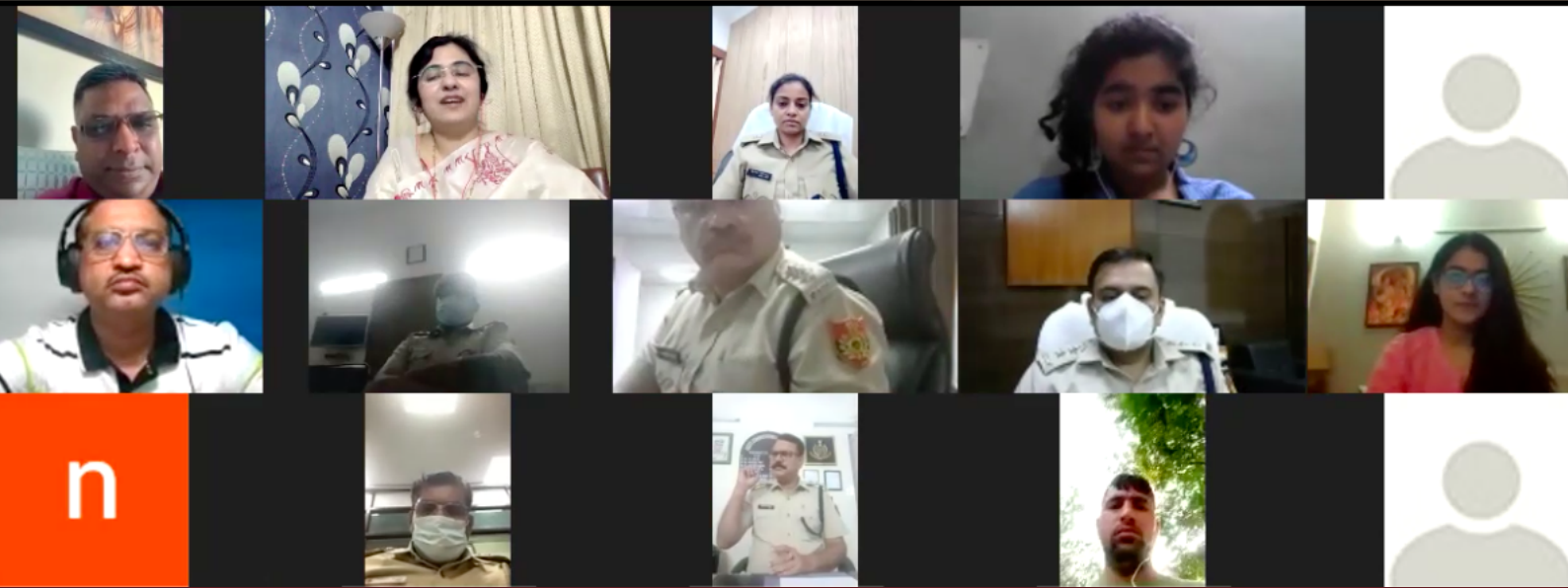


# WeEvolve: Mental & Physical Well Being

Advance Healthcare Foundation x New Delhi District Police



## By our Heroes, for our Heroes

On **25th May 2021**, Advance Healthcare Foundation in association with New Delhi district police organised a webinar on **"Post-COVID Complications and Mental Health of Frontline Workers and their Families"** The event, organized as a combined awareness-raising for those fighting the virus on the frontline, as well as a platform for citizens to interact with expert doctors, turned out to be a grand success. Special thanks to **Ms. Anjitha Chepyala, Additional DCP, New Delhi District**, for her gracious presence and helping us to organise this Moreover, the constant motivation by **Dr. Eish Singhal, DCP, Parliament Street, New Delhi District** has always fostered our vision of extending our gratitude to the frontline workers

The event commenced with a warm welcome address by **Dr. Sreya Chattopadhyay, Director, Advance Healthcare Foundation**, conveying the message, *"Jo bhi kathin paristhitiya aaye, wo riots ho ya Covid ka bhishan prakar fear and panic hamare Delhi Police humare suraksha karte hey aur karenge virtue ke saath"*. Welcoming the esteemed panelists and respected attendees to WeEvolve, **Ms. Megha, Head, Adolescence Club of AHCF** on behalf of Advance Healthcare Foundation, saluted the police and the white-coated warriors serving selflessly during this perilous period for the country's safety.

Upon being asked about **how the youth of the country can contribute** to slowing down the growth of the virus, **Ms. Anjitha Chepyala** guided the audience by reiterating that **COVID protocols (like social distancing and staying at home unless absolutely urgent) should be strictly followed.**

AHCF is extremely grateful for the selfless actions, sacrifices and hard work of our frontline workers.



