

**A**  
**REPORT**  
**ON**  
**ONE DAY ONLINE WORKSHOP**  
**ON**  
**“COVID AND ITS VARIANTS:**  
**SYMPTOM, PREVENTION AND CURE”**

**19 February 2022**

**Organized By:**

**Department of Electrical Engineering**



**MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE**

(A Govt. Aided UGC autonomous & NAAC Accredited institute affiliated to RGPV, Bhopal)

**Race Course Road, Gola Ka Mandir,**

**Gwalior, M.P. 474005**

**Website: [www.mitsgwalior.in](http://www.mitsgwalior.in)**



**ONE DAY ONLINE WORKSHOP ON**  
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**19 February, 2022**

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## ABOUT THE WORKSHOP

The Department of Electrical Engineering, MITS, Gwalior has organized a One Day Online Workshop on **“Covid and its Variants: Symptom, Prevention and Cure”** on 19<sup>th</sup> February, 2022 to create the awareness in the society regarding COVID and its various variants.

**The Online Workshop has covered the following topics in detail:**

- Covid and its Variants
- Symptoms
- Prevention
- Cure
- Other queries of participants

## IDEA BEHIND THIS INTERACTIVE WORKSHOP

The idea behind this interactive workshop are as follow:

- (1) To create the awareness in the society and inspire the students regarding the Covid and its Variants.
- (2) To familiarise them with the symptoms of COVID, its prevention and cure.
- (3) To create an understanding regarding the maximum use of hostel and campus with following COVID guidelines.



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## **EXPERTS FOR WORKSHOP**

**1. Dr. Ranjana Tiwari**

Professor and Head,  
Department of Community Medicine, G. R. Medical College, Gwalior, India

**2. Dr. Ashish Paliwal**

Community Health Officer, Jabalpur, India

## **COORDINATORS**

**1. Dr. Shishir Dixit**

Associate Professor, EED, MITS, Gwalior, India

**2. Prof. Nikhil Paliwal**

Assistant Professor, EED, MITS, Gwalior, India



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## SALIENT FEATURES OF THIS WORKSHOP

In this workshop, the following points have been discussed by the resource persons:

- Dr. Ranjana Tiwari started her talk with the introduction of COVID and its variants.
- She discussed that Viruses constantly change through mutation.
- All viruses, including SARS-CoV-2, *the* virus that causes COVID-19, change over time. Most changes have little to no impact on *the* virus' properties.
- Dr. Ranjana Tiwari also discusses that people with Covid have had a wide range of symptoms reported – ranging from mild symptoms to severe illness, as per the Centers for Disease Control and Prevention (CDC). Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have Covid:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- In addition to that, Dr. Ashish Paliwal stated in his talk that with the help of Ayurveda, any person may increase his/her immunity to fight against COVID.
- He suggested many Ayurvedic medicines like Giloy Vati, Mahasudarshan Vati, Anutail etc. to increase immunity and strengthen our body.



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## REGISTRATION

The registration was free for this Online Workshop and the link for the same was as below:

**Registration Link:** <https://forms.gle/hGDuZDAKNrGb6JUo9>

**Joining Link:** Google meet link for joining One-day Online Workshop on "Covid and its Variants: Symptom, Prevention and Cure: <https://meet.google.com/zjb-diaq-zxd>

**E-certificates** have been issued to all the participants, who have successfully attended the workshop and submitted the feedback with following link:

Feedback form Link: <https://forms.gle/vn1CGWUARSX4o3x26>

**Video Recording Link of this Workshop:**

[https://drive.google.com/drive/u/0/folders/1A9OEK1Up\\_bsrvV\\_uApoBHxjCp5lsWKjP](https://drive.google.com/drive/u/0/folders/1A9OEK1Up_bsrvV_uApoBHxjCp5lsWKjP)



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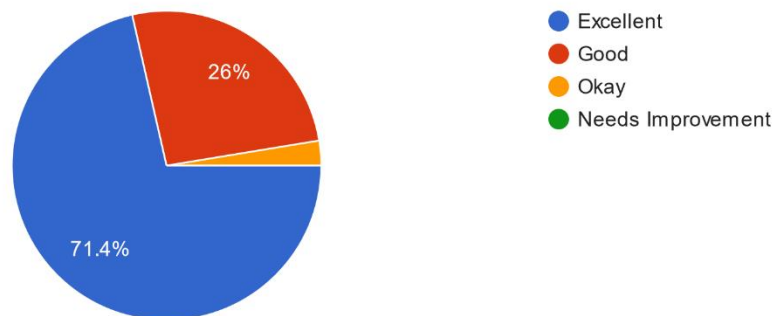
## FEEDBACK REPORT

From this “Online Workshop” more than 80 participants (UG, PG and Research Scholar) from MITS as well as GR Medical College, along with faculty & staff members were benefitted.

