

Column	Type	Null	Default	Comments
id	int(11)	No		
postID	int(11)	No		
comment_text	text	No		
email	varchar(200)	No		
status	tinyint(1)	No	0	
commentDate	date	No		

id	postId	comment_text	email	status	commentDate
1	11	Comment	vibass.vishnu@gmail.com	0	0000-00-00
2	11	Comment	vibass.vishnu@gmail.com	1	0000-00-00
3	10	Comment	vibass.vishnu333@gmail.com	1	0000-00-00
5	11	Comment	vibass.vishnu333@gmail.com	1	0000-00-00
10	11	adasdadad	vibass.vishnu@gmail.com	0	0000-00-00
11	11	adasdadad	vibass.vishnu@gmail.com	0	0000-00-00
12	12	good one!	vibass.vishnu333@gmail.com	0	0000-00-00
13	14	can we have the code please?	vibass.vishnu@gmail.com	1	2020-06-29
14	14	Great really loved a lof	vibass.vishnu@gmail.com	0	2020-08-06
15	14	gregat	umsi@umich.edu	0	2020-08-06
17	14	Nlce to see this kind of blogs for future also	Pardhurock@gmail.com	1	2020-08-06
18	14	loed alot	vish@umich.edu	1	2020-08-06
19	17	I am glad that i was able to learn this and develop the cool stuff with the help of this blog	vibass.vishnu@outlook.com	1	2020-08-06
		tanx a lot for the oppurtunity			
20	19	graet	umsi@umich.edu	1	2020-08-06
21	23	Awesome meant alot	umsi@umich.edu	1	2020-08-09

Column	Type	Null	Default	Comments
id	int(11)	No		
title	varchar(255)	No		
content	text	No		
author	int(11)	No		
feature_image	varchar(200)	No		
post_date	date	No		
view	int(11)	No		

id	title	conte nt	autho r	feature_im age	post_dat e	vie w
21	COVID-19 Response in Emerging Market Economies	<p><p>A pande mic still unf olding </p></p> <p><p>CO VID-19 is still to play out fully in the em erging market univers e (see chart for country list), posing risks to both people and ec onomie s. While c ountrie s such as China, Urugua y, and Vietna m have manag ed to contain the virus, others such as Brazil, India, and South Africa continu e to grapple with a rise in i nfectio ns.</p ></p> <p><p>E mergin g market s are likely to face an uphill b attle.</</p>	7	359.png	2020-08-09	0

id	title	content	author	feature_image	post_date	view
		<p>p></p> <p><p>The economic impact has been even more severe as emerging market economies were buffeted by multiple shocks. Compounding the effects of domestic containment measures has been a decline in external demand. Particularly hit are tourism-dependent countries due to a decline in travel and oil exporters as commodity prices plummeted. With global trade and oil prices projected to drop by more than 10 percent</p>				

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		<p>and 40 percent respectively, emerging market economies are likely to face an uphill battle. This is even as capital outflows have stabilized and sovereign spreads retreated compared to the sharply volatile market conditions seen in March.</p> <p><p>Not surprisingly, the IMF’s latest June World Economic Outlook Update projects emerging market economies to shrink by 3.2 percent this year&mdash;the largest drop for this</p>				

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		<p>group on record. By way of comparison , in the global financial crisis, growth for the group took a significant hit but still bottomed out at a positive 2.6 percent in 2009 .</p></p> <p><p>A decisive policy response</p></p> <p><p>The crisis would have been worse still without extraordinary policy support . For sure, decisive policy actions in advanced economies led to a turnaround in market conditions that allowed emerging market econo</p>				

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		<p>mies to resume external financing efforts in April and May, which contributed to record levels of bond issuance so far this year&mdash;to the tune of \$124 billion as of the end of June. But not all countries have seen improved fortunes. Fuel exporters, frontier countries, and those with high debt are experiencing a greater financial shock that pushed up borrowing costs, or even worse, denied them further access to markets.</p><p>Pol</p>				
		icy	Page number: 8/92			

