

# **Human Being the Great**

## **Winners who Defeated COVID-19**

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**The Beauty of life is the instinct for survival. This instinct is able to defeat the Coronavirus disease (COVID-19).**

**Fear and shock following a snake bite can kill some people, even though the snake is nonvenomous.**

**COVID-19 created similar anxiety among common people, which is doing more damage rather than the virus itself.**

**Only vaccine and medicine which works against the virus is 'information'.**

**We have many persons who faced the virus and recovered. Most of them advise us to be mentally strong and the disease is curable.**

**Persons with comorbidities that too serious ones such as cancer recovered from COVID-19.**

**Old persons, even centenarians, defeated the virus.**

**This e-book is an attempt to present such success stories to create confidence among the readers.**

## Centenarian defeats COVID-19



Palakuri Manamma, born 101 years ago, was discharged from the Sri Venkateswara Medical Institute, Tirupati after staying in the isolation ward for 10 days.

SVIMS medical superintendent Dr R Ram said that many people lose their hope and fight once they came to know that they contracted the virus; “But the brave fighting spirit put up by Manamma against the disease was great and is an inspiration to others.”

Times of India, 26.7.2020; Photo courtesy: Hans India, 27.7.2020

### 105-year-old Kerala woman beats Covid in 9 days



Asma Beevi, a 105-year-old great grandmother, beats Covid in 9 days, much to the joy and surprise of the doctors and staffers at the Government Medical College Hospital at Kollam.

“Even when she was being shifted to the hospital after testing positive, Beevi made sure with her granddaughters that she looked beautiful,” said her grandson

“Her positive attitude towards everything in life helped her beat the disease,” said a health official. “The great-grandmother is a role model for those who get paranoid and even end their lives.”

Sindu Choodan, Express News Service, 30th July 2020

<https://www.newindianexpress.com/good-news/2020/jul/30/full-of-life-105-year-old-kerala-woman-beats-covid-in-9-days-2176564.html>

## Sound mental health is as important as medication



Vijayalakshmi, 94, from Hyderabad, was admitted with mild symptoms. Doctors at Gandhi General Hospital, the state’s nodal COVID-19 treatment center, say that she was psychologically devastated at the time.

Her recovery, they say, is a fine example of how important mental strength is in overcoming the disease.

“She was quite depressed. We would counsel her and show her video messages twice a day from his older son and family who live in the USA. This helped boost her morale and that’s why she could come out successfully,” Dr. Bhumesh Kumar Kadakam, associate professor at Gandhi hospital, told indianexpress.com.

Rahul V Pisharody | Hyderabad , July 8, 2020, <https://indianexpress.com/article/india/telangana-oldest-patient-94-year-old-woman-covid-recover-6495833/>

## Disciplined lives



Sripoti Naiban, 99, born in 1921, three years after the Spanish flu outbreak, is Bengal's oldest COVID-19 survivor. In Kolkata, Govinda Halder (95) and Lal Mohan Sett (94) also survived the deadly disease.

All three men had one thing in common - they all required only oxygen support for a few days, to recover - thanks to the disciplined lives they led.

### India's oldest virus-hit couple in Kerala recovers



They are India's oldest married couple to get infected by the Coronavirus. But, when Thomas Abraham, 93, and his wife Mariamma, 89, from Kerala's Pathanamthitta district.

Thomas and Mariamma had several old-age related health issues from diabetes and hypertension to cardiac problems.

The couple had been admitted in separate rooms and that was one aspect that intrigued the doctors. "We had never stayed separately since our marriage. Sensing that there could be a psychological toll, the doctors soon shifted them to the transplant ICU where both could see each other. This seemed to work miracles.

Now, life is back to normal for the couple trying to make the best of every day – morning prayers, followed by 'kattan kaapi' (black coffee) together.

<https://timesofindia.indiatimes.com/india/its-kaapi-time-again-for-indias-oldest-virus-hit-couple-in-kerala/articleshow/77137837.cms>

## 85 year old cancer patient beats COVID-19



NAME : Surendra pati and Smt. Sabitri pati

AGE : 85 yrs /M ; 78 yrs /F

PLACE : Kendrapara, Odisha.

OTHER COMORBIDITIES: Throat cancer.

TREATMENT : Isolated in COVID care Centre.

**MESSAGE : Inspiration to many to beat the virus.**

SOURCE :

Collector of Kendrapara on Twitter <https://t.co/B1E4WfxI8g>



## Strong headedness and will to fight the virus



NAME : K. Srinivas

PROFESSION :Officer from SHE teams

PLACE :Cyberabad,

AGE :56 yrs

SYMPTOMS : Headache, cough.