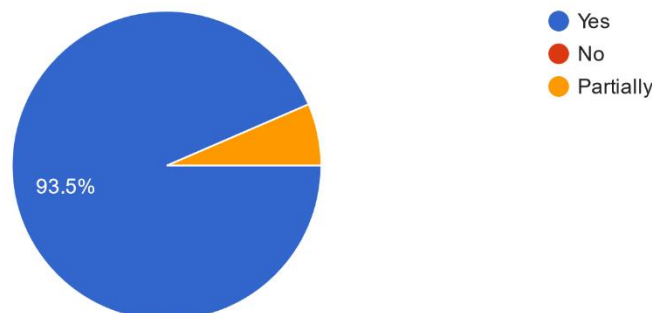
The feedback responses of the participants are collected and analysed which are illustrated for better understanding.

The response of the media for aforesaid activity is also enclosed.

This workshop was:  
77 responses



Were your expectations fulfilled?  
77 responses

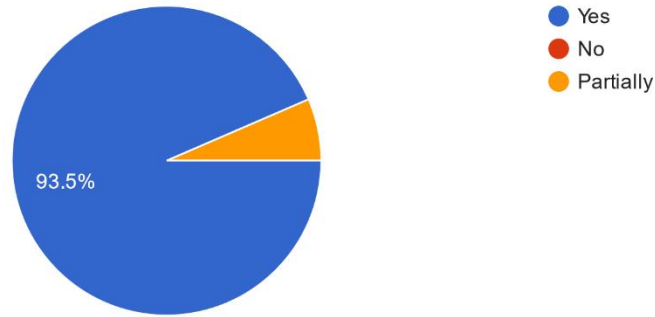




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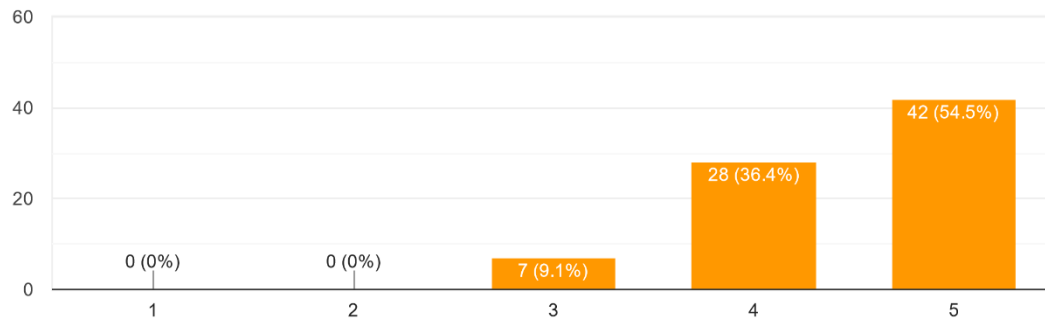
Were your expectations fulfilled?

77 responses



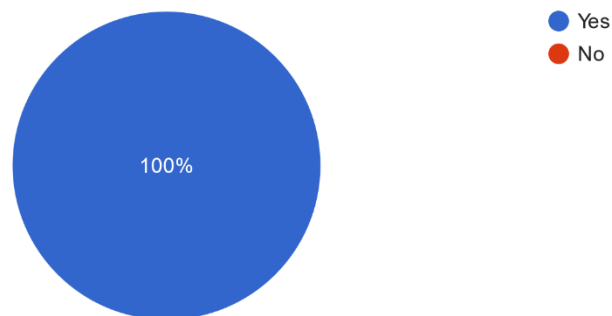
Overall, how would you rate the workshop resource persons?

77 responses



Would you like to attend this type of workshop in the future also?

77 responses







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**Are there any other comments, ideas or suggestions you would like to share with us?**

- No
- Nil
- Everything is perfect
- Very Useful
- This workshop should be uploaded on website so that many others can take benefit
- This type of workshop is very useful for us.
- Thanks for such an informative session
- Waste Management
- The way in which the session started, was fantastic. Saraswati Vandana in the beginning and then shlokas of veda, everything was very winsome and recalls of our great culture. Thank you so much .
- One day online Workshop on Health Care type (Eye care, Ear care, Head care, etc.)
- None
- Offline it should conduct
- No, It was very informative workshop
- NA
- Please don't take more than 1 hour
- Good
- discussion should be more prominent
- Wonderfull session
- Very useful Session
- Very Useful Workshop
- More interactive is needed with the audience and watching people although webinar is pretty good
- No, Thanks



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## FLYER



### About MITS, Gwalior

Madhav Institute of Technology & Science (MITS), Gwalior is one of the oldest and prestigious institutes of Madhya Pradesh. The institute is affiliated to RGPV, Bhopal but has academic autonomy since 2002 to run courses of its choice. The institute has been granted autonomy by UGC, New Delhi for a period of 6 years w.e.f. July 2017. The institute is also accredited by the National Assessment and Accreditation Council (NAAC) for 5 years from September 2017. Many of the programmes are accredited by the National Board of Accreditation (NBA). The institute provides Undergraduate, Postgraduate and Doctorate Education in Engineering, Architecture, and Management; fostering the spirit of national integration amongst the students, a close interaction with industry and a strong emphasis on research. interaction with industry and a strong emphasis on research.