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		support by adv anced econo mies provide d emer ging market econo my poli cymak ers with a wiggles room to soften the eco nomic blow. Unlike previou s episo des, where emergi ng market econo mies tended to tighten policy to avoid rapid capital outflow s and the infl ationar y effect of exch ange rate de preciati on, the current crisis has seen e mergin g market econo mies&r squo; policy reactio n more in line with that of advanc ed eco nomies (see				

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		<p>the IMF &rsquo s policy tracker) . Most emergi ng market econo mies used reserve buffers more s paringl y and allowed excha nge rates to adjust to a larger extent, while many c ountrie s injecte d liquidit y as needed to ensure market functio ning. C ountrie s like Poland and Ind onesia further eased macrop rudenti al policies to support credit.</p> <p></p></p> <p><p>&n bsp;</ p></p> <p><p>&n bsp;</ p></p>				
22	What The Coronavirus (COVID-19) Means For Marketers	<p><p>W hat The Coron avirus (COVID- 19)</p>	7	421.png	2020-08-09	2

id	title	content	author	feature_image	post_date	view
		<p>Means For Marketers</p> <p>
</p> <p>Home &raquo ; Blog &raquo ; Marketing &raquo ; What The Coronavirus (COVID-19) Means For Marketers</p> <p></p></p> <p><p>By now you have heard about the Coronavirus.</p></p> <p><p>The sad reality is that it is spreading quickly and will continue to spread for a while.</p></p> <p><p>Did you know that we are getting roughly 13,000 new cases a day and it&rsquo;s growing fast?</p></p> <p><p>No one really knows how</p>				

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		<p>people will be infected (or will pass away sadly), but it has caused the global stock markets to crash, which means as a business (or even a marketer), you will be affected.</p><p>And because my ad agency works with hundreds of companies in all the major sectors and we have 7 offices around the world, we are already starting to see how it is impacting marketing (I&rsquo;ll share the data below).</p><p>So</p>				

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		<p>what does this mean for you ?</p></p> <p><p>Well, before I go into that, let me be clear on what marketers should NOT do.</p>></p> <p><p>Don't exploit the situation
The first thing we are seeing is people trying to exploit fear.</p>p></p> <p><p>What I mean by this is supplies are running low around the world. From masks and toilet paper to hand sanitizer and other basic necessities&hellip; I am</p>				

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		<p>seeing market ers buying them and then resellin g them on eBay or running ads and selling them for 10-50x the price.</p> <p>This isn&r squo;t entrepr eneurs hip and this isn &rsquo <p>t mark eting. I highly r ecomm end that you avoid e xploitin g the C oronavi rus situatio n to make a quick b uck.</ p> <p>No t only is it wrong but it is also very sh ort- sighted . Sure you may be able to make a quick buck, but it w on&rsq uo;t las t&hellip; p> you</p>				

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		<p>are better off spending your time on anything that is long term.</p> <p><p>So now that we got that out of the way, what does the Coronavirus mean for marketers?</p> <p><p>Businesses are going to struggle for a while
Even if the virus slows down fast as the numbers have dropped in China, businesses are going to struggle for well over a year because they will have to make up for their losses.</p>				

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		<p><p>For example, in China the virus caused retail sales to drop by 20.5% and the unemployment rate jumped to 6.2 in February.</p></p> <p><p>When companies like Apple shut down their stores to help reduce the spread, it means less income and less profit. Sure they are able to pay their employees during their temporary shutdown, but not all companies have their bank balance and most won't be able to do the same.</p>				

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		<p></p> <p>Just look at the travel industry. The virus is expected to lose them 820 billion dollars. Virgin Atlantic just asked their staff to take an 8-week unpaid leave.</p> <p></p> <p>The ports are also empty and the first rounds of layoffs have already started.</p> <p>It's estimated that in total COVID-19 will cost the global economy \$2.7 trillion.</p> <p>And not only are people losing money but they</p>				

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		<p>are losing traffic and conversions.</p><p>Organic traffic is down in most industries
As I mentioned above, we work with hundreds of clients in different industries through my agency . On top of that, we also have tons of data because of Uber's suggestion.</p><p>Before I dive into the data, note that we didn't focus on any one single country , we decide to look at the traffic stats from a global perspective</p>				

