

# City VIBES

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## NATIONAL DOCTOR'S DAY 2020

### Salute to True Heros of India During Pandemic

**N**ational Doctor's Day offers an opportunity to express gratitude towards doctors for round the clock dedicated service they offer. In India, National Doctors Day is organized by the Indian Medical Association (IMA) on July 1 each year. The first National Doctor's day was celebrated in July 1991. In India, this day marks the birth as well as the death anniversary of Bharat Rattan Dr. Bidhan Chandra Roy who was one of the most renowned physicians in India.

According to IMA, Doctor's Day of 2020 is of special importance. Every member of IMA and the local branch take a lead in the local area and bring about a change in the current situation (Covid-19 pandemic). Doctors Day of 2020 is dedicated to the innumerable doctors who are serving during this epidemic in the primary and secondary care setups as well as the dedicated COVID care hospitals. Wherever one is, it is a time that every single effort counts.

The theme of this year's Doctors Day is "**Lessen the mortality of COVID 19**". This includes awareness about asymptomatic hypoxia and early aggressive therapy.

Due to the widespread of coronavirus, National Doctor's Day celebration will not include face to face meetings and celebrations. State-level webinars and virtual meetings by video conferencing will be conducted to acknowledge the efforts of each doctor and medical practitioners.

## PHYSIOTHERAPY By: Dr. Ambuja Bhardwaj (MPT Sports, CTT, CDNT) &

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**CORONA UPDATE**

**National Doctor's Day 2020:**

**\*Corona Update World:**

Total Cases - 1,05,09,683  
Active Cases - 42,69,833  
Recovered - 57,28,924  
Deaths - 5,10,926

**\*Corona Update India:**

Total Cases - 585792  
Active Cases - 22546  
Recovered - 347836  
Deaths - 17410

**\*Corona Update Punjab:**

Total Cases - 5607  
Active Cases - 1496  
Recovered - 3966  
Deaths - 145

**\*Corona Update Ludhiana:**

Total Cases - 840  
Active Cases - 228  
Recovered - 592  
Deaths - 20

\*Shops and malls open from 7.00am till 8:00 pm in Punjab

\*Educational institutes to remain closed in July

\*Cinema Halls, Gyms, Bars, Entertainment Parks to remain closed

\*No political, social, religious, or other gathering allowed

\*Hotels, Restaurants allowed with 50% sitting capacity

\*Night curfew from 10.00 pm to 5.00 am

**4 HEALTH TIPS TO FOLLOW DURING PANDEMIC BY DOCTOR**

National Doctor's Day: Poor lead to a whole array of dietary choices, inadequate adverse health conditions or improper spacing between such as gastritis, constipation meals and skipping meals can and obesity among others.

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**National Doctor's Day 2020:**

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**4 HEALTH TIPS TO FOLLOW DURING PANDEMIC BY DOCTOR**

National Doctor's Day is observed on July 1. This year, the day falls amidst the global pandemic of coronavirus. If not earlier, then people have definitely realised the importance of doctors now and how they contribute to the society. It is the doctors who are in the frontline, helping COVID-19 patients to recover and survive no matter what. While we self-isolate at home, it is the doctors who are risking their lives to save thousands of people who have been infected with the coronavirus. On the occasion of National Doctor's Day, physician and diabetologist Dr Raja Indana talks about health tips that we need to follow during a pandemic, to maintain optimum health and overall well-being.

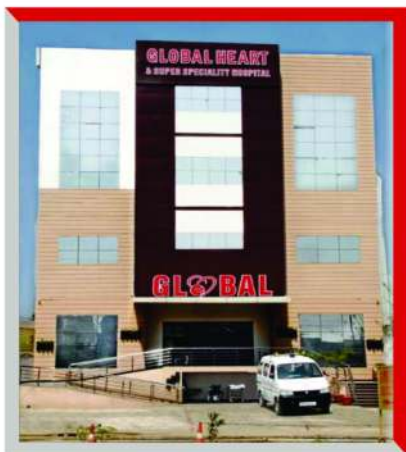
They say it takes 21 days to form a habit. Before the lockdown, most of you went about your routines, not paying much attention to what kind of lifestyles you were choosing to live by. Now, while staying at home, you can turn this situation to an opportunity to rethink and evaluate if you have made any of these unhealthy choices.

1. Eat less of oily and junk food
2. Exercise regularly to stay fit and healthy
3. Avoid drinking alcohol in excess
4. Restrict use of Electronic Gadgets

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