**OTHER COMORBIDITIES : Cancer, Diabetes.**

**TREATMENT** : Home isolation and treated with prescribed medication.

**MESSAGE** :**To isolate the self in case if positive, needs strong headedness and will to fight the virus.**

"I've been a cancer patient for more than 10 years now and also am diabetic," says the Official. For Coronavirus, he resorted to meditation, jogging, using warm water with medically prescribed tablets. "You must use warm water for everything possible. You do not need a Hospital to fight this virus. A proper home isolation with all the necessary supplements and strong mental strength is enough," he said.

**SOURCE** :PNS, The Pioneer, July 15,2020.

**My father with all possible comorbidities can fight means everyone can fight**



NAME : Gaurav Girigesh. and his father

PROFESSION : AEE in irrigation and CAD Dept.

AGE : 31yrs ,father age 68 yrs.

PLACE : Telangana

TREATMENT : Hospitalized.

**MESSAGE : Senior citizens getting infected is not an end of the road. My father with all possible comorbidities can fight every one can fight.**

"My father, 68, was diagnosed with Cancer recently and underwent a 9 hour surgery for it days before getting infected by Covid-19. He is also taking BP and sugar medication and when he was admitted in hospital, was already having pneumonia in his lungs and breathing problem requiring oxygen support. Now, he came back home and is recovering. My mother, 62, facing similar health problems has been discharged."

Asking people to get rid of this thought that senior citizens getting infected is an end of road for them, Gaurav said "If my father with all possible co-morbidities can fight, everyone can."

SOURCE : Naveena Ghanate, The Pioneer, July 3, 2020.

## Good to monitor oxygen saturation levels using pulse oximeter



**NAME** : Dr. K. Prathyusha.

**PROFESSION** : Doctor

**PLACE** : Hyderabad

**SYMPTOMS** : Asymptomatic

**TREATMENT** : Home isolation ,vitamin supplements, vitamin D, zinc and HCQ

**MESSAGE** : **Proper isolation and waste disposal are important, good to monitor oxygen saturation levels using pulse oximeter.**

While the doctor took Vitamin supplements like vitamin D and zinc, she took an antibiotic and HCQ. With proper diet we can easily over come the infection, points the doctor.

**SOURCE** : PNS, The Pioneer, July 18,2020.

**COVID can be prevented by doing simple things like wearing masks, avoiding crowds and maintaining distance.**



**NAME** : Dulam Satyanarayana.

**PROFESSION** : Film maker ,DSN Films.

**PLACE** : Hyderabad.

**SYMPTOMS** : flu symptoms

**TREATMENT** : Home isolation, Ayurveda medicine, multi vitamin tablets along with steam inhalation with turmeric, and nutritious diet.

**MESSAGE** : **Covid can be prevented by doing simple things like wearing masks ,avoiding crowds and maintaining distance.**

**Satyanarayana points out that he followed simple techniques like drinking warm water and 'kashayam' regularly, taking steam with turmeric, adequate sleep, nutritious diet, breathing exercises and a strong will power.**

**SOURCE** : Naveena Ghanate, The Pioneer, July 17,2020.

**Negativity is not good for any disease and recovery.**



NAME : Gurumith Singh.

PROFESSION : COP, Kulsumpura PS.

PLACE : Hyderabad.

SYMPTOMS : Cough, Mild fever

TREATMENT : Hospital isolation.

**MESSAGE : Negativity is not good for any disease and recovery.**

"I asked my family to not even come close to my room. Even while giving food, I asked them to do that from a distance. Sometimes my mother didn't feel good that she had to almost throw the roti in my plate, but we had to take those precautions."

SOURCE : **Namrata Srivastava**, The Pioneer, July 13,2020.

**Social stigma should not get to you.**



NAME : B. Sridevi.

PROFESSION : **police inspector of IT & communication.**

PLACE : Rachakonda, Hyderabad.

SYMPTOMS : Asymptomatic

TREATMENT : Hospital isolation followed by home quarantine. Treated with prescribed medication and high protein diet.

**MESSAGE : She followed the prescribed medication and consumed protein rich food.**

Speaking about dealing with infection, Sridevi said that the social stigma around virus should not get to you. "One must be mentally strong to deal with infection. People will treat you differently. With the news showing scary figures worldwide, people look at patients carrying the infection in a different light. It's very important for us not to be bothered by these. Your mental weakness is your enemy."

