

The VPM's R. Z. Shah College of Arts, Science & Commerce  
Mithagar Road, Mulund (E), Mumbai-400081

Organising a **Live Webinar** on  
**COVID-19 & Home Care**



**SPEAKER**

**Dr. Manjeet Singh Arora**

Consultant General Physician  
(Fortis Hospital, Mulund)



**Date: 22<sup>nd</sup> October**  
**Thursday, 5.30PM**

**PLATFORM:** Google Meet

E-certificate will be provided to all the participants.

**Register Now!**

Registration link: <https://forms.gle/fMEsxHC9Jk6Pqc5SA>

Kindly join WhatsApp Group:

<https://chat.whatsapp.com/GTWCmEaiJir7uwGQoqTF31>

For any queries, contact Mrs. Pratibha Jithesh – 9769486385

Webinar: Covid-19 and Home Care

Speaker: Dr. Manjeet Singh Arora, Consultant General Physician, Fortis Hospital Mulund

Date: 22<sup>nd</sup> October, 5.30 pm

Platform: Google Meet

**HCQS HOME CARE QUARANTINE SERVICES - PAN INDIA**

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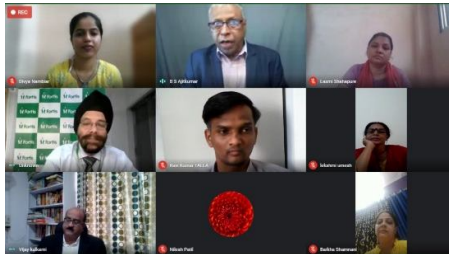
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Medical Services  
• Child Life  
• Infectious Diseases  
• Pediatrics (Pediatricians)  
• Coronavirus (COVID-19) At-Home Toolkit for Families

STRESS of the community by sharing these numbers so that in case of Home Quarantine recommended.

Many of us still not aware of the services available in my own vicinity.

VPM'S R Z Shah College of Arts, Science and Commerce, Mulund (East), on Oct 22, 2020, organized a webinar on Covid-19 and Home Care in association with Fortis Hospital. The speaker, Dr. Manjeet Singh Arora, Consultant General Physician, Fortis Hospital, Mulund, made it a session worth remembering.



In what could have been just another informative session like the ones people have been attending since the lockdown was put in place, to understand the tragedy that seems to have dawned upon the world, Dr. Manjeet Singh made all the difference. A powerhouse of delightful energy and humour, he made sure that all the participants were immediately

drawn to his words. With a witty welcome speech by the Principal, Dr. B.S. Ajit Kumar, what followed was an hour of stressbusting for over 80 participants.

Be it breaking popular myths or providing simple ways to protect family members—the session offered it all. Unsure about how to disinfect shoe soles? Simply dip a cloth with disinfectant liquid/ sanitizer and place it at the entrance. The footwear can be kept on it for half an hour. Lo and behold! It's one less worry. This and much more was conveyed in a way that very few speakers are capable of.

“Prana-Yama?”, Dr. Manjeet asked. Pranayama (breathing exercises) is essential during these times and post Covid too, to avoid Lord Yama's (the Hindu god of death) visit. Agreeing to the same, Mrs. Lekshmi Umesh, a participant said, “I am a music teacher and Pranayama has facilitated the ability to help me sing for four hours at a stretch in a day.”

Laced with doses of relevant information packaged in an interesting manner, this provided participants an option to relax despite an additional hour of screen time in the day.

Adv. Vijay Kulkarni, VPM Managing Committee member, hinted at more such sessions for the benefit of people. The next session is being planned on basics of First Aid and one can expect more collaborative efforts by both institutions for the welfare of people during these times.