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		<p>ctive. We also di dn&rsq uo;t include data from sites with less than 5000 visitors a month as they tend to have drastic swings from a percent age per spectiv e even when there are no global issues or algo rithm u pdates. </p></p> <p><p>W e also don&rs quo;t have data on every single industr y, for e xample , we do n&rsqu o;t really work with many r estaura nts nor do we purcha se data for that categor y as local re stauran ts usually don&r squo;t have</p>				

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		<p>the biggest marketing budgets. We have data on most of the major ones, but again not all.</p><p>Now, from an SEO standpoint, last week we saw huge drops in organic traffic for most industries we are tracking. Just look at the chart below (compares last week to the previous week)</p><p>
If you are in the news industry or financial space, your traffic skyrocketed.&nbsp;</p><p>An</p>				

id	title	content	author	feature_image	post_date	view
		<p>d if you are in the travel industry, you saw massive drops in traffic.</p> <p><p>You can&rsquo;t tell by the chart, but e-commerce was a mixed bag, depending on what sites sold, traffic was either up or down. For example, if you were selling baby products like diapers or wipes then you saw a nice bump in traffic.</p> <p><p>But if you were selling luxury goods like big-screen televisions you saw a drop in traffic.</p> <p><p>Ric</p>				

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		ght co mmuni cation strateg y and l everagi ng tech nology is an i mporta nt strateg y to deal with the CO VID19 pande mic. As we move ahead to the critical stage wherei n certain activiti es have been allowed in Green and Orange Zones, there is a need for a co mmuni cation strateg y that helps drive b ehavio ural change and ushers in an era wherei n we may need to learn to live with the virus. This require s effectiv e two way co				

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		<p>mmuni cations betwee n the citizens and Go vernme nt which has been the core strengt h of MyGov. It has been the end eavour of MyGov to act as a bridge betwee n citizens and go vernme nt and ensure citizen particip ation and inf ormati on diss eminati on on p latform s that most citizens use.</ p></p> <p><p>W hen the pande mic began, it was realise d that words and phrase s like Q uaranti ne, Social Distanc ing, Lo ckdown need to be com munica ted</p>				

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		<p>well. Most people didn't know what these terms meant. Social distancing was an alien concept. Epidemiologists and health experts came up with Do's and Don'ts for preventing the spread of the Virus. Fake News and Myth Busters was another challenge that MyGov had to deal with. We had all kinds of conspiracy theories ranging from Wuhan Lab experiment gone wrong to use of hot water and garlic to kill the</p>				

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		<p>Virus. There was a need to bust these myths and focus on making interventions like use of Masks and washing hands for 20 seconds, the norm. This was done with explanatory infographics and videos that helped explain all these in simple language.</p><p>Towards this objective, MyGov India, the citizen engagement platform of Government of India launched several initiatives on its MyGov.in platform as also its dedicat</p>				

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		<p>ed COVID19 page – ; corona.mygov.in to support the communication efforts of Ministry of Health & Family Welfare. MyGov has a presence on almost all social media platforms that include not only the conventional ones like Facebook, Instagram, Twitter, YouTube, LinkedIn but for COVID19 campaign , MyGov is also using the unconventional platform s like Telegram, TikTok, Helo, VMate, Likee with an objective to reach out to all</p>				

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		sections of people by leveraging all channels and platforms. Content was created in multiple languages as also the sign language to ensure that everyone becomes part of the communications. Videos from reputed doctors were made to ensure clear and correct messaging. MyGov also launched its MyGov Saathi Chatbot that is available on WhatsApp & FB Messenger and is also available on https://mygov.in and https://self4society.org				

id	title	content	author	feature_image	post_date	view
		ty.mygov.in . MyGov Saathi is a mobile enabled platform and uses a menu-driven approach, allowing users to select available options such as “Latest Update on Coronavirus in India”, “State level Status”, “Useful Alerts” and “Where to get help” to access information. It provides ready access to Covid-19 related resources such as latest updates, helpline, advisories from various central and				