### COORDINATORS

**Nikhil Paliwal**  
Assistant Professor  
EED, MITS, Gwalior, MP  
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+91 8871313135

**Dr. Shishir Dixit**  
Associate Professor  
EED, MITS, Gwalior, MP  
[shishir.dixit11@mitsgwalior.in](mailto:shishir.dixit11@mitsgwalior.in)  
+91 89898 27830

**REGISTRATION LINK**  
<https://forms.gle/7CsxLVipxN12bQEYA>

**REGISTRATION FEE**  
**NO REGISTRATION FEE**

### THE WORKSHOP WILL COVER:

- COVID AND ITS VARIANTS
- SYMPTOMS
- PREVENTION
- CURE
- OTHER QUERIES OF PARTICIPANTS

### RESOURCE PERSONS



**1. DR. RANJANA TIWARI**  
PROFESSOR AND HEAD,  
DEPARTMENT OF COMMUNITY MEDICINE  
G. R. MEDICAL COLLEGE,  
GWALIOR, MP, INDIA



**2. DR. ASHISH PALIWAL**  
COMMUNITY HEALTH OFFICER,  
JABALPUR, MP, INDIA

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**MADHAV INSTITUTE OF TECHNOLOGY & SCIENCE  
GOLA KA MANDIR, GWALIOR - 474005, (M.P.)**

**19, February 2022**

**11:00 AM Onwards**

**VENUE**

**Online Platform (Google meet)**

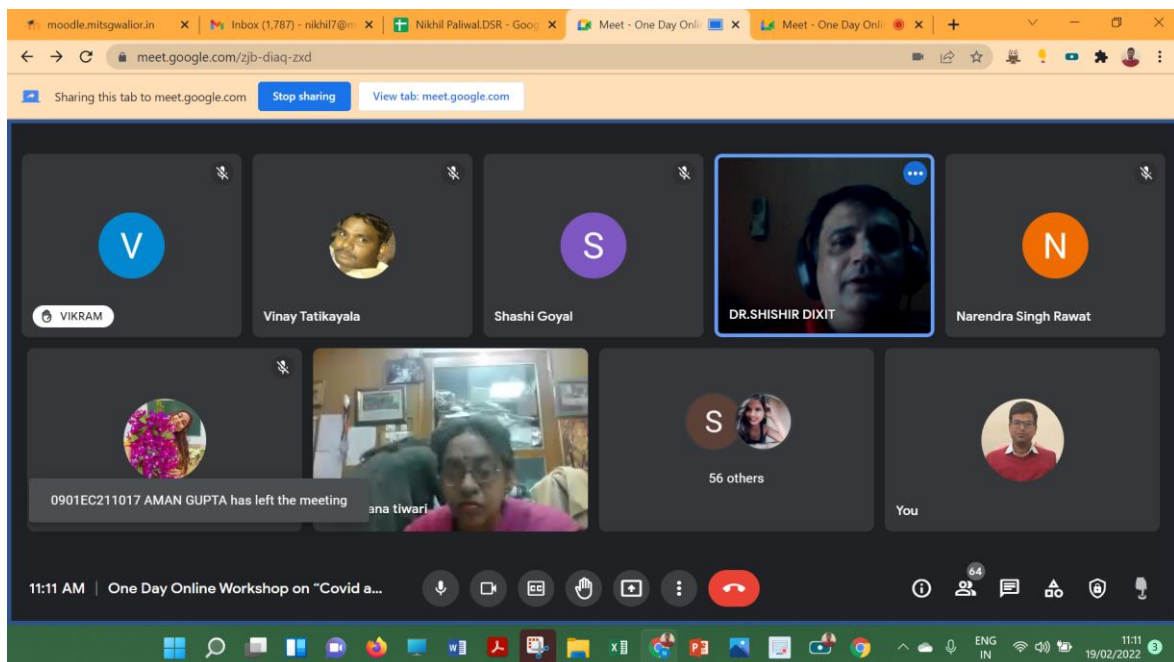
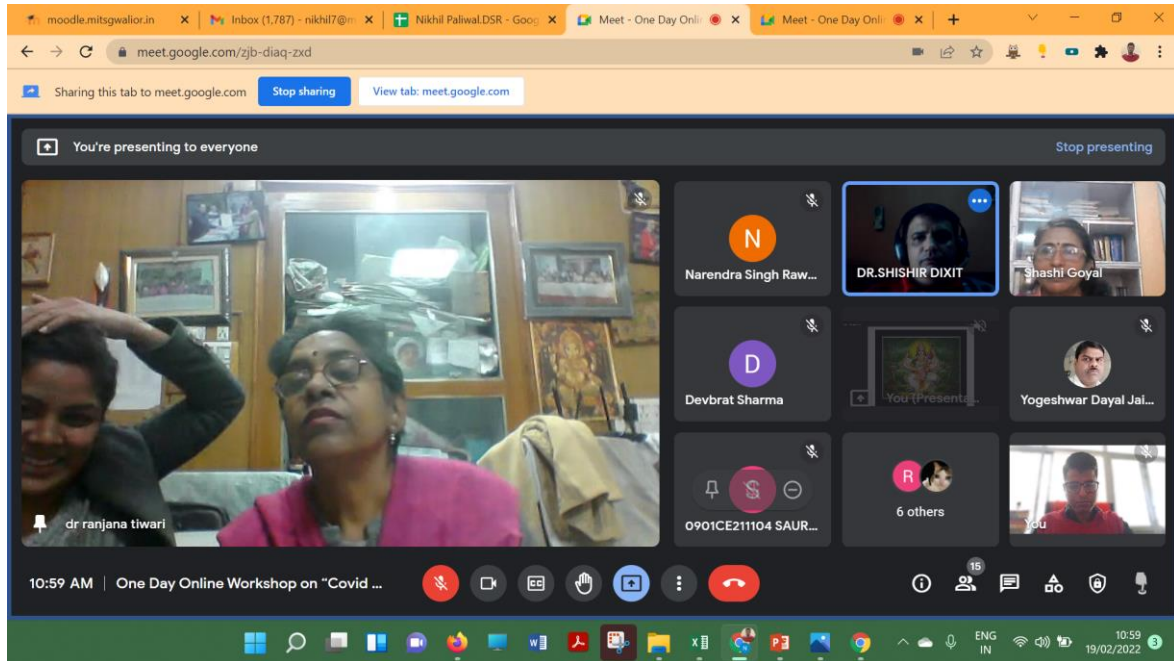
\* Note: - Google Meet link will be sent to  
your email ID after registration

