



COVID-19 and Lifestyle Changes Amidst Pandemic-
An interactive session with Dr. Bidisha Biswas

Date: 02 October 2020

Platform: Zoom

UBA CELL IIT PALAKKAD



INDIAN INSTITUTE
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UBA Cell of IIT Palakkad organised an online interactive session on COVID-19 and lifestyle changes amidst pandemic, with Dr. Bidisha Biswas, Ahalia Women & Children's Hospital as the speaker and Dr. Dinesh Jagadeesan, Assistant Professor, IIT Palakkad as the moderator. The online session was conducted on 2nd October 2020 on Zoom platform.

Dr. Dineesh Jagadeesan started the session by welcoming the guest and the participants. He expressed his happiness on organising this event on the occasion of Mahatma Gandhi's birth date as his simple lifestyle was influenced by many people. He also expressed his concerns about losing health to gain wealth by following an unhealthy lifestyle. He also added that because of this, people end up spending wealth to regain their health.

Dr. Bidisha Biswas started her session explaining the impact of COVID-19 pandemic in our day to day life. She highlighted a few steps to stay healthy during this situation and she asked the participants to start doing some physical activities such as yoga, push-up, sit-ups, cycling inside the local campus etc. She also shared the importance of following a proper diet. She pointed out the need for self-care especially for the people suffering from hypertension, asthma etc and should continue their ongoing medications and consult the doctor for regular check-ups. She also mentioned the importance of eye care as the screen time has increased especially among kids. She has also advised everyone to wear a mask on a regular basis.

Question and Answer section

Dr. Dinesh asked Dr. Bidisha about her thoughts on a difficult question about how the COVID-19 pandemic would end. She confirmed it is difficult to apprehend the development of the pandemic situation and a possible vaccine. She said there are chances of getting a vaccine for COVID-19 soon and also mentioned that not to be anxious about the pandemic as the mortality rate is less than 3%. Replying to a question, Dr. Bidisha shared the mode of transmission of the virus and chances of getting infected from an asymptomatic person. People are physically affected in different ways by the virus such that people with existing cardiopulmonary diseases are more prone to have adverse effects. But it is also important to be cautious as there are cases of adverse infection in healthy individuals as well. The moderator then asked a few lifestyle-related questions and she replied all the queries related to it.

The interactive session was fruitful in clearing doubts and also sensitizing the lifestyle changes required to adapt to the new normal.



Dr. Bidisha Biswas, Ahalia Women & Children's Hospital



Dr. Dinesh Jagadeesan, Assistant Professor, IIT Palakkad