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		<p>state government departments as well as access to Self4 Society initiatives including donation and volunteering opportunities.</p> <p>An other key feature of the communications in COVID19 campaign is the ability to ensure adherence to lockdown regulations which are amongst the strictest in the world and has contributed greatly in limiting the spread of the pandemic and bringing down the rate of doubling of cases, which is</p>				

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		essential for flattening the curve. This was made possible by the calls made by Prime Minister for the Janata Curfew, cheering doctors with clapping, 9PM9 Minute lamp lighting , showing of petals etc. Some may not find any merit or value in these initiatives, but when we did the sentiment analysis of the social media posts, it was found that a vast majority of people supported these measures. We also launched the Pledge				

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		s around these campaigns – ; Janata Curfew Pledge, Stay Home Stay Safe Pledge and Fight Against Corona – ; which saw participation of lakhs of people. The Citizen's Ideas and Suggestions page on COVID19 saw more than 100,000 suggestions coming from citizens . The Innovation Challenge for tech solutions launched on MyGov led to brilliant ideas and solutions – ; including those on Contact Tracing				

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		<p>which has now evolved into Aarogya Setu app. Quiz on COVID 19 has seen almost 100,000 entries. These initiatives help people get involved and once they are engaged, they feel part of the overall solution to the COVID19. It has been very important part of our communications strategy.</p> <p>The launch of the Aarogya Setu app is an important part of the COVID19 campaign. Given the questions raised by some with</p>				

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		regard to privacy issues, it was essential to communicate clearly about what the App does, why it is required and how Privacy is built into the App by design. This was done by innovative use of graphics and videos. Even celebrities like Ajay Devgn helped in creating the #SetuMe raBody guard campaign which was also endorsed by similar videos by regional language superstars like Nirahua in Bhojpuri and Anuj Sharm a in Ch				

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		<p>hattisgarhi. Top cricketers helped in the #TeamMaskForce campaign that promoted use of Masks. Campaigns around these hashtags were launched on Social Media platforms that helped in getting user generated content even in regional languages that contributed to carrying the message far and wide.</p> <p>The Lockdown instructions were a major challenge for us. Feedback was that many people were finding it difficult to interpret</p>				

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		et the directions and there was confusion on what to do and what not to. Immediately, MyGov demystified the directions and instructions by coming up with simple, easy to read and understand infographics which became very popular. These were also translated in various languages with help and support of a volunteer group who did it pro bono. With Lockdown, came the challenge of migrants and there was a lot of issue regarding Shelter homes				

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		<p>and feeding centres for the poor and urban homeless. MyGov collaborated with Google Maps and Map My India and put details of Shelters and Feeding Homes of around 750 cities on Maps so that they become easy to find and locate. Google also launched a messaging service for MyGov on Google Maps which has been integrated with the Saathi Chatbot to answer queries instantly.</p> <p>When the Myth Busters</p>				

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		<p>infographic was released, it became viral and millions of people shared it. A suggestion was received to make it available in audio format. Accordingly, these as also COVID 19 updates were converted into Audio Podcasts as part of MyGov Samvaad. These podcasts were also shared with more than 200 Community Radio Stations who translated the content and helped expand the outreach of COVID19 messaging. Further, it was felt that we</p>				

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		<p>also need to address anxiety , stress specially for people during the Lockdown. So, an initiative called Positive Harmonies was launched in which prominent musicians from across the country created special numbers for MyGov along with their messages to help manage the crisis. This has become very popular .</p> <p>One key feature of all these endeavours have been that all of this was managed by our teams & working</p>				

id	title	content	author	feature_image	post_date	view
		<p>g from home. Team members collaborated across cities and came up with brilliant innovations. We were greatly benefited with collaborations with top tech companies, media, volunteers and various Government departments. Innovation & Collaboration seems to be our strength that has not only helped us in our communications but will ultimately help us tide this crisis also.</p>				
24	COVID-19 creates new momentum for cycling and walking	<p><p>COVID-19 creates new momentum for cycling</p>	22	495.jpg	2020-08-09	2

