



“बेटी बचाओ, बेटी पढ़ाओ”

**University Health Advisory for Health Disaster Management**

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**Idea Originator:** Jv'n Dr Panckaj Garg

**Acknowledge to the Idea Originator:** The idea is to analyse the safety measures and management during Nation wide Lockdown for containment of Corona Virus (COVID – 19) infection. The idea Originator Jv'n Dr. Panckaj Garg always strives for betterment of community and through this paper he provides Health advisory for Health Disaster Management to combat corona infection and to save the humans from this fatal corona pandemic.

**Publication Ideology**

The University initiative behind this publication is to exhibit the uniqueness of the research work done in which the reviewers were actively involved where Jv'n Dr.Panckaj Garg acted as the chief mentor and all other authors as mentors, under the aegis of “**Centre of Planning, Integration and Correlation**” which acts for integration of research and planning being done at “University Thought Process” and to correlate the same with Indian literature. The work done in this paper “University health advisory for health disaster management” is outcome of “University Thought Process” which is integrated and further correlated with the ancient literature, invention and science & technology.

**Abstract**

Research Concept: Sanitize yourself to Issue self certificate and make “**Corona Mukh Mera Ghar Pariwar**” to make India “Corona Free”.

For health disaster management following key steps can be taken:

- At the Entry point of each District of the Country, Quarantine Centre should be established as temporary basis for observation of suspected or outsiders coming from other places. If they found negative of COVID-19 only then they allowed going their home.
- Each Government School should be covert into temporary shelters homes at Panchayat level for safe living and providing food and medical care to and poor/ labor class people and outsiders during the lockdown.
- Government should take the initiative of local purchasing from farmers for agricultural products, dairy products and other perishable food items at market rate and distribute in temporary shelter homes, Quarantine Centers and poor/ labor class people during the lockdown.
- Government should constitute the local Health Disaster Committee consisting Head of SDM/ADM, with representation of local MLA or MP and representation of Donor, Social workers, Media and others for proper and transparent functioning.

- Give license to local shopkeepers to sell grains, vegetables, grocery & medicines and allow them to deliver door to door in their local areas.
- During Nationwide Lockdown, when no person can travel from one place to another, to take proper care of patient suffering from any disease and undergoing treatment at other place outside their area, the author suggested that they should be given facility during lockdown to go to PHC/ CHC for medical consultation where local PHC/CHC doctors can consult with their doctors on telephone, get further medical consultation/ treatment immediately.
- Everyone follow No Entry-No Exit from their Home, division, Panchayats, District, State and Country during lockdown. If they will not agree then shift to shelter homes or Quarantine Centres for next 14 days.
- During Lockdown Government sanitize all areas, offices, public places to welcome citizens after lockdown.
- If every citizen maintains self discipline for health advisories and stays in their home except Emergency officers/staff/person during Lockdown and upload a certificate on Government portal before joining their duties or starting their business, stating that, "I and my family followed 'No Entry-No Exit' from my house during lockdown and we did not spread infection to others", then no person will remain infected.

**Keywords:** Health Disaster, COVID-19, Quarantine Centre, Shelter Home, Self-Discipline

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## **Introduction**

Coronavirus disease (COVID-19) is a contagious disease caused by a novel discovered coronavirus. Most of the people effected with the COVID-19 virus will experience mild to moderate respiratory discomfort.

The Jayoti Vidyapeeth Women's University, Jaipur has been established by the Government of Rajasthan through Act No. 17 of 2008 as per UGC Act 1956 dated April 21, 2008. The University is NAAC Accredited having Recognition & approvals from related statutory councils. The University has established. Non Granted Innovation Centre, Incubation Centre, R &D Centre, Research Laboratories with have sufficient Research Resources & integrative supportive units.

At Present, Dr. Panckaj Garg, Founder & Advisor along with his Team is fully involved in thinking & finding the ways how to eradicate Corona Virus. The University has also been declared as "500 Bedded Quarantine Centre" by the Government of Rajasthan for the containment of COVID-19. This paper is the outcome of '**University Thought Process Lab**' for containment of Corona Virus.

This study can be a useful basis for policy planning in the direction of smooth functioning of services and health disaster management.

## **Health Disaster Management**

Natural and manmade disasters often result in the collapse of social system and services with severe impact on human development and economy. They also cause ill-health and deaths either directly or through the disruption of health systems, leaving the affected communities without access to healthcare in times of emergency.

The learnings from the implementation of the emergency response highlight the need for sustaining all the essential components of primary health care during disasters and adapting a holistic approach by mainstreaming and integrating emergency medical assistance and disaster response into primary health care policies, strategies, and services. The author suggests following viewpoints to implement to safeguard against the spread of COVID 19 virus:

- At the Entry point of each District of the Country, Quarantine Centre should be established as temporary basis for observation of suspected or outsiders coming from other places. If they found negative of COVID-19 only then they allowed going their home.

The author suggests that during such medical emergency Quarantine Centres should be established at all the entry points of the districts of the Country. These Centres should be used as temporary centres for the observation of suspected residents and all the outsiders coming to the district from other places. They should be allowed to go their home only when they are found COVID 19 negative.

