



LLOYD INSTITUTE OF MANAGEMENT & TECHNOLOGY

Plot No.-11, Knowledge Park-II, Greater Noida, Uttar Pradesh-201306

REPORT WEBINAR-3.0 ON “HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS”

Lloyd Institute of Management and Technology (Pharm) conducted its **third webinar of Covid-19 webinar series, on 23rd May, 2020**. The **theme of the Webinar-3.0 was “Holistic Approach to Fight Covid-19: Immunity Boosting & Treatment Options”** and it saw participation of **700 participants from 90 different colleges** including medical professionals from all over the Country. The event was conducted through ZOOM portal and was live on Lloyd YouTube Channel.



The purpose was to explore the possibility of integrating modern medicine i.e. Allopathy and traditional systems of medicine like Homeopathy and Ayurveda to fight Covid-19 and emphasize the importance of immunity as a single most important weapon. The panels of experts to address the issue were noted medical practitioners from different systems of medicine and a representative from Pharmaceutical industry. The panel included:

- **Mr. Dhiraj Kumar Nanda, Founder Director, Nutrilife India Pvt. Ltd.**
- **Dr. Geeta Rani Arora, (BHMS, MD), a renowned Homeopathic practitioner from NCR**
- **Vaidya (Dr.) Ruchi Gulathi, (BAMS, MD), Director, Sukh Ayurveda, Noida**
- **Lt. Col. (Dr.) Sarvesh Srivastava, (MBBS, MD), an Allopathic practitioner from Indian Army contingent deployed as United Nations Peace Keeping Forces.**

LLOYD INSTITUTE OF MANAGEMENT AND TECHNOLOGY (PHARM.)
Greater Noida, Delhi-NCR

WEBINAR 3.0

"HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS"

eminent speakers @ Zoom & Live on

MR. DHIRAJ NANDA
Director, Business Development
Nutralife India Pvt. Ltd

LIEUTENANT COLONEL DR. SARVESH SRIVASTAVA
MBBS, M.D (AFMC, Pune)

DR. RUCHI GULATI
BAMS, M.D.
(Director, Sukh Ayurveda)

DR. GEETA RANI ARORA
BHMS, M.D.
(Homeopathy)

Saturday May 23, 2020 @ 4:00 onwards !

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Mr. Dhiraj Nanda, while addressing the audience emphasized the role of immunity in pandemics like Covid-19 and otherwise in general wellbeing of an individual. He also explained various measures to improve one's natural immunity by balanced nutritious diet and a good routine. In his discussion he also explained how the nutritional supplements and immunity boosting products in the market can make up for the deficiency of some micronutrients that are lacking in our diet and hence help not only in maintaining high levels of body defense but also improve the cognitive

functions. However, he strictly warned that rationale use of such products is important by using them only under supervision and advice of expert medical practitioners else these products may prove to be rather harmful.

WEBINAR 3.0

MR. DHIRAJ NANDA
 Director, Business Development
 Nutrilife India Pvt. Ltd

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"HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS"

Mr. Dhiraj Kumar Nanda
 Founder Director
 Nutrilife India Pvt. Ltd.

- He has more than 30 years of experience in the Pharma Industry
- An alumnus of India's esteemed management institute X IIMBHU
- He has successfully handled start up operations for various reputed companies which are now well established
- Nutrilife offers a range of innovative nutritional products for "Healthy India"
- Some of the noticeable ones are IMMUNE UP & OSTEOBOOST

Second speaker **Dr. Geeta Rani Arora** shared her perspective of importance and role of homeopathy in epidemics and pandemics. Citing various examples of historical incidences where homeopathy had successfully evolved human race from pandemic and epidemic diseases she stressed that there are sufficient evidences to prove that homeopathy with its lower mortality rate is the right and the safer option. Often it has been underrated by people at large. She also said that it is purely a misconception that these medicines are slow to act. Besides she apprised the audience of some of the homeopathic medicines that have already proven their usefulness in prophylaxis of Covid-19 and can be resorted to.