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id	title	content	author	feature_image	post_date	view
		<p>r of people have turned to walking and biking, moving speedily and safely through once congested streets. The shift has brought some visible changes: local air pollution has dropped by up to 60% globally, and cities that used to be covered with a thick blanket of smog are experiencing their first blue skies in a long time.</p><p>But what will happen now that cities are gradually getting out of lockdown? At the moment,</p>				

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		<p>many urban residents feel that public transport puts them at a higher risk of being infected, and perceive private vehicles to be safer. As a result, car use has recovered much faster than mass transit so far&mdash;morning traffic in major Chinese cities is now even higher than 2019 averages. That means higher levels of air pollution, more congestion, and a lower quality of life.</p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p>				

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		<p>&nbsp; &nbsp; &nbsp; &nbsp; &nbsp; &nbsp; &nbsp; &nbsp; &nbsp; &nbsp; But there is an alternative to rampant motorization. If the current public health crisis makes individual modes inherently more appealing to users, why not use this as an opportunity to promote cycling and walking , which would produce greater social benefits, reduce pollution, and improve urban livability?</p> <p><p>We are seeing encouraging</p>				

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		<p>signs in some cities, where traffic on urban cycling networks is surging . For example, in Buenos Aires city bike use increased 129% before total lockdown and a similar increase was observed on China&rsquo;s bikeshare systems.</p><p>Yet in many parts of the world, the conditions for cyclists and pedestrians remain extremely challenging. In India, only 10% of urban streets have sidewalks, resulting in high fatality rates for non</p>				

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		so far behind ? After all, cities around the world have laid out plans and manuals to encourage cycling and upgrade walking infrastructure , often in an effort to improve air quality. The required facilities are relatively inexpensive to build, and there is no shortage of guidelines on how to best design safer streets for walking and biking. It seems like the problem is less about capacity and more about opportunity: due to				

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		<p>many c ompeti ng agenda s of city go vernme nts, the car has largely domina ted the fierce c ompeti tion for urban space. This is one of the main reason s why NMT plans rarely move from design to impl ementa tion.</ p></p> <p><p>Th e disru ption created by COV ID-19, howev er, has signific antly change d peopl e&rsqu o;s per ception of walking and biking, leading many d ecision makers to rethink the role of active t ranspor t. In fact, several major cities have</p>				

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		already seized that momentum to advance their urban sustainability agenda. From Lima and Bogotá; in Latin America, to Berlin and Milan in Europe as well as Kisumu in Kenya or Auckland in Oceania, more than 1,800 cities have taken action to bolster NMT since the start of the pandemic. India put in place a nationwide program known as the Cycles 4Change Challenge. Some of the concrete NMT measures that have been adopted				

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		<p>d in response to COVID-19 include:</p> <p><p>Closing certain streets to motorized vehicles. In Oakland, the city closed nearly 10% of its streets.
Expanding NMT space or creating new priority zones for cyclists and pedestrians, such as Vienna’s “shared spaces” (Beggungszonen).
Creating temporary “pop-up” bike lanes through low-cost interventions (signage, traffic cones,</p>				

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		<p> dwellers have experienced urban space free from noisy traffic for the first time since the rise of the automobile. Many have rediscovered walking and biking, filling city streets with people rather than cars. Amid all the chaos, the pandemic has given us a glimpse into what a pedestrian-friendly, bike-friendly city could look like, with fewer road fatalities, less pollution, and a better urban environment.</p> <p>This cannot </p>				

id	title	content	author	feature_image	post_date	view
		<p>be just a passing fad: now that the pandemic has opened our eyes to the importance of non-motorized transport, we have a small window of opportunity to transform short-term responses into long-term change &mdash;and to create livable, breathable cities for all.</p> <p>#YouthOnCOVID19: Young people's resilience is the boost we need right now</p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p>				
25	#YouthOnCOVID19:	<p>#YouthOnCOVID19: Young people's resilience is the boost we need right now <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p> <p> </p>	22	229.jpg	2020-08-09	0