**E-certificate will be provided to all participants**



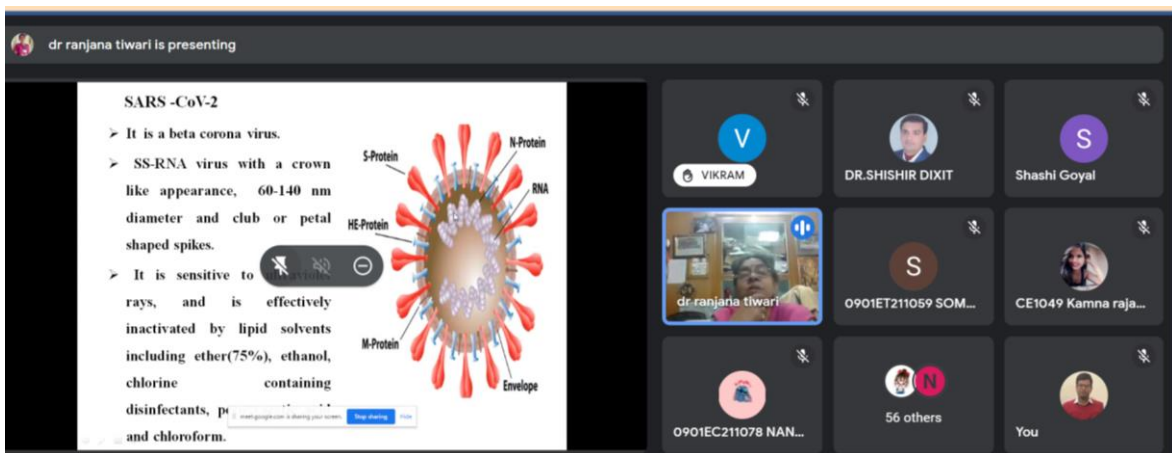
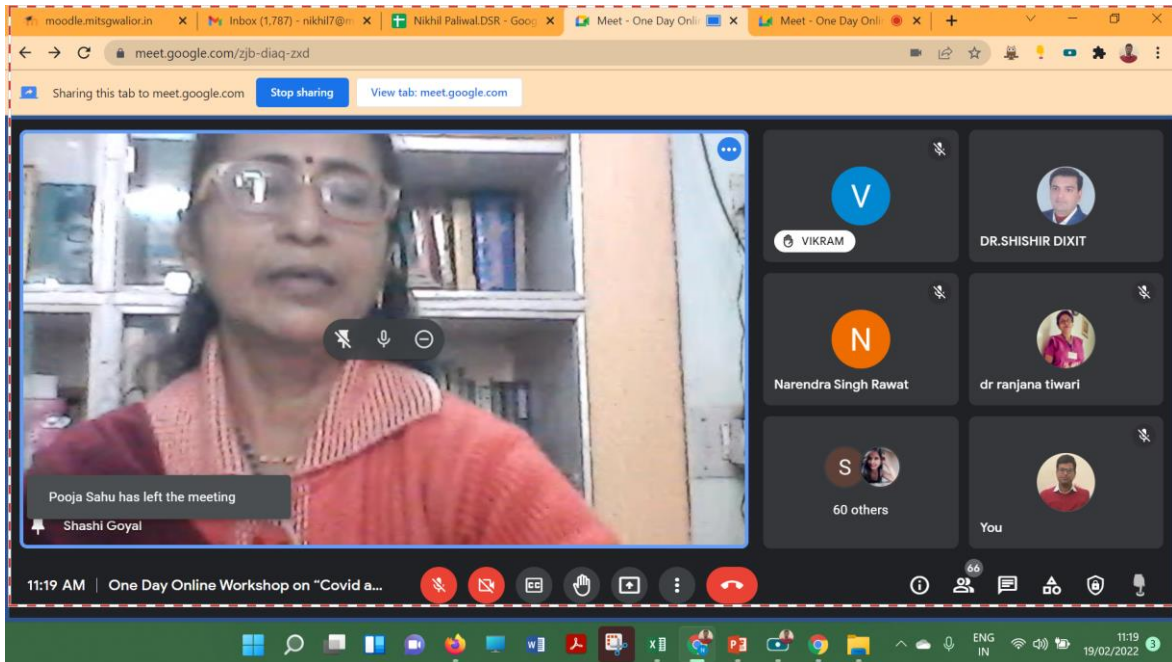
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## GLIMPSES





