



THE ALIKE RECONNECT

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The Emotional Pandemic of Corona Virus

The whole world is facing an unprecedented event of the novel corona virus pandemic. The spread of the virus has caught us unprepared on two counts. One, our health care systems are not ready to face a surge in the burden of infectious diseases. Even the developed nations are being wrecked by the overwhelming number of patients getting sick at once and crowding the hospitals. Two, we are not prepared for the silent emotional pandemic that is breeding inside everyone due to fear of infection, lock-down, socio-economic disruption, migration and job loss. It is imperative that healthcare systems, policy-makers and public understand the mental health implications of this crisis and take steps to manage them.

Monster of misinformation feeds on our fear: Although lockdown may stop the spread of the virus, it has endangered the physical and mental health of population. Uncertainty has crept in everyone's mind and misinformation/fake news is feeding on our doubts and worries leading to mass hysteria and panic. Social distancing has led to disruption of social lives and halted livelihoods of many. It has led to feelings of loneliness, helplessness and lack of sense of control over our lives. The healthy people have started blaming the sick and shunning them away. The sick feel fear, shame and guilt and have acted irresponsibly at times due to the stigma. This in turn has led to fear, anxiety and sadness which can percolate in our collective consciousness and disrupt the ability of a community to cope with this global crisis. The situation is grim but there is light at the end of the tunnel. Human endeavor will overcome this challenge too, like it has done innumerable times in the past. But we can take certain steps to ensure we take care of ourselves during these overbearing times.

Self-care is essential to cope with social disruption: There is need for massive awareness campaigns to educate people about self-care during these difficult times. We need to be aware of fake news and rumors circulating in social media and stop mindless sharing to break the chain of misinformation. Restricting watching news to once or twice a day would reduce the exposure to fear provoking sensationalism. A healthy routine should include exercise, yoga, meditation, eating balanced diet with fruits and vegetables, drinking water regularly and sleeping for at least 7 hours. We need to bring some structure to our daily routines to get a sense of control. Although we need to be at home to maintain physical distance from our friends and family, we can be emotionally connected with them through regular phone and video calls. We need to entertain ourselves with music, movies, board games and other fun activities which can engage everyone in the family. There is no better time to revisit some old hobbies or learn some new ones. Nature is a great healer and spending time in the garden or with some plants in our balcony can rejuvenate us. We can enjoy watching birds around us, feed animals in neighborhood and play with our pets. This period of lockdown is also an opportunity to let rid of old addictions and cultivate healthy habits.

Tools to handle stress of the lockdown: We need to use simple and effective tools to manage our stress levels. Mindful breathing which involves focusing our attention on breathing for few minutes at a time can ease our nerves. Compassionate acceptance of our difficult thoughts and feelings helps to cope with them. Prayer and spirituality can be like a soothing balm to the aching heart.

Positive aspects of the crisis: The tiny virus has been a great teacher to the whole world. It has shown that mindless progress and environmental exploitation is not the way forward. It has shown us the need to slow down and relook at our priorities. It has given us the luxury of spending some quality time with family. The whole world has been reminded that we are all one and our distinctions based on country, religion and economic class are all arbitrary. We are all equal in the eyes of the virus. Swami's eternal principles of "Help ever, hurt never" and "Love all, serve all" are more relevant than ever. Everyone has to be responsible in maintaining hygiene and physical distancing to help the world in overcoming this virus. Treat everyone with love and compassion, as we are all in this together.

With faith in Swami and courage in our hearts, we can win this together. Sai Ram.



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Humanity vrs Covid19 WaR – How are you contributing to this fight?

Vijay is a 32 years young common man and proud alumni of Alike. Since January 2020, he was speaking about Covid19's dangerous impact in China & other countries and always wondered how to prepare ourselves as individual, family, city, state, country & world to fight and win this war. On March 12th is when we found the hope to hunt this virus down after engaging with people in South Korea, France, Singapore etc on best practices to curtail the non-linear spread of deadly virus.

