



GOVERNMENT DEGREE COLLEGE, CHEBROLE

Guntur District, Andhra Pradesh

(Accredited by NAAC with 'B' Grade)

Affiliated to Acharya Nagarjuna University

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DEPARTMENT OF CHEMISTRY

INTERNATIONAL WEBINAR ON

“SUZEEVANA- RIGHT WAYS TO COMBAT COVID-19”

ON 30th & 31st AUGUST 2020



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Accredited by NAAC with B grade

Guntur District, A.P., INDIA.

E-mail : jkc.chebrole@gmail.com

AFFILIATED TO

ACHARYA NAGARJUNA UNIVERSITY



Sri M.M. Nayak, IAS

Commissioner of Collegiate Education,

A.P., VIJAYAWADA

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In Association with

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Dr. V. Sridevi

Principal, GDC, Chebrole

Patron

DEPARTMENTS OF CHEMISTRY & BOTANY

CORDIALLY INVITE TO THE TWO DAY

INTERNATIONAL WEBINAR

ON

‘SUZEEVANA’ - RIGHT WAYS TO COMBAT COVID-19

On 30th & 31st August, 2020

Timings : from 10.00 AM to 1 PM on 30.08.2020 & from 09.00 AM to 1 PM on 31.08.2020

This webinar:

- Provides basic and elaborate information on the impact of microbes such as corona virus on human life and different methods of developing immune system.
- Suggests the essential diet factor to come back from corona virus impact.
- Also recommends required nutritional food for boosting up of human immune system.
- Enlightens upon the psychological implications in present Covid -19 situation.
- Discusses and analyses the post Covid-19 scenario in the society.
- Offers appropriate management skills such as stress and time.



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Sri K. Ravichandra Reddy

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RESOURCE PERSONS



Key Note Address By

Prof. T. Pullaiah
Retd. Prof. of Botany
Sri Krishnadevaraya University Ananthapur, A.P.,

Topic "Immune Boosting Plants"

Dr. Jagadeesh Uppala
Department of Biological Sciences
University of Wisconsin-Milwaukee, WI, 53211 USA

Topic "Fighting COVID 19 - Current Status of Molecular Diagnostics, therapies and Vaccines"



Prof. A. Jyothi
Department of Home Science
Sri Padmavathi Mahila Viswa Vidyalayam, Tirupati, A.P.,
Topic "Nutritional Facts for being Healthy – Immune Boosting Foods"

Sri P. Srinivasa Reddy
Founding Director
3C Pharmaceuticals Pvt Ltd., Hyderabad, Telangana
Topic "Pharmaceutical Companies and new inventions for Covid-19 scenario"



Prof. A.J. Solomon Raju
Department of Environmental Sciences
Andhra University Visakhapatnam, A.P.,
Topic "Impact of Covid-19 on the Society in Future"

Dr. A. Vimala Rodhe
Asst. Professor & HOD
Department of Microbiology
Silver Jubilee Govt. College (Autonomous) Kumool, A.P.,
Topic "Effects of Probiotics, Prebiotics and Synbiotics on Human Health"



Prof. Vishala Patnam
Former Dean, College of Community Science
VNM Agricultural University, Parbhani, M.S.,
Currently CAD Consulting Expert
Topic "Managing Activities and Time Amid the Lockdown Due to Covid-19"(For Teachers and Lecturers)

Dr. Lalitha Kalapatapu
Assistant Professor,
Department of Psychology, Yogi Vemana University Kadapa, A.P.,
Topic " Psychological Issues during Covid-19 "





NO REGISTRATION FEE

For Registration click on the following link

<https://forms.gle/79yDbHuDuhMQmfuk9>

After Registration, join in whatsapp group by clicking on the following link

<https://chat.whatsapp.com/D3Jl7polNEy6MjubOuvwhl>

If above whatsapp group is full , join in second whatsapp group by clicking on the following link

<https://chat.whatsapp.com/D9sQ4yZoBZnLdObeSG0bJQ>

With Assistance of Technical Team, Silver Jubilee Government College (A), Kurnool, A.P.