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The screenshot shows a Google Meet interface. The main slide is titled "Epidemiological Triad" and features a triangular diagram with "Agent" at the top, "Host" at the bottom left, and "Environment" at the bottom right. A dashed circle labeled "COVID-19" is in the center. Arrows connect the vertices, with "Interrupting Factors" written along them. A box for "Agent" lists "SARS-CoV-2", "Strain", "Pathogenicity", and "Virulence". A box for "Host" lists "Uninfected patient/HCW", "Age", "Gender", "Comorbidities", and "Viral susceptibility". A box for "Environment" lists "Contaminated Droplets/surfaces", "Virus survival", and "Airflow". The meeting controls at the bottom show the time as 11:30 AM on 19/02/2022.

The screenshot shows a Google Meet interface. The main slide is titled "Period of Communicability :" and contains two bullet points: "Evidence suggests that COVID-19 can be detected in people 1-3 days before their symptoms appear, with the highest viral loads as measured by RT-PCR, observed around the day of symptom onset, followed by a gradual decline over time." and "The duration of RT-PCR positivity appears to be 1-2 weeks for asymptomatic persons, and upto 3 weeks for more mild to moderate cases, and can be longer in severe cases." Below the text, it says "Incubation Period:- 02-14 day". A notification bubble says "u s can now join this meeting". The meeting controls at the bottom show the time as 11:37 AM on 19/02/2022.



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**Variants of Interest (VOI)**

A variant with specific genetic markers that have been associated with changes to receptor binding, reduced neutralization by antibodies generated against previous infection or vaccination, reduced efficacy of treatments, potential diagnostic impact, or predicted increase in transmissibility or disease severity.

- Eta (Lineage B.1.525), First Identified: United States
- Iota (Lineage B.1.526), First Identified: United States
- Kappa (Lineage C.37) First Identified: India.

**Management of COVID-19**

Mild cases	Moderate	Severe
Fever and/or uncomplicated upper respiratory tract infection without dyspnoea or hypoxemia	Pneumonia with no signs of severe disease RR >= 24 min or SpO2 < 94% on room air	Respiratory distress requiring mechanical ventilation RR >= 30 min or SpO2 < 90% on room air
Admit to COVID Care Centre/ CCC	Admit to Dedicated COVID Health Centre /DCHC	Admit to Dedicated COVID Hospital /DCH



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dr ranjana tiwari is presenting

Vaccines For COVID-19								
Covid -19 Vaccines developer	Vaccine Platform	Type of Candidate vaccine	No. of doses	Interval of doses	Route of Administration	Dose	Efficacy	Adverse Reaction
University of oxford/ast ra zeneca Covishield	Non replicating viral Vector	Recombinant ChAdOx-S	2	0.84 days	I/M	0.5ml	70.4 %	No serious Adverse reactions Proved with cause effect relationship

12:01 PM | One Day Online Workshop on "Covid a..."

dr ranjana tiwari is presenting

### HOW INDIA CAN PREVENT THIRD WAVE OF COVID-19

1) DON'T FORGET

- Covid-19 is still here and can spread further
- Don't repeat mistakes made after first wave
- Still need to avoid crowding indoors or outdoors

69

60 others

12:03 PM | One Day Online Workshop on "Covid a..."





