

Covid Vaccine Immunization and Lifestyle Diseases.

Organised by: Project S.E.V.A. in collaboration with Youth For Seva.

Date: April 26,2021

Number of participants: 53

Project S.E.V.A. in collaboration with Youth For Seva , conducted a webinar on “Covid Vaccine Immunization and Lifestyle Diseases” on 26 April , 2021. The speaker for the webinar was Dr.Jyoti Laxmi. She is a family physician running a private clinic in Bangalore since 22 years, also Connected with Apatha mithra and Step one in helping COVID positive patients with free tele consultation across India.The aim of the webinar was to focus on creating positive mental health to tackle the novel coronavirus.

The webinar drew the attention of 50+ attendees. Effective and compelling communication is crucial for bringing about positive behavior change, but in a pandemic, it can mean the difference between life or death. The speaker began questioning the viewers , “I am vaccinated , Are you?” Further , she explained the second wave of Coronavirus followed by some new corona symptoms i.e only headache , only weakness , only loose motions , conjunctivitis or vomiting etc. Additionally , she stated “ The virus is infecting children now , educate them. Do not panic and learn to live with the virus.” Covid-appropriate behavior needs to be followed which includes mask , hand sanitization , social distancing and vaccination which is must for all. Also she cleared the difference between isolation and quarantine with some do's and don'ts for positive mental health during the pandemic.

The speaker also resolved queries of respondents along with some rumors related to vaccines. She resolved the most common questions arriving in everybody's mind these days such as the difference between both the vaccines , whether girls can get vaccinated on their periods? Is it safe for diabetes and BP patients to get vaccinated? Why are people being tested positive even after getting vaccinated? She concluded the webinar by discussing the most common side effects of the vaccines which includes fatigue , soreness where the vaccine is injected , headache , fever . All in all the webinar proved to be beneficial and informative.

“To those who still wear their mask below the nose , it's been almost a year now ; it takes less time to train a toddler.”