

# Delhi Pharmaceutical Sciences & Research University (DPSRU), Govt. of N.C.T Delhi, New Delhi-110017



## Positive Thoughts on Covid19 by Faculties of School of Allied Health Sciences, DPSRU University, New Delhi



Dr. Jaseela Majeed

Now the world will be in a new order as BC Era (Before Corona) and AC Era (After Corona). In the AC era we are learning to become more stronger and resilient. Now for us hygiene is not just a good habit but become the skill needed for survival. STAY PHYSICALLY DISTANT, BUT SOCIALLY AND EMOTIONALLY CONNECTED !!!



Abhilasha Abhay Gupta

The lockdown period only reconfirmed my beliefs. Nature is most powerful. Nature is beautiful in her original form. Mother Earth needed healing. Living happily needs no luxuries. Achievement is all about making time not having time. Enjoy your solitude.

It's been a great learning to be able to sail in all conditions that life is a miracle and every breath taken, a gift from God.. Inhale the blessings and exhale gratitude.



Dr. Puneeta Ajmera

"Follow lockdown guidelines and social distancing, Cleanliness and healthy food taking. This will hold enough sway, To keep Corona miles away." "I am confident that we'll come out stronger in the post covid world. What is now required on our part is to build, within us, an edifice of both physical and moral courage.



Rakhi Ahuja

"This prevailing COVID-19 pandemic has changed the way we live, study, work and connect with each other. Now, we have started to realize the fact that many of these changes and costs will be felt far into the future also. Be Strong and Hopeful- can only be the mantra of life during this challenging and uncertain times. We all must continue social distancing and other practices that show signs of effectiveness. All I can say that we should have faith in the system and feel confident that as a nation and a global community, we will get through this difficult time together."



Dr. J. Swaminathan

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less" Be a part of this COVID-19 Challenge, ready to update the day to day symptoms, prevention and travel advisory of novel corona virus. Participating in WHO Campaign to combat the challenges in this outbreak. Deliver humanitarian aid and disaster relief to vulnerable communities around the world. Donate to those in need - COVID 19. Be Vigilant and stop the spread of amidst COVID-19.



Dr. Sheetal Yadav

We are a multi faceted, multi colored country. We are quite different in many ways in comparison to other nations. Pandemic COVID-19 is a natural calamity for human race. It has now proved in CORANA times. Eating home made whole grain food followed by sheer hard work has given an edge in corona resistance. We may further explore our own indigenous system to take it to new heights. We will have to evolve a methodology to concurrently (a) strengthening our immunity, and (b) weakening the ill effect of dreaded corona virus. "Grit of determination", again our own indigenous line of thought, shall definitely break the chain of expanding dreaded virus. Let's take a pledge and hammer out the dreads.



Acharya C P Ray

सिद्धयसिद्धयोः समो भूत्वा समत्वं योग उच्यते- Keeping a balanced mind in both success and failure is the highest form of yoga. "Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside."



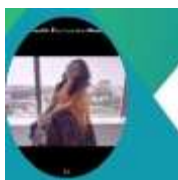
Dr. Shivani Dadwal Salaria

In these unsettling times of Covid-19, it is but natural to fret thinking about our future. But each one of us must take this challenge as an opportunity to improve our lifestyle and our behavior towards the mother earth. The lockdown period has improved the AQI and we are able to spend quality time with our family. We have adopted better hygiene measures and etiquettes of social distancing. We are now more aware of our actions and their consequences. I am sure with our positive attitude, we will rise up to the occasion.



Dr. Saba Abidi

It is always said that challenges give way to opportunities. So, we, as public health people should consider this Covid 19 as an opportunity to design some impactful strategies so as to combat any other pandemic in future.



Dr. Priyanka Chauhan Arora

Covid19 can bring about an explosion in the number of cases in India where the concept of self-isolation and social distancing is relatively new. Many western countries, a majority of Indians reside in a joint family setup which makes self isolation even more challenging.

**"We Shall Overcome, Oh, Deep In My Heart , I Do Believe, We Shall Overcome Someday"**

**#Stayhome, #Staysafe, #Staypositive**