Realised simple innovative solutions, technology products will be needed to empower two important stakeholders

1. Doctors, Healthcare community & Front line soldiers including police, press, govt and private teams working day and night for our safety
2. Citizens To make them safe & stop this virus

By March 16th, 17th outreach effort was made to important decision makers, decision influencers in Karnataka to set up Tech War Room to leverage Global IT Companies expertise (Infosys, Wipro to Microsoft, Google to Startups) for Research, Design & Develop (R D D and not just R & D) products with Two immediate objectives

- To track / identify citizens living Karnataka who could have come in contact with Corona+ citizens
- Create simple Tech / Engineering product for first level of screening of potential impacted citizens



We had learnt from other countries also that True cases are 1000s more than official cases declared by Govts because we as Karnataka / India are not doing mass testing even today due to lack of Rapid AntiBody test kits & Covid19 test kits. Given that above two objectives didn't receive response, we didn't stop there and kept exploring ways to contribute for this War. On March 21st, Subramanyam Kasibhat, CEO, Vegam Solutions created a global platform for Innovators, Doctors, Engineers, Designers, Collaborators, Bureaucrats, Scientists, Hospital Managements, Biotechnologists, Manufacturers, Researchers etc to join together and create, contribute

for making simple products which are & will be critically needed by doctors, healthcare community etc which can be mass manufactured anywhere in Karnataka or world. Thus after 100s of hrs of brainstorming on Doctors feedback & Internal team expertise with leadership of Srinivas Kumar KS, CEO, Wizardry Designs

Two products prototypes were ready

1. Face shield Masks
2. Ventilator Splinter (3D Printing technology design)



Pilot Production was started at IIT Dharwad campus and shared to Dr Katkol Team at KIMS Hubballi, In Bengaluru pilot products were shared with Victoria Hospital. Once Doctors community were happy pilot products, we requested SkyTech Group of Companies to Mass Manufacture from Dharwad to meet needs from different parts of India and proudly say 1000s of these products are being used by Doctors, Healthcare Soldiers. SSS Group (one of largest defence manufacturer) recalibrated their productions lines to manufacturer Face shield Masks on designs provided by us. Incase any of you want to produce Face shield Masks, will be happy to share Engineering Designs and teach how to produce including choice of raw materials which can sourced in your areas for overall effective cost & quick production. Also supported Startups, Manufacturers, Hospitals with finding out right product, right decision makers to arranging raw materials in lock down time to logistics support for team & timely delivery of products. We believe Hospitals, PPEs, Lockdown are defensive actions and we need to start taking aggressive actions by Identifying, Isolating & Treating Corona+ patients.



For aggressive actions to be effective and save ourselves & win, we need testing kits

A. Rapid AntiBody Test Kits

B. Covid19 Test (RC-PCR and or IgG/IgM technique)

To be mass manufactured in all Indian states.

We are exploring with our connects at Harvard T.H. Chan School of Public Health to University of California San Diego to bring innovative test kits to India and produce them here, Incase you know any such testing kit innovations please let us know. Together we need to win. Vijay would also like to thank Dr. Kalyan Deepak, Dr. Vineeth G IPS, Dr. Bharat Holla, Dr. ManuShashank from his batch and Dr. Vikram Shetty & Dr. Ravichandra Karkal from senior batches for support and ideas. Thank you Editorial team of alike reconnect for call and giving the opportunity to share experience and seek help. Vijay will keen to hear on how are you contributing to this WaR as common man as this is everyone's fight and not just Doctors



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SWIMMING POOL

Alike added another golden feather to its crown by completing the swimming Pool construction in the campus premises. 22-03-2020 at 6:30 AM we witnessed water releasing ceremony to set the pool running. Respected Secretary, Sri Chandrashekar Anna during the function stated that it was Rev. Anna's dream to impart diverse skill sets to students. Swimming is one such life saving finesse every student need to learn. He reiterated that our institution is always committed towards providing the best infrastructure to students for their overall development. Respected Chairman, Correspondent, elders and well wishers blessed the occasion with their presence. Students were beaming with enthusiasm and expressed their deep sense of gratitude towards Swami for providing state of the art facility for their growth. We are sure this news shall evoke joy in your hearts for it was our collective dreams which has manifested today. There would be a grand inaugural ceremony shortly, we anticipate your presence to share our joy.





CONTRIBUTIONS

Online Transfer with NEFT, RTGS to Trust Account.

For old students

Name: Sri Sathya Sai Loka Seva Trust, Alike

Bank: SBI SB A/c No: 32140812573

Branch: Alike (IFSC Code: SBIN0007607)

For All other Donors

Name: Sri Sathya Sai Loka Seva Trust, Alike

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Contributions from ABROAD should be made to the following FC ACCOUNT ONLY:

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Postal address:

Chairman, Sri Sathya Sai Loka Seva Trust, Alike

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or whatsapp to Alumni coordinator: **Suresh Shilpi: 9591739236**

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