

**GOVERNMENT NAVEEN COLLEGE
BERLA,
BEMETARA (C.G.)**



REPORT ON

**Impact of COVID-19 on Villages of
Berla, Bemetara**

(A Study done by Govt. Naveen College Berla, Bemetara)

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INTRODUCTION –

Across the world, humans are living through a period of extraordinary change under COVID-19. Coronavirus disease (COVID-19) is infection caused by a new strain of coronavirus, “CO” stands for corona, “V” for virus, “I” for induced and “D” for disease. Formerly, this disease was referred to as “2019” novel coronavirus” or COVID -2019

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it’s important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for COVID-19. However there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

MOST COMMON SYMPTOMS:

- Fever
- Dry cough
- Tiredness

LESS COMMON SYMPTOMS:

- Aches and pains
- Sore throat
- Diarrhea
- Conjunctivitis
- Headache
- Loss of taste or Smell
- A rash on skin, or discoloration of fingers or toes

SERIES SYMPTOMS:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility. People with mild symptoms who are otherwise healthy should manage their symptoms at home. On average it takes 5-6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

COVID -19 PANDEMIC

The Covid-19 pandemic, also known as the corona virus pandemic, is an ongoing global pandemic of corona virus disease 2019 [COVID-19], caused by severe acute respiratory syndrome corona virus 2 (SARS-Cov-2). The outbreak was first identified in Wuhan Health Organization declared the outbreak a Public Health Emergency of International Concern on 30 January 2020, and a pandemic on 11 March. As of 26 June 2020, more than 9.6 million cases of COVID-19 have been reported in more than 188 countries and territories, resulting in more than 489,000 deaths; more than 4.8 million people have recovered.

SOCIAL DISTANCING

Limiting face to face contact with others is the best way to reduce the spread of corona virus disease 2019 (COVID-19). Social distancing, also called “Physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing an individual must stay at least 6 feet (about 2 arms’ length) from other people. In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

Limit close contact with others outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you-or they-have no symptoms. Social distancing is especially important for people who are at higher risk for severe illness from COVID-19. Many people have personal circumstances or situations that present challenges with practicing social distancing to prevent the spread of COVID-19. Please see the following guidance for additional recommendations and considerations for:

- Households Living in Close Quarters

- Living in Shared Housing
- People with Disabilities
- People Experience Homelessness

IF YOU HAVE BEEN EXPOSED OR ARE SICK

- Separate from others to limit the spread of COVID-19
- Take care of yourself while you're sick

WHY PRACTICE SOCIAL DISTANCING

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes or talks and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sunlight, humidity and the type of surface. Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

Look for emergency warning sign* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest

- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

PEOPLE WHO NEED EXTRA PRECAUTIONS

- Racial & Ethnic Minority Groups
- People Experiencing Homelessness
- Pregnancy and Breastfeeding
- People with Disabilities
- People with Development and Behavioral Disorders

SUPPORTING THOSE NEEDING EXTRA PRECAUTIONS

- Caring for People Disabilities
- Caring for People with Development and Behavioral Disorders
- Caregivers of People Living with Dements
- Nursing Homes and Long-Term Care Facilities

SELF QUARANTINE

People who have been exposed to the new corona virus and who are at risk for coming down with COVID-19 might practice self quarantine. Health experts recommend that self quarantine lasts 14 days. Two weeks provides enough time for them to know whether or not they will become ill and be contagious to other people.

You might be asked to practice self quarantine if you have recently returned from traveling to a part of the country or the world where COVID-19 is spreading rapidly, or if you have knowingly been exposed to an infected person. These zones are created to map the local transmission of the disease and prevent the contagion from spreading. They are identified by the Rapid Response Team (RRT) based on the extent of cases listed and mapped by them.

SELF QUARANTINE INVOLVES:

- Using standard hygiene and washing hands frequently.
- Not sharing things like towels and utensils
- Staying at home
- Not having visitors
- Staying at least 6 feet away from other people in your household.

Once your quarantine period has ended, if you do not have symptoms follow your doctors instructions on how to return to your normal routine.

ISOLATION

For people who are confirmed to have COVID-19, isolation is appropriate. Isolation is a health care term that means keeping people who are infected with a contagious illness away from those who are not infected. Isolation can take place at home or at a hospital or care facility. Special personal protective equipment will be used to care for these patients in health care settings.

CONTAINMENT ZONE

According to the Health Ministry, a containment zone refers to a specific geographical area where positive cases of corona virus are found. Strict

movement restrictions are put in place in such areas to prevent further spread of the virus.

