिक प्रयासों की नितांत आवश्यकता है। टास्क फोर्स के तहत मंगलवार को त्रिवेणीघाट से आस्थापथ होते हुए एम्स तहत कोरोना के प्रति जनजागरूकता मुहिम चलाई गई। जिसमें स्थानीय लायंस क्लब, रोटीरी क्लब ऋषिकेश, रोटीरी क्लब मेंटल एंड ऑर्गेनिज

एसोसिएशन आदि संगठनों के साथ साथ पुलिस एवं प्रशासन ने भी सहयोग किया। आउटरीच सेल के नोडल ऑफिसर डॉ. संतोष कुमार ने बताया कि कोरोना से बचने के लिए नियमित मास्क व सैनिटाइजर का इस्तेमाल करना होगा।

अपेक्षित समाचारिक त्रयी नगरी

ऑनलाइन सपोर्ट सिस्टम लागू

कोविडकाल में संस्थान द्वारा लोगों की चिकित्सकीय सहायता के लिए ऑनलाइन सपोर्ट सिस्टम लागू किया गया है, जिसके तहत लोग हेल्पलाइन नंबर- 18001804278, मोबाइल नंबर-7454989545 व 9621539863 पर संपर्क स्थापित कर चिकित्सकीय परामर्श ले सकते हैं।

होंगी। इस अवसर पर रोटीरी क्लब सेंट्रल के अध्यक्ष हितेंद्र पंचार, रोटीरी क्लब ऋषिकेश अध्यक्ष नितिन गुप्ता, लायंस क्लब के अध्यक्ष अभिनव गोयल, टूर ऑपरेटिव एसोसिएशन, उत्तराखंड के नवीन मोहन, आरंभ एक उम्मीद से जुड़े रजनीश शर्मा, संतोष पांडेय आदि मौजूद थे।

- Social Outreach Cell AIIMS Rishikesh has prepared an online platform:** -To deal with the problems of the public and the challenge or danger posed by the epidemic keeping in view the ever-increasing COVID-19 infection. Under the guidance and direction of Padmashri Prof. Ravi Kant, Director, AIIMS Rishikesh, Social Outreach Cell initiated the online platform programme where everyone can listen the voice of Doctor. To establish the community dialogs, we have created this platform. Where more than 8 Lakh people have been interacted during this period and the majority of the chunk were COVID-19 positive who have directly taken consultation and some of them express their concerns, problems and issues and found appropriate solutions.

More Than 8 Lakh People Provided Relief During COVID-19 Through Telecommunication At AIIMS Rishikesh

Rishikesh (The Hawk): More than 8 Lakh people have been provided relief During COVID-19 through Telecommunication from Social Outreach Cell AIIMS Rishikesh.

It was an unprecedented Public health crises during COVID-19 pandemic, there was atmosphere of panic the people were afraid of the rumours. Which were not even evidence base, and not even right, that was the time when WhatsApp university presiding over actually medical knowledge. The mortality of COVID-19 was the same it was not very much high, but infectivity and transmission rate was very high in respect of mortality. Professor Ravikant Director AIIMS said that Covid-19 affected drastically all segments of community and human life during this pandemic. It was pandemic crisis and lots panic among community members was reported due to increase number of covid positive cases and overburdened of cases in hospitals.

He said that in such a situation, the Social Outreach Cell of AIIMS has played an important role in reducing the tension and panic among the members of the community and to solve their problems.

Dr. Santosh Kumar, Associate professor Community and Family Medicine and Nodal Officer of Social Outreach Cell AIIMS said that Unidirectional flow of information was one of the biggest reason of public health stress.

People were facing troublesome journey of their life with lots of confusion in perceiving the new modality of solution for COVID-19. He said that in the meantime, there was an urgent need to listen to the audience, community from their perspective. Pandemic demands two ways effective communications to assess the public health relevance with most needed intervention.

Dr. Santosh kumar told that Under the guidance and direction of Padmashri Prof. Ravi Kant, Director, AIIMS Rishikesh, Social Outreach Cell initiated the online platform programme where everyone can listen the voice of Doctor. To establish the community dialogs, we have created this platform. Where more than 8 Lakh people have been interacted during this period and the majority of the chunk were COVID-19 positive who have directly taken consultation and some of them express their concerns, problems and issues and found appropriate solutions.




Honouring Nodal Officer for their excellent work during the pandemic by Mayor of Rishikesh