

# AJAY KUMAR GARG ENGINEERING COLLEGE

02 April, 2020

## **Let us resolutely overcome the challenge of Covid -19 Crisis with Fortitude**

We are all aware of the outbreak and spread of Corona Covid-19 virus and the unprecedented global crisis due to this pandemic that has engulfed the whole world. To some extent, we in India have been able to control the onset of community transmission (stage 3) for the time being due to the foresight, proactive and decisive leadership of our Hon'ble Prime Minister as well as the whole hearted support and cooperation of medical fraternity, the armed forces, police, other essential service providers and all citizens. But this is not the time to get complacent, as the virus has not been eliminated and has the potential to spread exponentially even now. We are in a very critical stage where our actions now will determine the future course and impact of this grave threat.

While I know that you are all mature and aware of the basic norms and safety measures to be adopted, I pen down a few important points which all AKGECians should sincerely follow for our own safety as well as our duty towards the society as conscientious citizens.

1. We must observe self discipline and ensure 100% compliance of all guidelines, directives, Dos & Don'ts issued by the government related to personal hygiene, self quarantine and social distancing. It is very important to understand that slightest deviation by a single individual can wash out everyone's effort so far and result in disastrous consequences for all of us.
2. Maintaining good physical, mental health and emotional balance is important. A regulated routine with timely nutritional meals, some indoor exercise, yoga and good sleep will help. Effort should be made to improve immunity through increased consumption of fruits & vegetables rich in Vitamin 'C', ginger turmeric, garlic, Indian Gooseberry (Amla) etc. Drinking warm water and steam inhalations will also be useful.

3. Spend this time at home constructively in enhancing knowledge, pursuing neglected interests & hobbies and quality time with family. It is important to stay fruitfully occupied, optimistic and positive to avoid feeling of loneliness and anxiety.
  
4. There is an overload and constant barrage of information through various social media. Most of this information may be unfiltered, unverified and misleading. Some ill-intended, motivated and sensational posts by unscrupulous elements to create negativity, upset people and may lead to harmful effect on our already disturbed personal and professional lives. I think we already know enough of what is necessary and do not constantly need further information. I would advise that we should watch news for a short time only for updation and resist the temptation of constantly looking at Whats App, Face book, Twitter etc. It is an offence to post anything related to Corona Virus and we should avoid becoming part of a link in forwarding messages. The social groups should be disciplined and used only to share personal thoughts and experiences.

I am sure that you will give serious thought to the few important issues outlined above and lead the way for early recovery to normalcy.

Stay safe, healthy and happy.

**Dr R.K. Agarwal**  
**Director General**