The closer containment strategy would “include geographic quarantine, social distancing measures, enhanced active surveillance, testing all suspended cases, isolation of cases, quarantine of contacts and risk communication to create awareness among public on preventive public health measures”, the document stated.

“The perimeter control will ensure that there is no unchecked outward movement of population from the containment zone except for maintaining essential services (including medical emergencies) and government business continuity. Thermal screening, IEC shall be carried out at all entry and exit points.” read the ministry’s press release.

All vehicular movement, movement of public transport and personnel movement will be stopped. All roads including rural roads connecting the containment zone will be guarded by Police. For personnel and vehicles requiring regular movement, a pass/D card may be issued with details recorded and communicated”, It added.

CLUSTER CONTAINMENT

The government has drawn out a containment plan as clusters posing high risk of further spread of COVID-19 cases have emerged in several states like Kerala, Maharashtra, Rajasthan, Uttar Pradesh, Punjab, Karnataka, Telangana as also Delhi and Ladakh. The cluster containment strategy would be to contain the disease within a defined geographic area by early detection of cases, breaking the chain of transmission and thus preventing its spread to new areas. Other examples of social and physical distancing that allow you to avoid larger crowds or crowded spaces are:

- Working from home instead of at the Office.
- Closing schools or switching to online classes

- Visiting loved ones by electronic devices instead of in person
- Cancelling or postponing conferences and large meetings.

Every confirmed case has to be considered as an epicenter and micro plan activities will need to be done. According to the ministry/ Identification of containment zone and restrictions imposed. The perimeters of the containment zone are decided based on the number of positive cases in the area. Contact tracing history and population density. The RRT demarcates the area of 3 kilometre radius around the epicenter (The residence of the positive case or where he has been isolated) in case contact listing and mapping takes than 24 hours. This area of 3 km. radius is the containment zone.

BUFFER ZONE

The adjoining blocks of the affected district or rural districts of the affected city are known as buffer zones. A buffer zone of an additional 5 kilometer radius (7 Kms. in rural areas)/administrative boundary of including neighboring districts/per-urban zone shall also be identified, as detailed in the closed containment plan. The containment zone will be divided into sectors with 50 houses each (30 houses in difficult areas),” the government’s release on the micro plan containing local corona virus transmission read.

Moving forward, there is more uncertainty on the horizon .Trauma and upheaval are coming at us from all sides, and no one can predict when it will let up. It’s a lot of change to get used to, all at once and it’s not static. So, going forward, adaptability may be our best asset.

Our college is situated in the district of Chhattisgarh state which is in the beginning of COVID-19 was considered to be a safe /green zone. The State Government and Health Department were alert to take precautions and at the same time made sufficient arrangements for awareness, so it was found that not only the urban areas but rural areas took sufficient precautions. But due to the

Comeback of migrant laborers the condition worsened, but this survey suggest that villagers are aware and efficient to take precautionary measures.

OBJECTIVES:

1. To know the awareness levels in the village regarding COVID-19.
2. To reveal the methods observed by villagers to withstand various challenges posed by COVID-19.
3. To observe the best strategies adopted by village to combat the challenges posed by COVID-19.
4. To suggest various precautionary measures against COVID-19.

METHODOLOGY

A Research Team was constituted under IQAC in charge, Smt.Jyoti Mishra, to facilitate the study.

For survey the non-teaching staff residing in the surveyed villages was made to do the survey work, by maintaining the government social distancing norms.

1. Smt. Jyoti Mishra - Asstt. Professor (Home science)
2. Umashankar – student m.sc. 2nd sem.(Physics)
3. Mr.Yogesh Yadav –Computer Operator

DATA COLLECTION:

Data collection was done through self- made questionnaire from families residing in villages situated around 25 - 30 kms from Durg, the district headquarter.

SAMPLE:

50 families residing in following 05 villages were surveyed. One family of village head - Surpanch or Muncipal Corporator was also made to fill the queries, so that to know the responsibilities carried out by the leader in this time of pandemic.

S.No.	Village name	Distance from Durg	Population
1.	Kusmi	8 Kms.	8463
2.	Bahera	3 Kms.	1866
3.	Hasda	13 Kms.	4733
4.	kharra	11 Kms.	2692
5.	Mohrenga	12 Kms.	2414

QUESTIONNAIRE:

A self - made questionnaire, consisting of 30 questions was made, involving demographic, awareness, precautionary and treatment based information, according to guidelines given by UGC for COVID 19, for understanding and adaptability of the situation.

