



Press Release

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Be alert to stay safe Advised experts in online Counselling lectures at MANUU

Hyderabad:

Experts from the field of Medicine and psychology have advised the public and students in particular to remain alert and vigilant against the threat of Covid-19 to ensure our own safety. We should not lower our guard against the pandemic, they stressed.

Maulana Azad National Urdu University (MANUU), the Dean Student Welfare (DSW) office has conducted a series of counselling lectures to ensure proper mental & physical health and better guidance during the ongoing Covid 19 pandemic. To promote awareness about the situation and to alleviate the distress it is causing among students, teaching, non-teaching staff, the first series of lectures were conducted online on 1st and 2nd July, 2021 in line with the recommendations of the Covid-19 Monitoring Committee of MANUU.

Prof. S.M. Rahmatullah, Vice Chancellor I/c in his inaugural address highlighted the importance of gaining relevant information about Covid-19 and urged everyone to take the necessary precautions. He also laid stress on the need to have information about its proper treatment. Prof. Rahmatullah also expressed concern over the unpleasant likelihood of a third wave of the pandemic.

The resource person, Dr. Ikhlq Ahmad Choudhary, MD, DPM, Psychiatry, Senior Consultant of Psychiatry, Bharat Hospital, Nawanshahr, Punjab while delivering online lecture "Covid Vaccine – Safety Precautions and Myths" elaborated the symptoms and the causes of the disease. Dr. Choudhary said that the conspiracy theories were laid to rest by a study conducted by the WHO. He also busted few other myths related to the vaccine and carefully scrutinizing the myths, he logically negated them and stated that vaccination helps in boosting immunity. He urged everybody to get themselves vaccinated.

Prof. Syed Alim Ashraf Jaisi, Dean, Students Welfare and Chairperson of the Covid-19 Monitoring Committee while delivering welcome address stated that we need to orient ourselves to separate fact from myth and not fall prey to rumors regarding the Covid vaccine.

On the second day the special invitee, Dr. Minhaj Zafar Nasirabadi, Psychiatrist, Hyderabad, spoke online about "Mental Health Issues and Coping Strategies". Be alert to stay safe from infection, but not get overcautious so as to become paranoid, said Dr. Minhaj. He provided tips for the emotional and physical well-being of persons with Covid infection. He signed off by encouraging everyone towards healthy and safe living by following the important practices of social distancing and being a role model to the entire society.

In the opening remarks Prof. Siddiqui Mohd. Mahmood, Registrar I/c, underscored the importance of following all precautionary steps related to the pandemic. Prof. Mahmood also accentuated the need to stay optimistic and strong during the pandemic. The fight against Covid is a community effort, which requires participation from all, he stated.

Dr. Syed Hammad Hashmi, Medical Officer, MANUU focused on the need to pay attention to mental health in general and during the pandemic, in particular.

Both the lecture ended with question & answer session. The Assistant Deans, Students Welfare - Dr. Khwaja Mohd. Ziyuddin hosted and proposed vote of thanks on the first day whereas Mr. Jameel Ahamed proposed vote of thanks and was the host for day 2. The lectures were broadcast live on IMC MANUU YouTube channel and other social media platforms.

(Abid Abdul Wasay)
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