BRIEF REPORT ON

INTERNATIONAL WEBINAR ON

“SUZEEVANA- RIGHT WAYS TO COMBAT COVID-19”

ON 30th & 31st AUGUST 2020

Resource Person: Prof. Aluri Jacob Solomon Raju, Department of Environmental Sciences, Andhra University, Visakhapatnam.

Prof. A. Jacob Solomon Raju said that “Impact of COVID-19/20 on the society in future”. Lockdown containment and confinement of people stay at home. Lock down is not a new idea in the present times. It is an age old practice that was conceived as Solitude in Christian tradition. Church fathers conducted a word less communion with a silent God. This idea with the name “Lock down” was followed in times of epidemics or pandemics in the past. It is used in case of pandemic diseases that are communicable (Infectious disease) and contagious (Spread through direct, bodily) contact with infected person.

Spanish flu of today (mainly H1N1 and H2N2) is a pandemic that was experienced in 1918-1919 in Europe, America and part of Asia including India. This flu infected 50 crore people world, killed 20-50 million victims. In India Spanish flu was called Bombay flu because it broke out in June 1918 in Bombay. 1.5 crore people died in India. Mahatma Gandhi was also infected by this virus but he recovered.

Corona virus like climate change is partly a problem of our economic structure climate changed is caused by certain gases absorbing heat. Climate change we need to understand the social reasons that keep us emitting greenhouse gases. The epidemiology of COVID-19 is rapidly evolving people mix together and spread infections.

Impact of COVID-2019 & 2020 on the future of the Society:

1. Covid is a human, economic and social crisis. The Covid as a pandemic is attacking societies at their core.
2. Covid outbreak affects all segments of the Population.
3. The economic of collapse (less production, less business, less profits and less employability)
4. The final outcome is economic depression.
5. It has exposed the fragility of the globally connected economy and what happens when confidence is siphoned out of it.
6. It has shown that the deepest reserves in central banks are all but futile when there is a whole sale rout in markets.
7. Indirectly the virus has shown us that even free market nations need a centralization of government control and police enforcement to combat this economy.

Suggestions:

1. People who are ill with Coronavirus need doses of new medicines, then building antibodies, save lives. Improve oxygen levels and speed up recovery.
2. Countries today need “economic antibodies” to save the economies from further disasters.
3. Social distancing, wearing masks/ Shields / hand gloves.
4. Maintaining hygiene.

Resource Person: Prof. Vishala Patnam, Former Dean, College of Community Science, Vasant Rao Naik, Marathwada, Agricultural University, Parbhani.

Prof. Vishala Patnam said that “Managing Activities and Time Amid the lockdown due to COVID-19 (for Teachers and Lecturers). She give tips for Time and Activity management in Covid-19.

1. List out priorities of tasks and allocate time.
2. Reduce time on Non priorities.
3. Preplan the work and tasks in it.
4. Be proactive.
5. Defensive pessimism Validation of work plan and out put
6. Doing un stuck Disruption in routine at times.

Time: Progression of existence and events from past to future. Its qualities

1. Irreversible
2. Absolute
3. Measurable
4. Can't Preserve
5. Can't barrow
6. Can't donate
7. Time dilation

She explained tips to Save Time and Do well for Teachers and Lecturers.

1. Sometimes let it go attitude
2. Ignore Un important things
3. Give time to important things
4. Learn to stay calm

5. Keep a smile in difficulties
6. Share your experiences – good and bad with your colleagues and work on making the online lectures delivery process better
7. Send and share study materials
8. Keep the sessions interactive.
9. Frequently interact / connect with students before or after the lectures during allocated time slot.
10. It is important to give assignments and evaluate students' performance.
11. Organise subject related quiz.
12. Work with your mentors / Heads/ Colleagues to address/ resolve such issues.
13. Plan your breaks during the day.

She give tips for physical and mental health for Teachers and Lecturers in COVID-19.

1. Consume balanced diet.
2. Take time to exercise.
3. Keep in Touch with family, friends and colleagues.
4. Take rest for stressful day.
5. Utilize the weekend time for house hold.
6. Pursue your hobbies / areas of interest
7. Browse through articles / you tube videos.
8. Distribute the domestic workload / responsibilities with your spouse.