RESULT ANALYSIS

Questions	Response	Frequency	Percent
Q1	Yes	50	100.0
Q2A	Yes	50	100.0
Q2B	Yes	50	100.0
Q2C	Yes	50	100.0
Q3	Yes	50	100.0
	No	10	20.0
Q4	Yes	40	80.0
Q5	Yes	50	100.0
Q6	Yes	50	100.0
	No	10	20.0
Q7	Yes	40	80.0
Q8	Yes	50	100.0
	No	10	20.0
Q9	Yes	40	80.0
Q10	Yes	50	100.0
	No	10	20.0
Q11	Yes	40	80.0
Q12	Yes	50	100.0
Q13	No	50	100.0
Q14	No	40	80.0
	Yes	10	20.0
Q15	No	40	80.0
	Yes	10	20.0
Q16	Yes	50	100.0
Q17	No	10	20.0
	Yes	40	80.0

Q18	No	10	20.0
	Yes	40	80.0
Q19	No	30	60.0
	Yes	20	40.0
Q20	No	50	100.0
Q21A	Yes	50	100.0
Q21B	Yes	50	100.0
Q22	Yes	50	100.0
Q23	No	40	80.0
	Yes	10	20.0
Q24	No	40	80.0
	Yes	10	20.0
Q25A	No	10	20.0
	Yes	40	80.0
Q25B	No	10	20.0
	Yes	40	80.0
Q26	No	10	20.0
	Yes	40	80.0
Q27	No	50	100.0
Q28	No	10	20.0
	Yes	40	80.0
Q29	Yes	50	100.0
Q30	No	10	20.0
	Yes	40	80.0

RESULT DISCRIPTION:

The result analysis in table indicates that 100% participants responded “yes “for question 1, 2 & 3a and 20% “no “to 3b.80 % “yes “to question 4. Again 100% responded “yes” to question 5 and 6a and 20% “no” to 6b .100% responded “yes “to question 7 and 8a, 20% “no” to 8b. 80% “yes” to question 9 and 100% “yes” and 20% “no” to 10 a& b. About 80% “yes “ to question 11 and 100% “yes “to question 12& 13. But 80% reacted “yes” and 20% “no “to question 14 and 15 a & b respectively. Again 100% “yes” to question 16 and 20% “no“, 80% “yes “to question 17&18 a & b. For question 19 a & b 60% “no and 40% ”yes”. 100% reacted “no” for question 20, while 100%, ”yes” to question 21a&b and 22. Around 80% said “no” and 20% “yes” for question 23 and 24 . And 20% in “no “ while 80% in “yes” for question 25 a&b and 26 a&b .While 100% “no ” to question 27. 20% in “no” and 80% in “yes “ participants responded for question 28 a&b .100% participants said “yes” for question 29 and 20% “no” and 80% “yes “ for question 30a&b .

DISCUSSION:

Since the surveyed villages are within 25 to 30 km from Berla , the district headquarters most of the villagers were aware of the Precautionary methods to be followed and so are still in the green zone although the main city Berla is in red zone the study revealed that the agrarian are aware of COVID-19 , it causes, its outbreak and so followed all the required precautions like wearing masks, washing hands with soap and water for 20 seconds ,using sanitizers , physical distancing, took required precautions for safety . All five villages had Quarantine centares, medical centares and medical facilities.

The study suggests that the leaders are found responsive to the corona view crisis and help people move through this critical period. The right engagement tactics can do wonders to shorten the duration and amplitude of the disruption, while giving people a bit of indirect control over the situation. The key is to engage people in the right way, at the right time, with the right information.

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Berla

Date : 30.06.2020

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APPENDIX

कोविड - ग्राम सर्वेक्षण

IQAC

ग्राम का नाम (बेमेतरा जिला) :

मुखिया

कानाम

- पता

- मोबाईल नंबर:

- सदस्य

संख्या

- (1) आपको कोरोना कोविड-19 के बारे में जानकारी है। हाँ / नहीं
- (2) कोविड-19 के लक्षण क्या है?
 - (1) बुखार – हाँ/नहीं (2) सुखी खांसी- हाँ/ नहीं (3) सांस न ले पाना – हाँ/नहीं
 - (3) कोविड-19 एक संक्रमण है? हाँ / नहीं
 - (4) कोविड-19 संक्रमण सर्वाधिक किसको प्रभावित करता है?
 - (1) 10 साल से छोटे बच्चे (2) 65 वर्ष के अधिक आयु के व्यक्ति
 - (3) अन्य गंभीर रोग से प्रभावित व्यक्ति –मधुमेह, उच्च रक्तचाप (4) उपरोक्त सभी
 - (5) यदि किसी व्यक्ति को सुखी खांसी बुखार या सांस लेने में कष्ट है उसे चिकित्सालय ले जाना चाहिए। हाँ / नहीं
 - (6) यदि आपके पड़ोस में कोई व्यक्ति किसी अन्य राज्य या स्थान से आया है तो उसे अपनी सूचना प्रशासन को देनी है। हाँ / नहीं
 - (7) कोविड-19 हेल्प लाईन नंबर क्या है?
 - (1) 102 (2) 108 (3) 104 (4) 110
 - (8) यदि कोई व्यक्ति अन्य राज्य से यात्रा करके वापस अपना घर आया है तो क्या उसे अपने घर की बाहरी दिवार पर होम कोरोन्टाईन संबंधी स्टीकर चस्पा करना अनिवार्य है । हाँ / नहीं
 - (9) यदि कोई व्यक्ति अत्यधिक कोविड संक्रमण से आपके गाँव या शहर में आया है तो

उसे कहा रहना होगा –

- (1) होम कोरोन्टाईन (2) शासकीय कोरोन्टाईन
- 3) कोविड केयर (4) आइसोलेशन वार्ड (अस्पताल)
- (10) कोविड-19 से संबंधी RTPCR जांच के बारे में आपको जानकारी है? हाँ/नहीं।
- (11) क्या कोविड-19 की जांच खून के नमूने से की जा सकती है? हाँ/नहीं
- (12) आपको कोविड-19 कटेनमेन्ट जोन (Containment zone) के बारे में जानकारी है? हाँ/नहीं
- (13) कटेनमेन्ट जोन (Containment zone) में क्या आम व्यक्ति आपस में एक-दूसरे से मिल-जुल सकता है। हाँ/नहीं
- (14) क्या कोविड-19 की दवा/वैक्सीन उपलब्ध है। हाँ/नहीं
- (15) क्या कोविड-19 का इलाज संभव है? हाँ/नहीं/अनिश्चित
- (16) कोविड-19 से संक्रमित व्यक्ति के जीवित रहने की संभावना है? हाँ/नहीं
- (17) कोविड-19 से संक्रमित व्यक्ति का इलाज किया जाता है?
- (1) दवाईयों के द्वारा (2) प्लाज्मा थेरेपी (3) उपरोक्त दोनों (4) इनमें से कोई नहीं
- (18) क्या आपने आरोग्य ऐप डाउनलोड किया है? हाँ/नहीं
- (19) क्या तुलसी, गिलोय, अवश्वगंधा द्वारा निर्मित काढ़ा का आप प्रयोग करते हैं? हाँ/नहीं
- (20) क्या आपके आस-पास कोई कोरोना पीड़ित व्यक्ति है। हाँ / नहीं
- (21) इस बीमारी से बचाव हेतु क्या आप निम्न उपाय करते हैं :-
 - (1) मास्क का उपयोग – हाँ / नहीं
 - (2) साबून/ सेनिटाईजर से 20 सेकण्ड तक हाथ धोना – हाँ / नहीं
- (22) 3 मीटर की शारीरिक दूरी – हाँ / नहीं
- (23) सामाजिक कार्यक्रम में सम्मिलित न होना – हाँ / नहीं
- (24) धार्मिक स्थलों न जाना। – हाँ / नहीं
- (25) आपके गाँव में प्रवासी श्रमिकों हेतु क्या उचित व्यवस्था एवं उसका पालन है – (1) क्वारण्टाईन सेंटर – हाँ / नहीं (2) स्वास्थ्य सेवायें – हाँ / नहीं
- (26) समस्त ग्रामीणों हेतु क्या सुरक्षात्मक उपाय किये गये हैं – हाँ / नहीं
- (27) आपके ग्राम में कोरोना पीड़ित व्यक्ति है – हाँ / नहीं
- (28) कोविड-19 संक्रमण के कारण क्या आप शारीरिक एवं मानसिक असुरक्षा का अनुभव कर रहे हैं। हाँ / नहीं
- (29) कोविड-19 संक्रमण के कारण क्या आप आर्थिक असुरक्षा का अनुभव कर रहे हैं। हाँ / नहीं
- (30) कोविड-19 संक्रमण कैसे फैलता है।