WEBINAR 3.0

DR. GEETA RANI ARORA
 BHMS, M.D.
 (Homeopathy)

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"HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS"

HOMEOPATHY - ACCEPTANCE ? REALITY/PAPERS

- In the year 1852, Dr. Routh, a British allopathic physician and an opponent of homeopathy, was a designated authority by medical officials of London to release the mortality statistics (for all diseases). As a result of his findings, Dr. Routh was constrained to testify in favor of homeopathy. He collected statistics of different hospitals (England, Austria and Germany), total of 22,455 homeopathic cases and 11,943 allopathic cases. The overall mortality under homeopathic treatment was 4.4 percent, and the overall mortality under allopathic treatment was 10.8 percent.

HOMEOPATHY HAS ALWAYS PLAYED A VERY CRUCIAL ROLE IN TREATING THE PATIENTS OF
 scarlet fever, typhus fever, yellow fever, Pneumonia, Cholera, Influenza, Hepatitis, Dengue, Leptospirosis and Conjunctivitis during the times of pandemics and epidemics.

Our third speaker **Dr. Ruchi Gulati**, a renowned Ayurvedic practitioner, shared her deep insights into Ayurveda and highlighted that Ayurvedic system analysis disease as an outcome of imbalance in our diet, conduct, character and hygiene. She said that pandemics have been addressed as Janapadodhwamsa and contagious diseases like Covid as Aupasargika roga and are not new to Ayurveda. She explained that as per the principles of Ayurveda there are four factors which determine the specific characteristics of epidemics that is Jala, Vayu, Disha & Kala. Also the measures to control the contagious diseases like Covid-19 like social distancing, hand washing and breathing etiquettes are not at all new to Ayurveda rather they are the core regular practices prescribed in it. Besides she said that Ayurveda ensures holistic healing i.e. physical, mental and spiritual well being of an individual and not merely freedom from disease. She apprised the audience with the importance and relevance of Ayurvedic practices in current Covid-19 and how several trials by ministry of Ayush have met success in this case. She highlighted few home remedies also prescribed by Ayush to protect oneself from the current pandemic and recommended that apart from Arogya Setu app everyone should also install Aayush Sanjivani App which is from the Ministry of AYUSH, a mobile app, through which more 50 lakhs of people are connected and getting benefitted.

The banner features the Lloyd Institute of Management & Technology logo on the left, with the text 'LLOYD INSTITUTE OF MANAGEMENT & TECHNOLOGY' and 'EDUCATE • INNOVATE • EMPOWER'. On the right, the NBA Accredited logo is displayed, stating 'NBA Accredited B. Pharm. from 2018' and 'Promoting international quality standards for technical education in India'. The central title reads '"HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS"'. A circular portrait of Dr. Ruchi Gulati is shown on the left. Below it, her name and title are listed: 'DR. RUCHI GULATI BAMS, M.D. (Director, Sukh Ayurveda)'. The right side of the banner shows a collage of presentation slides, including 'Ayurvedic Immunity Promoting Measures' with a list of three points, 'Ayush Sanjivani App' with a download button, 'Immunity Boosting Measures for Self-care', and 'General Measures' with a list of four points. The background is light blue with a red and white diagonal stripe at the bottom left.

WEBINAR 3.0

DR. RUCHI GULATI
BAMS, M.D.
(Director, Sukh Ayurveda)

"HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS"

Ayurvedic Immunity Promoting Measures

1. Take Chyawanprash (High F) in the morning, minimum amount 100 mg, after the breakfast.
2. Drink herbal tea (Licorice, Garlic, Tulsi, Ashwagandha, Turmeric, Ginger, Lemon, etc.) 2-3 times a day. Avoid coffee and all heat related items in your diet. If needed.
3. Consider 100% pure and good quality (organic) honey in 100 ml of hot milk, twice or thrice a day.

Ayush Sanjivani App
Maximize health by enhancing immunity
Download the app

Immunity Boosting Measures for Self-care

General Measures

1. Drink warm water throughout the day.
2. Daily practice of Hatha, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH.
3. Observe the Heat (Etiology), Deepa (Caution), and Shirodhara (Contraindication) in therapy.
4. Avoid the use of antibiotics or steroids.

Fourth Speaker **Lt. Col. Dr. Sarvesh Srivastava** explained the protocol that is being currently followed in hospitals for dealing with Covid-19 patients and how health workers are taking care of their own safety while handling the patients. He also discussed about the significance and need for vaccine and the various other roadblocks being faced in dealing with current Corona crisis. During his talk he focused on the general management of the patients & guidelines to be followed.