Resource Person: Sri.P.Sreenivasa Reddy, Founding Director 3C Pharmaceuticals Pvt.Ltd, Hyderabad.

Sri.P.Sreenivasa Reddy said that pharmaceutical companies and new inventions for COVID-19 on average pharmaceutical companies spend 17% of revenues on research and

development and their success is contingent on the development of new drugs. More than 1000 clinical trials with 150 treatment options. Pharmaceutical companies by prioritizing R & D on Diagnostics, treatments, Health tech and vaccines.

SARS-COV-2 attacks vital organs such as lungs, heart, Intestine and blood vessels. In the lungs the virus target cells present in the living of the lungs and this results in respiratory distress. Virus interferes with heme, an iron containing compound which is an important component of blood. A blood group more susceptibility to virus. Weak immunity can cause higher viral load leads to inflammation of lungs. Inflammation cause immune system attack the virus intern “ALVEOLI” filled with fluid leads to difficulty in breathing and lack of O₂ in blood leads to death.

He said that the following medications are used for Corona Virus. i.e.

1. Remdesinir
2. Convalescent plasma
3. Dexamethason
4. Heparin
5. Tocilizumib.

Pharmaceutical Companies Tackling COVID-19:

1. Abbvie: Effectiveness of HIV drugs, clinical studies and basic research working closely with USFDA, CDCP etc.
2. Alexion: Phase-3 clinical trials with its medicine on pneumonia at ARDS
3. Amgen: Discovering and developing fully human neutralizing antibodies on SARS COV-2 for Prevention and treatment.
4. Elitilly: Developing antibody products for treatment and prevention.
5. NOVARTIS: 450 Patients malaria drug- COVID treatment.
6. Oxford University: Designing inhibitors of SARS COV main protease.
7. Dr.Reddy's: Remdesinir and Fanipiranir.

Sugeestions:

1. Wash your hands regularly with soap water or hand rub.
2. Maintain at least one meter distance between you and people.
3. Avoid touching your face.
4. Cover your mouth and nose.
5. Stay home.

Resource Person:Dr.K.Lalitha, Assistant Professor, Department of Psychology, Yogi Vemana University, Kadapa.

Assistant Professor, Dr.K.Lalitha said that Psychological issues during COVID-19. She tells that the report on Global Burden of disease estimates the point prevalence of unipolar depressive episodes to be 1.9% for men and 3.29% for women and the one year prevalence has been estimated to be 5.8% for men and 9.5% for women.

In 2017, 197.3 million peoples had mental disorders. i.e 45.7 million depressive disorders and 44.9 millions anxiety disorders. An average of 371 suicides daily 36% of Indians is likely to suffer from major depression at some point of their lives. The total estimates number of people living with depression by 18.4% between 2005 and 2019.

She tells what are the factors contributing to mental health is socio demographic variables are Age, Gender, Marital Status, Education, Occupation and Income, Physical Health Problems are Diabetes, heart diseases and another disease.

Impact on patients and quarantines individuals are Loneliness, Anxiety, Panic, PTSD, Depression, Secure communication channel between patient and family members. Treatment of Psychiatric patients is flampared routine Psychiatric follow up, Addiction, Violence. Monitoring their behaviour medication.

She explained the treatment of other groups like pregnant women / migrant workers / poor / tribals etc. are protection of basic human rights, providing proper accommodation, affordable health care delivery, and hygiene.

Effects of Quarantine: Irritation, fear of contracting and spreading infection to family members, anger, confusion, frustration, loneliness, denial anxiety, depression, insomnia and suicide.

In Children's boredom, educational anxiety, irritability, fear of infections and children health problems.

In old people, isolation boredom, feeling of incompatibility, fear of transmitting infection, anger, fear, anxiety, financial losses, elder abuses.

Suggestions to Decrease Psychological Problems:

1. Spending time with family members.
2. Involving in day to day activities of family.
3. Home based Physical Exercise.
4. Spiritual activity.
5. Special arrangements of old age homes.