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The screenshot shows a Google Meet interface. At the top, it says "dr ranjana tiwari is presenting". The main content is a slide titled "ROLE OF ANM, ASHA & AWW". The slide is divided into two columns:

- HEALTH - ANM UNDER GUIDANCE OF DSO-MO**
  - Provide information
  - Support DSO on:
    - (a) Preventive and control measures including social distancing during the phases of the COVID outbreak
    - (b) Addressing myths and misconceptions;
    - (c) Contact tracing as per SOPs
  - Link public health (home quarantine, home care, and supportive services for HIRG and probable cases) in urban and rural areas &
  - Psychosocial care and discrimination stigma and discrimination.
  - Reporting and feedback across different phases of COVID-19 pandemic (no cases, imported sporadic cases, clusters and community wide transmission)
  - Personal Safety and Precautions
  - Supervision of effective usage COVID-19 IEC materials
- HEALTH-ASHA, CHVIN (URBAN AREAS) AND KDR -AWW UNDER GUIDANCE OF ASHA FACILITATOR & CPO**
  - Community awareness through home personal communication
  - (a) Update of preventive and control measures including social distancing
  - (b) Addressing myths and misconceptions;
  - Support ANM Supervisors in house to house surveillance including:
    - (a) Identification of HIRG and probable cases
    - (b) Ensure uptake of medical services in urban and rural areas and
    - (c) Psychosocial care stigma and discrimination
  - Reporting and feedback across different phases of COVID-19 pandemic (no cases, imported sporadic cases, clusters and community wide transmission)
  - Personal Safety and Precautions
  - Use of COVID 19 IEC materials

On the right side of the screen, there is a grid of participant avatars. Visible names include: 0901ET211059 SOM..., CE1049 Kamna raja..., Ankit Sharma, Anvesh Samadhiya, 0901ET211001 ABHI..., 0901AU201007 ANS..., 61 others, and You.

The screenshot shows a Google Meet interface. At the top, it says "dr ranjana tiwari is presenting". The main content is a slide titled "PREVENTION: SAFE PRACTICES IN THE COMMUNITY". The slide features a diagram with four boxes representing different practices:

- HAND HYGIENE
- RESPIRATORY HYGIENE
- SOCIAL DISTANCING
- HIGH RISK GROUP

Arrows indicate the flow from the top title down to these four practices. A notification at the bottom left of the slide says "anand pratap singh can now join this meeting".

On the right side of the screen, there is a grid of participant avatars. Visible names include: 0901ET211059 SOM..., CE1049 Kamna raja..., Ankit Sharma, Anvesh Samadhiya, anand pratap singh, 0901AU201007 ANS..., 63 others, and You.





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dr.ranjana.tiwari is presenting

**COMMUNICATION, PERSONAL SAFETY FOR HEALTH/CDS PERSONNEL**

WHAT TO COMMUNICATE    HOW TO COMMUNICATE?    MASK MANAGEMENT    PRECAUTIONS

One Day Online Workshop on "Covid and its Varian..."

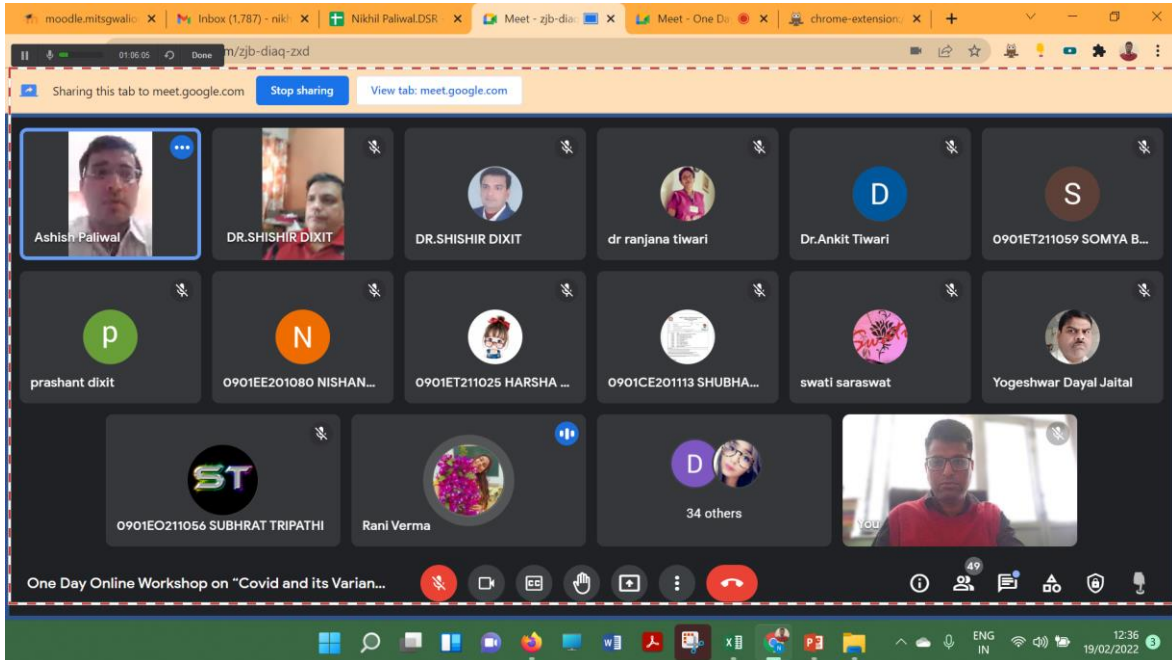
DR.SHISHIR DIXIT    Dr.Ankit Tiwari    dr.ranjana.tiwari    O901ET211059 SOMYA BHADO...    Devendra Singh

O901ET211025 HARSHA CHIKANE    O901CE201113 SHUBHAM PATEL    44 others    You

One Day Online Workshop on "Covid and its Varian..."