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		<p> </p><p> Coronavirus has brought so much uncertainty &ndash ; to the economy, to jobs and to our lives as a whole. Even before COVID-19 we were facing a massive challenge to provide work for young people entering the labor market . And without effectiv				

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		<p>e policies in place when students return to schools , this generation of learners could lose an estimated \$10 trillion in earnings over their lifetime.</p> <p><p>With an understanding that COVID-19 will leave lasting scars on multiple fronts, especially on the younger generations, where can we find hope? &nbsp; That&rsquo;s what we&rsquo;re asking young people around the world.</p></p> <p><p>During this pandemic</p>				

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		<p>, the remarkable creativity and innovation of youth-led initiatives in sectors like health, jobs, and food security are stories worth telling. These efforts prove that young people are critical in driving forward ideas and actions on global issues - and their voices deserve our attention.&nbsp;p;</p></p> <p><p>To provide a platform for youth, we launched the online campaign #YouthOnCOVID19 . In a short video, young people aged 18-35 share</p>				

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		what their lives look like in these challenging times. Within a month, we received over 100 videos from around the world. Many expressed their concerns about interruptions to education, increased barriers to employment, and the rising cases of domestic violence and mental health problems in their communities. In all the submissions, a powerf				

id	title	content	author	feature_image	post_date	view
		theme resonates – resilience. These young women and men reveal their ability to adapt, as well as communicate, what their countries need for an inclusive and resilient recovery from COVID-19. Watch some of these remarkable youth as they discuss good governance and civic engagement, financing programs to support businesses, investing in sustainable health systems, and building digital infrastructures for education				
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		and jobs. After hearing these diverse voices, we hope you too will be inspired - and more important, be reminded of the crucial support young people need to succeed. p; We are grateful to all of those who participated in this campaign. Thank you for being a mbassador for your communities. As a final note, here's a message from Soham Das from India - " ; For some, this pandemic is a rainbow and for others, a dark cloud. All of				

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		<p>&nbsp;</p> <p><p>Inside the walls of the Nav Jivan Hospital in India&rsquo;s Palamu district, doctors run from bed to bed treating their patients. Many of the beds in their facility are for people with COVID-19, who may need ventilators as part of their treatment. Aside from the ventilators, the hospital is filled with the sounds of electricity: heart monitors, lights and other necessities for an effective health facility. But, unlike</p>				

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		<p>many hospitals in rural India and elsewhere , the doctors do not have to worry about what would happen if the power went out.</p><p>Hospitals rely on safe, reliable energy to treat patients, and lack of power can be harmful &mdash; if not deadly &mdash; to people seeking treatment. Nav Jivan faced many operational challenges that are common for rural hospitals , especially due to erratic electric supply and regular voltage fluctua</p>				

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		<p>&nbsp; This te chnolo gy has given the hospita l a new lease on life. Althou gh the system doesn ' t meet the energy needs of the entire hospita l, it has improv ed its e lectricit y capacit y and s tabilize d its most critical operati ons in the int ensive care un it.</p> <p>Th e move to solar energy made the hospita</p>				

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		<p>I more resilient at a critical time. As COVID-19 began spreading across the world and governments struggled to set up competent medical support in urban and rural areas, this small hospital I was ready. Rural areas face unique risks due to the pandemic, concerning many global health experts, and Nav Jivan shows the life-saving value of sustainable energy in areas where electricity remains unreliable.&nbsp;</p></p>				
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		<p>ral Healthcare and COVID-19
COVID-19 has expanded its footprint across India, with over 264,944 active cases and 20,642 deaths as of July 8. A robust, resilient healthcare system has been identified as vital to contain its spread.</p><p>On any ordinary day, healthcare centers in remote areas face challenges due to location; limited access to resources, medical supplies and equipment; staff shortages and</p>				

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		<p>other factors. The coronavirus pandemic has left these hospitals struggling.</p> <p>Sixty-six percent of India's population resides in villages, making the need to prepare rural healthcare infrastructure and sub-centers for the crisis extremely urgent. As of 2019, at least 30% of sub-centers (SC) &mdash; which provide basic health care to communities &mdash; in 14 states did not have an electricity connection. This accounts for almost</p>				