The slide is titled "WEBINAR 3.0" and "HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS". It features a portrait of Lt. Col. Dr. Sarvesh Srivastava, MBBS, MD (AFMC, Pune). The slide is sponsored by Lloyd Institute of Management & Technology and is NBA Accredited. It contains the following text:

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"HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS"

WEBINAR 3.0

**Lieutenant Colonel
Dr. Sarvesh Srivastava
MBBS, M.D (AFMC, Pune)**

HOLISTIC APPROACH TO FIGHT COVID-19: IMMUNITY BOOSTING & TREATMENT OPTIONS
Lt Col (Dr) Sarvesh Srivastava
MBBS, MD(Anaesthesiology) AFMC,Pune

World Health Organization (WHO) recommend the following basic principles

- Isolate all suspected cases in an area
- Implement standard precautions at all times
- Practice hand and respiratory hygiene
- Offer a medical mask to patients who can tolerate one
- Wear personal protective equipment
- Practice safe waste management, environmental cleaning, and sterilisation of patient care equipment and linen

PPE for jobs with high potential exposure

- Face/eye protection
- Gloves
- Gowns
- Respirators
 - At least N95
 - PAPR or full or half face elastomeric for greater protection
- NOTE: there is a worldwide shortage of PPE!

Treatment and vaccines

- There is no vaccine to prevent COVID-19.
- There is no specific FDA approved medication or treatment for COVID-19.
- Treatment is supportive.
- People who are mildly ill with COVID-19 should isolate at home during their illness.

The session was concluded with a series of interesting questions from audience, which were well answered by the respective expert panelist.

The discussion was summed up by the moderator for the session **Dr. Chitra Gupta**, who concluded that Immunity is the best defence weapon that can help fight Covid-19. Modern/Allopathic medicine has several inherent drawbacks while the indigenous systems may not be sufficient to exist of their own under certain conditions. So the need of the hour is to integrate all forms of medicine under a single umbrella and create tailor made individualized treatment modules for the benefit of the patients and holistic healing.

All together the event was a grand success as could be understood from the feedback, messages, mails received and chats during the session. Some of the participants were of the opinion that it was one of the best webinars they have attended pertaining to Covid-19.

रोग प्रतिरोधक क्षमता बढ़ाने व कोरोना इलाज के विकल्प पर वेबिनार

ग्रेटर नोएडा, 23 मई (देशबन्धु)। लॉयड इंस्टीट्यूट ऑफ मैनेजमेंट एंड टेक्नोलॉजी (फार्मा) ने डॉ. वंदना अरोड़ा सेठी, समूह निदेशक लॉयड ग्रुप ऑफ इंस्टीट्यूशन के मार्गदर्शन में कोविड-19 इम्युनिटी बूस्टिंग एंड ट्रीटमेंट ऑप्शंस से लड़ने के लिए समग्र दृष्टिकोण पर तीसरी वेबिनार श्रृंखला यानी वेबिनार-3 का आयोजन शनिवार को किया गया। यह सत्र जूम मीटिंग के साथ-साथ यूट्यूब चैनल पर लाइव स्ट्रीम किया गया। हमारी स्वास्थ्य प्रणाली की प्रत्येक श्रेणियों से चार प्रख्यात वक्ता यानी एलोपैथी, होम्योपैथी, आयुर्वेद के साथ-साथ हमारे औद्योगिक दृष्टिकोण ने हमारी प्रतिरक्षा और हमारे विभिन्न उपचार विकल्पों को बढ़ाने पर चर्चा की थी। पहले



वक्ता धीरज नंदा, निदेशक, व्यवसाय विकास, न्यूट्रीलाइफ इंडिया प्राइवेट लिमिटेड प्राकृतिक प्रतिरक्षा और विटामिन पर ध्यान केंद्रित करते हैं, पूरक जो हमारी प्रतिरक्षा बढ़ाने पर महत्वपूर्ण भूमिका निभाता है। यह विशेष रूप से संक्रमण की संभावना को कम करता है और संज्ञानात्मक कार्यों को बढ़ाता है।