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## MEDIA COVERAGE

एमआईटीएस में वर्कशॉप

# कोविड से बचाव के लिए अपने इम्युनिटी सिस्टम को रखें मजबूत

पत्रिका न्यूज नेटवर्क

patrika.com

**ग्वालियर.** माधव इंस्टीट्यूट ऑफ टेक्नोलॉजी एंड साइंस में शीघ्र ही ऑफलाइन नियमित क्लास संचालित होने वाली हैं। संस्थान में विभिन्न शहरों के विद्यार्थी अध्ययन करते हैं एवं छात्रावास में रहते हैं। इसे ध्यान में रखते हुए कोविड सुरक्षा एवं बचाव के प्रति विद्यार्थियों को जागरूक करने के लिए डिपार्टमेंट ऑफ इलेक्ट्रिकल इंजीनियरिंग द्वारा ऑनलाइन कार्यशाला हुई। इसका विषय 'कोविड एंड इतस



वैरिएंट्स: सिम्प्टम, प्रिवेंशन एंड क्योर' रखा गया। कार्यशाला में मुख्य अतिथि डॉ रंजना तिवारी, प्रोफेसर एवं विभागाध्यक्ष डिपार्टमेंट जीआरएमसी एवं डॉ आशीष पालीवाल, कम्युनिटी हेल्थ ऑफिसर जबलपुर रहे। डॉ रंजना ने कोविड के

प्रारंभिक लक्षण एवं बचाव के बारे में विस्तार से जानकारी दी। कोविड के कई तरह के वैरिएंट के बारे में भी बताया। साथ ही इंजीनियरिंग एवं मेडिकल छात्रावासों के सीमित संसाधनों में कोविड से कैसे बचाव किया जा सकता है, इस विषय में विस्तार से बताया। डॉ. पालीवाल ने यह बताया कि कैसे आयुर्वेद के माध्यम से हम अपने इम्यून सिस्टम को मजबूत करके कोविड की संक्रामकता से बचाव कर सकते हैं। इस वर्कशॉप में संस्थान के विभिन्न विभागों के छात्र-छात्राओं ने भाग लिया।

## इम्युनिटी सिस्टम को मजबूत रख सकता है आयुर्वेद

**ग्वालियर।** पिछले कुछ समय से पूरा देश कोविड से पीड़ित रहा है। थोड़ी सी सावधानी बरतकर हम इससे बच सकते हैं। आयुर्वेद को अपनाकर हम अपने इम्युनिटी सिस्टम को मजबूत बना सकते हैं। इसके लिए चिकित्सक की सलाह बहुत जरूरी है। यह बात जबलपुर के कम्युनिटी हेल्थ ऑफिसर डॉ आशीष पालीवाल ने कही। वह एमआईटीएस के डिपार्टमेंट ऑफ इलेक्ट्रिकल इंजीनियरिंग द्वारा %कोविड एंड इट्स वैरिएंट- सिम्प्टम, प्रिवेंशन



एंड क्योर विषय पर हुई ऑनलाइन वर्कशॉप में बोल रहे थे। वर्कशॉप में जीआर मेडिकल कॉलेज की डिपार्टमेंट ऑफ कम्युनिटी मेडिसिन की हेड डॉ

रंजना तिवारी मुख्य अतिथि रहीं। वर्कशॉप का संचालन एमआईटीएस की ओर से डॉ शिशिर दीक्षित और प्रो निखिल पालीवाल ने किया।





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# द संघर्ष न्यूज

हर वक्त आपके साथ

## इम्युनिटी सिस्टम को मजबूत रख सकता है आयुर्वेद

द संघर्ष न्यूज ग्वालियर।

राजेन्द्र झा, मोबा-9425717394

ग्वालियर। पिछले कुछ समय से पूरा देश कोविड से पीड़ित रहा है थोड़ी सी सावधानी बरतकर हम इससे बच सकते हैं आयुर्वेद को अपना कर हम अपने इम्युनिटी सिस्टम को मजबूत बना सकते हैं। इसके लिए चिकित्सक



की सलाह बहुत जरूरी है। यह बात जबलपुर के कम्युनिटी हेल्थ ऑफिसर डॉ आशीष पालीवाल ने कही। वह एमआईटीएस के डिपार्टमेंट ऑफ इलेक्ट्रिकल इंजीनियरिंग द्वारा