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		40,000 SCs thr oughou t the country . Altho ugh primar y health centers (PHCs) are more likely to have electri city, almost 800 PHCs in India operat e without it. &nb sp;Dat a shows that cities with po pulatio ns of betwee n 20,000 and 50,000 accoun ted for over half of confirm ed COV ID-19 cases in early July.<b r /> Nav Jivan is one of the main h ealthca re facilitie s in Jha rkhand state in eastern India. Over 75% of the sta te&rsq uo;s po pulatio				

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		<p>n resides in rural areas. Palamu , a district in Jhark hand, is in the sta te&rsq uo;s top 15 district s affecte d by C OVID-1 9. The hospita l, serving over 450 villages , has beds ready in the i ntensiv e care unit for severe and mo derate cases.</p> <p></p></p> <p><p>Th e proac tive steps taken by Nav Jivan Hospita l toward s impro ving its service s over the years &mdas h; and more recentl y, fortif ying its electri city supply with de centrali zed solar power</p>				

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		<p>&mdash;h; have played a significant role in enhancing self-reliance and improving disaster-management capabilities for this rural hospital.</p> <p><p>Strengthening Health Systems with Reliable Energy
Nav Jivan&rsquo;s progress and advancement in facilities was based on years of judicious planning and forethought. For several years, limited infrastructure required the hospital to perform surgeries and child deliveries with f</p>				

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		<p>hts and petro max la mps.</p></p> <p><p>Th e situatio n impro ved co nsidera bly when it got thr ee- phase grid co nnectio ns, but voltage fluctua tions c ombine d with freque nt and long power outage s conti nued to hampe r opera tions. In additio n, inevi table damag e to the ele ctricity grid during monso ons led to prol onged periods of power outage s, forcing the hospita l to depend on exp ensive (up to over \$13,00 0, or Rs.10 lakh, per year)</p>				

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		<p>end of last year, funding the installation of its first solar PV system . This 10kWp system takes care of the hospital&rsquo;s most critical needs, functioning as the primary source of power for running equipment required for treating COVID-19 patients. Solar energy powers the ICU ventilators, including additional ventilators procured from the state for emergencies.</p><p>Creating Resilient Rural Health Systems
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		<p>This pandemic, which has wreaked havoc on world communities, could be a turning point for India’s rural healthcare landscape &mdash; provide d we learn from it and enhance our capacities through sustainable, energy-efficient systems. Focusing on leaving no community behind must be part of building resilience and enhancing preparedness of our health care systems.</p> <p><p>Nav Jivan is an example of</p> <p>how,</p>				

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		with improved access to reliable energy, rural hospitals can upgrade basic and critical-care services. Decentralized renewable energy can empower rural hospitals by providing uninterrupted services, reducing diesel costs and pollution and improving financial efficiency. To achieve this, it is important to build national- and state-level dialogue on the need for resilient health-care delivery systems through integrated policies, sustain				

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		nable technology solutions and innovative financing models. 				
27	Protect yourself and others from the spread COVID-19	<p>You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:</p> <p>Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water. Why? Washing your hands with soap and water or using an alcohol-based hand rub kills viruses that may be on your hands.</p>	23	785.jpg	2020-08-09	0
		Maintain				

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		<p>n at least 1 metre (3 feet) distance between yourself and others. Why? When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.</p> <p>Avoid going to crowded places. Why? Where people come together in crowds, you are more likely to</p>				

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		come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet). Avoid touching eyes, nose and mouth. Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you. Make sure you, and the people around you, follow				

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		good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands. Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19. Stay home and self-isolate even with minor symptoms such as				

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		cough, headache, mild fever, until you recover . Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others. Why? Avoiding contact with others will protect them from possible COVID-19 and other viruses. If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health				

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		authority. Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections. Keep up to date on the latest information from trusted sources , such as WHO or your local				

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		<p>and national health authorities. Why? Local and national authorities are best placed to advise on what people in your area should be doing to protect themselves.
&nbsp;</p><p>Safe use of alcohol-based hand sanitizers
To protect yourself and others against COVID-19, clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water.</p>				

