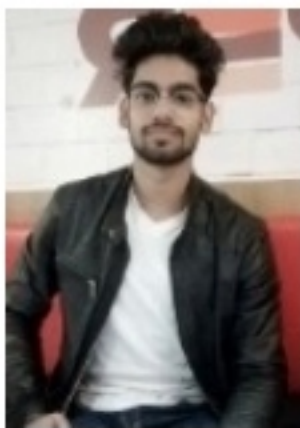


Delhi Pharmaceutical Sciences and Research University (Established Under Act 07 of 2008, Govt. of NCT of Delhi) The 1st Pharmacy University of India



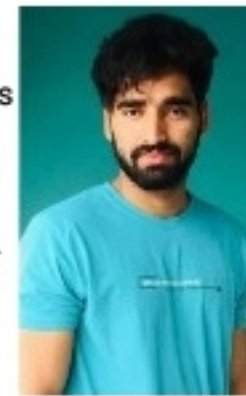
Messages on Covid 19 from Pharm. MBA Students, School of Allied Health Sciences, DPSRU



Humanity is going through unprecedented times. The coronavirus lockdown and the news, along with the uncertainty and ambiguity, can have a negative impact on your mental state. Here are five things that can help you stay positive:
Meditation, Gratitude, Forgiveness, Helping others & Be productive
-Akash Kumar



For me COVID-19 has introduced us with some positive aspects too. It has given us time to connect with ourselves, our family and nature. Its high time to work on our loopholes. At the same time we need to be compassionate and think of others.
Together we can and we will win the battle against COVID19.
"WE WILL WIN"
-Shruti Goyal



Yes, it is a tough health and public safety challenge but remember each one of us have a role to play in conquering the COVID19. Few precautions and staying away from misinformation will help us to curb this pandemic.
-Virender



"You never know how strong you are until being strong is the only choice you have".
This covid19, made me feel that we can face any trouble and win. We just need to stand together and defeat that trouble to protect our nation from collapsing
-Divya



As we head out of this pandemic we have chance to do something extraordinary which can change the world. We must have attitude that looks for positive and tries to be optimistic can help us to filter out some of the constant barrage of bad news.
-Priti



COVID19 is the greatest social challenge in a century, from Covid19 we got to know we can be the reason for our happiness. Covid19 gave us a chance to do something extraordinary.
As we head out of this pandemic we can change the world together
-Jatin



Thanks to extraordinarily quick action and advance preparation by our city, country and state leadership, as well as by health and public health care providers, managers and experts across our state.
The COVID19 pandemic has transformed and upended our lives more swiftly than we could have imagined. It has taken countless lives and created economic chaos and insecurity for millions of individuals. It changed the way we live.
-Anas Rashid



These are unsettling times and COVID-19 is clearly impacting our personal and professional lives, and those that we love. Hoping this would make us all realise that how 'for granted' we've been taking our life and the impact of our actions.
It is challenging operating under the current restrictions. I express my profound gratitude to our healthcare workers & other 1st line helpers, putting in unmeasurable efforts & extending my sympathies to families suffering during this time.
-Diksha



We have a chance to do something extraordinary. As we head out of this pandemic we can change the world. Create a world of love. A world where we are kind to each other. A world where we are kind no matter what class, race, sexual orientation, what religion or lack of or what job we have.
"Sun will rise and definitely India will rise again".
- Nazia Warsi

"We can beat it together"

#covid19 #stay home #stay safe #stay positive

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



Positive Thoughts on Covid19 by students of Masters of Public Health (1st year), School of Allied Health Sciences, DPSR University



"As healthcare professional, its my responsibility to ensure the safety of everyone in my society as well as keep services functional amidst the uncertainty. The lockdown has also given me pause to engage in hobbies and connect with dear ones while teaching me to evolve and learn to be resilient to change" - **Abul Faisal**



"Although we live in a world of constant consumption, we don't need much to be happy. This crisis has given us a message that there is more freedom when we own less. It also brings intentionality."-
Ashpak



"Acc. to me, we require to see the positive side of events instead of focusing on negative. The air quality index is improving. We are developing better hygiene habits, less pollution and improved work-life balance. It is all about changing the perspective and your reaction towards situations."- **Aiman Mairaj**



"The most crucial aspect of COVID19 is that one can get infected but be asymptomatic during the incubation period. This makes it dangerous. We need to collectively fight the pandemic by diligently practicing hand hygiene and self-isolation as well as quarantining ourselves when returning from any affected places or countries."- **Dr. Prerna Sharma**