The Public and Private institutions having sufficient infrastructure should extend their services to Government to establish Quarantine Centre at their institution. As soon as Government declared Nationwide Lockdown, Jayoti Vidyapeeth Women's University offered its Homeopathy and Ayurveda Hospitals and other University infrastructure to the Government for effective prevention and containment of COVID 19 and ensures its participation in the noble cause.

- Each Government School should be covert into temporary shelters homes at Panchayat level for safe living and providing food and medical care to and poor/ labor class people and outsiders during the lockdown.

The nation wide Lockdown is devastating for the daily wage earners, contract labors, homeless, poor and needy people. To make their lives easier in this difficult time each one of us, who are capable enough, should ensure our participation to help the needy ones. The author suggests that each Government School should be converted into temporary shelters where the needy ones can safely reside during Lockdown and provided with food and medical care.

- Government should take the initiative of local purchasing from farmers for agricultural products, dairy products and other perishable food items at market rate and distribute in temporary shelter homes, Quarantine Centers and poor/ labor class people during the lockdown.

The nationwide lockdown has a severe impact on world economy also. Big fat players can bear this but the small players could not handle such huge losses. So the author suggests the Government to take the initiative to purchase agricultural, dairy products and other perishable items and distribute it to the ones who are unable to purchase and fulfill their daily needs of food like temporary shelter homes, Quarantine Centers and poor/ labor class people. This could create a match between the purchaser and the seller where both are unable to purchase and sell their daily needs due to Nationwide Lockdown.

- Government should constitute the local Health Disaster Committee consisting Head of SDM/ADM, with representation of local MLA or MP and representation of Donor, Social workers, Media and others for proper and transparent functioning.

At this hard time everyone should understand their responsibility and ensure their participation to Fight against Corona and serving the country. Author suggested that the Government should constitute a 'Local Health Disaster Committee' consisting of Head of SDM/ADM, representatives of local MLA or MP, Donors - who provide fund as donation, Social workers, Media person and others for proper and transparent functioning.

- Give license to local shopkeepers to sell grains, vegetables, grocery & medicines and allow them to deliver door to door in their local areas.

Coronavirus disease (COVID-19) is a contagious disease caused by a novel discovered coronavirus. The COVID-19 virus spreads mainly through droplets of saliva or contagious discharge from the nose when an effected person Coughs or sneezes, so it's very important to practice respiratory etiquette & hygiene. Nationwide lockdown could be an effective measure to stop the virus from spreading to others. But people get outside their houses when they have to buy the essential goods of daily life, groceries etc. which could transmit the virus from one person to another in case of an infected person. As a solution, author suggested the Government to issue license to local shopkeepers to sell grains, vegetables, grocery & medicines and allow them to deliver door to door in their local areas to make this Nationwide Lockdown successful and break the chain of COVID 19 virus.

- During Nationwide Lockdown, when no person can travel from one place to another, to take proper care of patient suffering from any disease and undergoing treatment at other place outside their area, the author suggested that they should be given facility during lockdown to go to PHC/ CHC for medical consultation where local PHC/CHC doctors can consult with their doctors on telephone, get further medical consultation/ treatment immediately.

- Everyone follow No Entry-No Exit from their Home, division, Panchayats, District, State and Country during lockdown. If they will not agree then shift to shelter homes or Quarantine Centres for next 14 days.

To keep our home, neighborhood, city, state and country safe, we all should follow the No Entry-No Exit during Lockdown. This lockdown is the only immediate measure to break the chain of infectious COVID 19 virus. Further each and every professional, student, businessman etc when return to their workplace/ institution after the Lockdown, they should submit a self certified "No Entry-No Exit from Home" Certificate so that the effective prevention and containment of COVID 19 could be achieved. The author also suggested shifting the person who disobeys the Lockdown to shelter homes or Quarantine Centres for next 14 days.

- During Lockdown Government sanitize all areas, offices, public places to welcome citizens after lockdown.

Sanitizing all public areas, offices, schools, colleges etc and all touchable surfaces is important to stop the growth of the bacteria and remove the bacteria that are already present. The author suggests sanitizing all the public places and touchable surfaces to reduce the spread of transmittable diseases like COVID 19. The Government should take a step forward and utilize the Lockdown period for the well being of the citizens of the Nation.

- If every citizen maintains self discipline for health advisories and stays in their home except Emergency officers/staff/person during Lockdown and upload a certificate on Government portal before joining their duties or starting their business, stating that, "I and my family followed 'No Entry-No Exit' from my house during lockdown and we did not spread infection to others", then no person will remain infected.

As per the public health experts, for COVID 19 a 21-day quarantine value is derived from interpretations of outbreak data, past and present. To prevent and control the spread and chain of the COVID 19 every citizen except Emergency staff should maintain self discipline and stays in their home during Lockdown. Every citizen should understand the

seriousness of the situation and participate in an effective way to prevent the spread of the infection of the COVID 19 virus.

### **Conclusion**

Primary health care system exists across all the countries in varying forms and strengthening it further within the sphere of disaster management, particularly in low-income countries, can play a crucial role in building the local capacity, responding immediately when a disaster or public health emergency struck and making the communities more resilient to disasters. However, there is yet a need to integrate and mainstream optimally emergency medical assistance, local governance, institutions, social workers etc. within the primary health care system. Apart from this each and every citizen of the Nation should understand and undertake their responsibility to follow the rules issued from time to time and help the mankind to fight against Corona successfully.

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