%कोविड एन्ड इट्स वेरिएंट्स सिम्पटम्स, प्रेवेंशन एन्ड क्योर विषय पर हुई ऑनलाइन वर्कशॉप में बोल रहे थे। वर्कशॉप में जीआर मेडिकल कॉलेज की डिपार्टमेंट ऑफ कम्युनिटी मेडिसिन की हेड डॉ रंजना तिवारी मुख्य अतिथि रहीं। वर्कशॉप का संचालन एमआईटीएस की ओर से डॉ शिशिर दीक्षित और प्रो निखिल पालीवाल ने किया।



ONE DAY ONLINE WORKSHOP ON  
“COVID AND ITS VARIANTS: SYMPTOM, PREVENTION AND CURE”  
19 February, 2022



ग्वालियर सिटी भास्कर 21-02-2022

# इम्युनिटी सिस्टम को मजबूत करता है आयुर्वेद

सिटी रिपोर्टर | इम्युनिटी सिस्टम को मजबूत करने में आयुर्वेद चिकित्सा पद्धति कारगर है। यह कोरोना महामारी में सिद्ध हो चुका है। यह बात जबलपुर के कम्युनिटी हेल्थ ऑफिसर डॉ. आशीष पालीवाल ने कही। वह एमआईटीएस द्वारा आयोजित ऑनलाइन वर्कशॉप में बतौर एक्सपर्ट बोल रहे थे। इसमें जीआरएमसी की डॉ. रंजना तिवारी एमआईटीएस के डॉ. शिशिर दीक्षित, प्रो. निखिल पालीवाल आदि मौजूद रहे।



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मध्यप्रदेश, उत्तरप्रदेश, छत्तीसगढ़, पंजाब, हरियाणा, बिहार, मुम्बई, दिल्ली आदि राज्यों में प्रसारित

# बेजोड़ रत्न

दैनिक एवं मासिक समाचार पत्र

1998 से निरंतर प्रकाशित

कुलदीप अवस्थी  
(संपादक)  
Mob.-  
9301088538

## इम्युनिटी सिस्टम को मजबूत रख सकता है आयुर्वेद



जबलपुर। पिछले कुछ समय से पूरा देश कोविड से पीड़ित रहा है। थोड़ी सी सावधानी बरतकर हम इससे बच सकते हैं। आयुर्वेद को अपनाकर हम अपने इम्युनिटी सिस्टम को मजबूत बना सकते हैं। इसके लिए चिकित्सक की सलाह बहुत जरूरी है। यह बात जबलपुर के कम्युनिटी हेल्थ ऑफिसर डॉ आशीष पालीवाल ने कही। वह एमआईटीएस के डिपार्टमेंट ऑफ इलेक्ट्रिकल इंजीनियरिंग द्वारा च्कोविड एन्ड इट्स वेरिएंट-सिम्पटम्स, प्रेवेंशन एन्ड क्योर विषय पर हुई ऑनलाइन वर्कशॉप में बोल रहे थे। वर्कशॉप में जीआर मेडिकल कॉलेज की डिपार्टमेंट ऑफ कम्युनिटी मेडिसिन की हेड डॉ रंजना तिवारी मुख्य अतिथि रहीं। वर्कशॉप का संचालन एमआईटीएस की ओर से डॉ शिशिर दीक्षित और प्रो निखिल पालीवाल ने किया।





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**ग्वालियर**। पिछले कुछ समय से पूरा देश कोविड से पीड़ित रहा है। थोड़ी सी सावधानी बरतकर हम इससे बच सकते हैं। आयुर्वेद को अपनाकर हम अपने इम्युनिटी सिस्टम को मजबूत बना सकते हैं। इसके लिए चिकित्सक की सलाह बहुत जरूरी है। यह बात जबलपुर के कम्युनिटी हेल्थ आफिसर डा. आशीष पालीवाल ने कही। वह एमआइटीएस के डिपार्टमेंट ऑफ इलेक्ट्रिकल इंजीनियरिंग द्वारा कोविड एंड इट्स वेरिएंट : सिम्प्टम्स, प्रवेशन एंड सिक्वोर विषय पर हुई ऑनलाइन वर्कशाप में बोल रहे थे। वर्कशाप में जीआर मेडिकल कालेज की डिपार्टमेंट ऑफ कम्युनिटी मेडिसिन की हेड डा. रंजना तिवारी मुख्य अतिथि रहीं। उन्होंने कहा कि कोविड ने हर वर्ग को परेशान किया है। भले ही तीसरी लहर से कोई क्षति नहीं हुई हो, लेकिन हमें संभलकर रहना है। कोरोना की गाइडलाइन का गंभीरता से पालन करना होगा। तभी हम स्वस्थ रह सकेंगे। संचालन संस्थान के डा. शिशिर दीक्षित और प्रो निखिल पालीवाल ने किया।-नप्र