"Asymptomatic cases pose a big problem. Its not possible and viable for any country to conduct tests on 100% of the population. The only solution is to proceed with random tests. India is on its way to increase capacities and scale up random testing. This will help identify areas and lead to effective strategies to reduce COVID19 cases, ALL FOR ONE, ONE FOR ALL - WE CAN WIN AGAINST COVID19"
- **Dr. Vibhor Dudhraj**



"India has great history of combating many notorious diseases like Polio within our limited health systems. I hope, we can beat this too. Yes, when going gets tough, the tough gets going. As no testing numbers are enough, till we designs a vaccine, we need to gradually scale up testing in our maximum potential and we all need to be adapted in new normalcy of Covid19"- **Sreekiran CV**



"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."
-**Dr. Nishat Akhtar**



"COVID19 will reshape our world. Whenever you are depressed just read these lines- "I woke up with aches and agonies, however I woke up", "I don't have all that I want, however I do have all I require", "I have seen better days, however I have also see worse", "My life isn't perfect, however I am blessed". I salute to my DPSR university faculties, seniors, my mates and my juniors who are working day & night in healthcare sector all over the country to trounce this crisis. Almighty is with all of us. We are united as a part of the DPSRU family. This too shall pass. Be benevolent and stay safe...☑"
- **Debraj Mukhopadhyay**

"We will make this world safe home; for a child-this is our strong commitment to the newborn before leaving from the beautiful Earth"

#Stayhome, #Staysafe, #Staypositive



COVID-19 will leave a significant imprint on how healthcare is being provided and consumed. But, with great challenges, come great opportunities. As aspiring healthcare professionals from DPSRU we will be better prepared, informed and trained to face the crisis rationally. Current pandemic has provided countless lessons and clues on how we could prepare better for the future and that's what has been reflected in our compassion and dedication to create dynamic healthcare system.

"Every complex crisis have simpler solutions"

Optimistic Outlook on covid-19 by Students of Masters of Hospital Management, School of Allied Health Sciences, DPSRU, New Delhi

The COVID-19 pandemic and arising economic crisis have upended lives. It has changed the way we live, study, work, and connect with each other. As our state our country continues social distancing and other practices that show signs of effectiveness. As the global research community, along with everyone else, adopts measures to slow the spread of the coronavirus. Please support the system (government, doctors, healthcare departments, police, Media, and others who are working for us and struggling day and night) who is trying to help us all, positively. Encourage them by staying at home and be safe for your



Kritika Kaushik
MHM- 2nd semester student
Batch 2019-021
DPSRU

It is a very challenging time ,there is a fear among millions today. We need to solve this fear, in my view, if you are exuberant, joyful and wonderful your immune system work than when you are worried. Health workers are at the front line of the COVID-19 outbreak response and as such are exposed to hazards that put them at risk of infection. It is also a great opportunity to re learn and test our capabilities. In this situation, if we are safe our family and our country is safe.



Dr. Priyanka Devi
MHM- 2nd semester student
Batch 2019-021
DPSRU

COVID-19 and subsequent pandemics may rule our current attention, but broader health challenges remain. Developing countries in particular, still have an uphill task of handling communicable diseases including tuberculosis and HIV/AIDs, along with rapidly rising non-communicable diseases like hypertension and diabetes. Healthcare business models



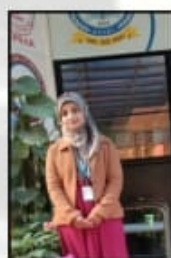
Priti Saini
MHM- 2nd semester student
Batch 2019-021
DPSRU

We will need more of mental resilience; innovation, creative thinking and social connect to overcome and thrive post the COVID19 outbreak crisis. The most important thing that the coronavirus teaches humanity is this: Let's not exaggerate the level that our civilisation has reached! It is a great arrogance to see ourselves so great! And here is a little virus reminded us of this!



Neha
MHM- 2nd semester student
Batch 2019-021
DPSRU

"A positive thought is a successful outcome of every situation and action because it brings inner peace, better health, happiness, satisfaction and improved relationships. Whatever the mind expects, it finds."



Mobashshera
MHM- 2nd semester student
Batch 2019-021
DPSRU

As a healthcare professional I want to thank our dedicated healthcare workers who are providing care to the members of our community with Covid-19 and care to those who rely on them for other needs and sacrifices they are making to save our lives.

This is a moment in which commitment, professionalism and discipline are crucial for the care they deliver to help the patients and for the protection of our communities. I am proud to say that the vast majority of physicians and other healthcare professionals are doing just this. Let us generate people's trust and confidence that we shall overcome this crisis and we are together in fighting this pandemic



Sundus
MHM- 2nd semester student
Batch 2019-021
DPSRU

"Tough times never last but tough people do"