# From the Doctor's Desk

**BYLINE: AHIRA MENDIRATTA & SHHREYA ANAND**

The Advance Healthcare Foundation in association with New Delhi District Police organised a webinar which saw various renowned doctors, who addressed the concerns of the audience which included Police Personnel, their Families and volunteers of The Adolescence Development Club. The Panel consisted of the following panelists: **Dr. Rajesh Gupta MBBS, MD (Respiratory Diseases), Dr. Rajesh Goyal MBBS, MD (Psychiatry) Vice Chairperson (Dept. Of Psychiatry, Sir GANGARAM Hospital) and Dr. Saurabh Kole, Chairman Critical Care, West Bengal, Incharge of Intensive Care, Bellevue Clinic** who have major expertise in treating the COVID-19 infected patients. The event also included an interesting Panel Discussion, which **concluded in the following points:**

- The Police do feel stressed out especially at a job like theirs, but they are trained to deal with stress especially in difficult situations.
- Following the COVID-19 protocols and staying at home would help the police do their job efficiently.

## **Dr Rajesh Gupta (on Physical Health):**

- Isolate yourself and test yourself immediately to keep yourself and your family safe, in case any symptoms are observed. If you are in need of oxygen, people must go to the hospital.
- Don't take steroids only if you have a fever for around 6-7 days. It is meant to be taken only when there is an unavailability of oxygen or when prescribed by the doctor. When people take steroids- their blood sugar level shoots up, and it can remain shot up. Take care of the same.
- Even after recovery, 15 days are needed to come back to how you were before.
- Masking, distancing and washing hands are the three main approaches to combating the virus.

## **Dr Rajesh Goyal (on Mental Health):**

- Being scared of contracting the virus isn't needed as 98 out of 100 people do survive.
- Higher cases of anxiety, depression and uneasiness in the general population.
- Always remember that you have a very good chance of recovery.
- People exaggerate their symptoms which makes it hard for doctors to properly diagnose the symptoms.
- Healthy diet, regular exercise, good sleep.
- One should avoid any kind of addiction- drugs, alcohol etc.
- Keep your mental health in check by focusing on motivational speakers or read books that are positive.
- Don't listen to rumors by those who are not doctors.

## **Dr. Saurabh Kole (on Critical Care):**

- More than cure, we should focus on prevention right now. Using a mask and social distancing are very important
- Those who are diabetic are at greater risk of seriously contracting COVID-19, but most cases are manageable if diagnosed in time
- Early detection of COVID-19, steroids and continuous supply of oxygen are extremely important when it comes to saving critical patients

## **Precautions regarding the Yellow Fungus**

- Post-recovery COVID patients should strictly monitor their sugar levels, stay away from dead/decaying matter
- Regular Nasal Endoscopy post-discharge from hospital
- Avoid taking over-the-counter Antibiotics



Dr. Rajesh Goyal



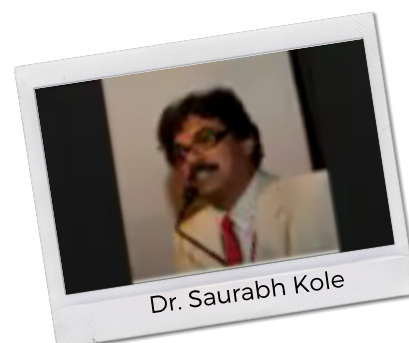
Dr. Rajesh Gupta



Ms. Anjita Chepyala



Dr. Sreya Chattopadhyay



Dr. Saurabh Kole



# An Ode to Delhi Police



BYLINE: PREETI CHAUHAN

खाकी वर्दी

सच में, सुनते ही होता है न एक नए जोश का एहसास  
ये वही वीर वीरांगनाएं हैं जिन पर हम सभी करते हैं दिलो जान से विश्वास  
वैसे तो हर बार ही संभालते हैं हमें  
पर इस बार हालात हमेशा से कुछ अलग थे  
नई थी मुश्किलें, नई थी उलझनें  
पर हमारी पुलिस के हौसले उससे भी बड़े थे  
जब कोविड ने चारों ओर मचा रखा था हाहाकार  
तब हमारी पुलिस ने बुरी से बुरी स्थिति को भी किया स्वीकार  
अपने अपनों के साथ को छोड़ दिया अपने फर्ज की खातिर  
गौर करिए, इसी को कहते हैं सच्ची देशभक्ति की डगर  
भले ही हालात आज भी उतने बेहतर नहीं  
पर हां यह भी उतना ही सच है  
हम और हमारी पुलिस का जुनून भी कुछ कम नहीं  
हर बार की तरह इस बार भी हम सभी फिर मुस्कुराएंगे  
अपनी पुलिस का साथ देने में जी -जान लगाएंगे  
जुनून, जज्बे और अपने साहस को न पड़ने देंगे कम  
दिल्ली पुलिस की लाजवाब भूमिका को AHCF का सलाम

## Contact Us



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For any health-related queries/event collaborations, do reach out to us on [info@advancehealthcarefoundation.com](mailto:info@advancehealthcarefoundation.com)

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