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		<p>If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.</p> <p>Keep alcohol-based hand sanitizer out of children's reach. Teach them how to apply the sanitizer and monitor its use.</p> <p>Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.</p> <p>Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer</p>				

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		<p>, as it can cause irritation.
Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.
Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
Remember that washing your hands with soap and water is also effective against COVID-19.</p><p>The COVID-19 pandemic</p>				
28	Physical activity Covid	<p>The COVID-19 p	23	947.jpg	2020-08-09	0

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		<p>c means that many of us are staying at home &nbsp; and sitting down more than we usually do. It&rsquo;s hard for a lot of us to do the sort of exercise we normally do. It&rsquo;s even harder for people who don&rsquo;t usually do a lot of physical exercise.</p><p>But at a time like this, it&rsquo;s very important for people of all ages and abilities to be as active as possible. WHO&rsquo;s Be Active campaign</p>				

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		<p>gn aims to help you do just that - and to have some fun at the same ti me.</p> ></p> <p><p>Re membe r - Just taking a short break from sitting, by doing 3-4 minute s of light intensit y physica l move ment, such as walking or stret ching, will help ease your muscle s and improv e blood circula tion and muscle activit y.</p></p> <p><p>Re gular physica l activity benefit s both the body and mind. It can reduce high blood p ressure</p>				

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		<p>, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19.</p><p>It also improves bone and muscle strength and increases balance, flexibility and fitness. For older people, activities that improve balance help to prevent falls and injuries.</p><p>Regular physical activity can help give our days a</p>				

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		<p>routine and be a way to stay in contact with family and friends. It's also good for our mental health - reducing the risk of depression, cognitive decline and delay the onset of dementia - and improve overall feelings</p>				
29	Quitting tobacco for Covid	<p>Why should you quit smoking and how can you do it?</p> <p>Smokers have a higher risk of getting coronavirus because they are constantly putting their hands to their lips.</p> <p>And then,</p>	23	953.jpg	2020-08-09	0

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		<p>if they get coronavirus, they run a greater risk of getting a severe case because their lung function is impaired.</p> <p>Quit today to reduce these risks and start living a healthier life.</p> <p>Quick tips to curb your cravings:</p> <p>Delay: Delay as long as you can before giving in to your urge.</p> <p>Deep breathing: Take 10 deep breaths to relax yourself from within until the urge passes.</p>				

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		<p>br /> Drink water: Drinking water is a healthy alternative to sticking a cigarette in your mouth. &nbsp;
 Do something else to distract yourself: Take a shower , read, go for a walk, listen to music!
 There are many resources within your own community. Find out if your healthcare providers, Quit line Counsellors, &nbsp; mCessation programmes are available to support you in your journey to quit. </p></p>				

Column	Type	Null	Default	Comments
id	int(11)	No		
email	varchar(100)	No		
username	varchar(200)	No		
password	varchar(255)	No		
profile_image	varchar(200)	Yes	NULL	

id	email	username	password	profile_image
5	vibass.vishnu@gmail.com	Vishnu	5555	
6	admin@admin.com	admin	\$2y\$10\$MEnPL6s8acjFP3PzHI4yQ.AEAmLCuoLiapkhWReFi2wwMjzoLHDZ2	
7	vibass.vishnu333@gmail.com	Basskar	\$2y\$10\$dkoXPkCzgqAUChatnboFpezD/OjAy3w3pC3KQL6JziDZQDU5zoxw2	
22	vismayas@gmail.com	vismaya	\$2y\$10\$Kli7l43PM8EfztOb8KabcuLpjKUdcfl1fKljLtjcNrgYE94VxFIX.	
23	Yogeshhr27@gmail.com	Yogesh	\$2y\$10\$3/.oSqKaj2McFYB6rohrE.0w6UNL02K7hW4eRU1aKBs6/GL7n8jz.	
24	123@123.com	123	\$2y\$10\$kHzEUSYcVnWUzNqRAnDoAzOgbCLahWXFJ/H4jgYmiNmK.ZS3Xu64C6	