SOURCE : **NAVEEN KUMAR, Social stigma should not get to you: Covid warrior**, The Pioneer, July 9, 2020.

## Must hope to get better



NAME : Shaik Moulana

PROFESSION : Head constable.

PLACE : Yadagirigutta PS.

SYMPTOMS : Not mentioned.

TREATMENT : Hospital isolation followed by home quarantine, followed prescribed medication along with steam inhalation and yoga.

I used to regularly gargle, take steam, medicines and do yoga. I asked my family to use only disposable plates and glasses for me as it'll reduce the risk of spreading the virus in the house.

"We cannot be mentally weak to fight something like this. We must hope to get better and have people to support us."

**MESSAGE : Confidence and strength is very important to fight. One must hope to get better.**

SOURCE : NAVEEN KUMAR, The Pioneer, July 8,2020.

## Take proper rest



NAME : Prof. Dr. Sree Bhushan Raju.

PROFESSION : Doctor, HOD ,Nephrology.

PLACE : NIMS, Hyderabad.

SYMPTOMS : Fever, tiredness, mild shortness of breath, sore throat.

TREATMENT : Home isolation, Paracetamol, fexofenadine for sore throat along with nutritious diet and lot of water. Dr Raju says, "I used to take two boiled eggs. I also increased the amount of tomatoes and cucumber that I took. Adding to this I maintained a nutritious diet and drank a lot of water."

Say Dr Raju, "I only relied on Paracetamol. For sore throat it is Fexofenadine." "Make sure you take proper rest if you contract Covid-19 and maintain a good nutritious diet before you rejoin your work. I would suggest at least one month's rest to everyone who has been cured of Covid-19."

**MESSAGE : Even after testing negative, symptoms can remain, make sure you take proper rest if you contract covid.**

SOURCE : Namrata Srivastava , The Pioneer, July 7,2020.



## It's nothing but flu



NAME : Shikha Goel.

PROFESSION : Addl. commissioner of police.

PLACE : Hyderabad.

SYMPTOMS : Mild symptoms.

TREATMENT : Home isolation ,vitamins along with normal immunity boosters, Antibiotic and steam inhalation. "I immediately went into home isolation and stayed away from people in my house. I took normal immunity boosters and vitamins initially. However, a couple of days later, I had mild symptoms. I then took a course of antibiotics, gargled regularly, used the steam and other home remedies which we use for flu," said Goel.

As an advice to the public, the official said that one has to take precautions to prevent the virus but if infected, there is nothing to panic. "It's a very small percentage of people who have severe symptoms. It's like a normal flu and one must take it in that spirit. Do not get paranoid, just be observant of what's happening to your body and follow medical advice," concluded the official.

**MESSAGE : Take precautions to prevent the spread, very small number of people have severe symptoms.**

SOURCE : Naveen Kumar, The Pioneer, July 5,2020.

**Follow the three rules-wear mask, physical distance and ensure hygiene.**



NAME : Dr. A. Sahithi

PROFESSION : Doctor. Radiology resident.

PLACE : MGM, Warangal

SYMPTOMS : Fever, headache, cold, myalgia.

TREATMENT : Home isolation , Paracetamol, Azithromycin.

**MESSAGE : Follow the three rules-wear mask, physical distance, and ensure hygiene.**

She took treatment for her symptoms like paracetamol for fever, Azithromycin for sore throat.

SOURCE : Naveena Ghanate , The Pioneer, July 2, 2020.

## Steam inhalation and healthy diet.



NAME : Subramanyam.

PROFESSION : constable

PLACE : Hyderabad.

SYMPTOMS : Body pains ,mild fever.

TREATMENT : Home isolation, prescribed medication with steam inhalation and healthy diet.

**MESSAGE : It is not scary as it sounds, one must have courage to get through the infection.**

It is not that scary as it sounds. One must have the support and courage to get through the infection. We must increase our immunity by eating healthy and maintaining a good diet.

SOURCE : **Naveen Kumar**, The Pioneer, July 1, 2020.

**Do not stigmatize**



**NAME** : Dr. Sindhuja S.B.

**PROFESSION** : Doctor(MS)in ENT

**PLACE** : MGM Warangal

**SYMPTOMS** : Body pains followed by fever ,sore throat, loss of sense of smell and taste.

**TREATMENT** :Home isolated and treated with antibiotic, antipyretic and Hydroxychloroquine.

**MESSAGE** : **Do not stigmatize covid patients.**

My initial symptoms were body pains followed by fever and sore throat. I lost my sense of smell and taste.

**SOURCE** :Naveena Ghanate, The Pioneer, July 14,2020.