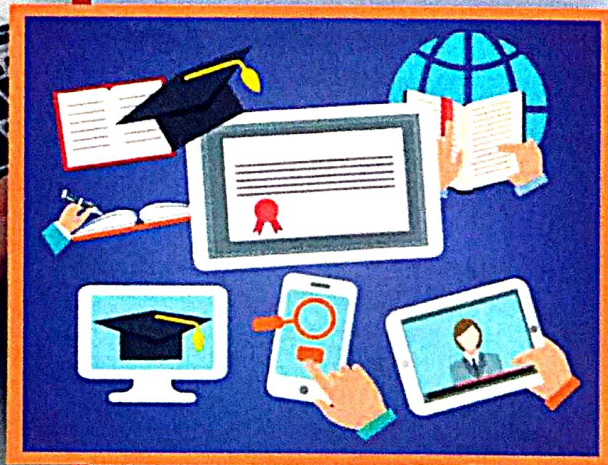
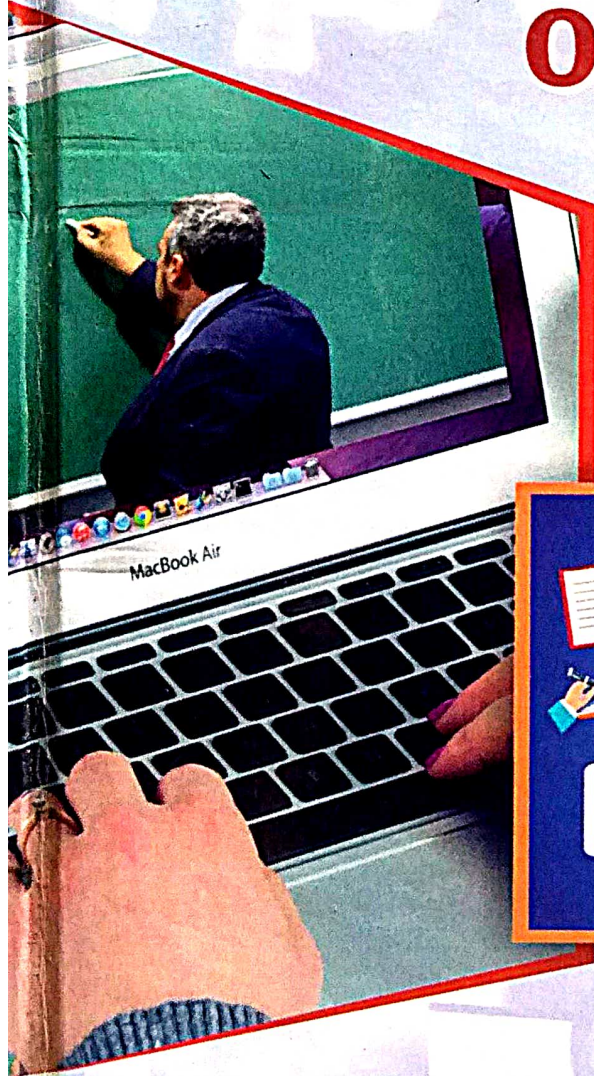


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Challenges of Online Education during the Crisis of COVID – 19



Udayan Mandal
Ujjwal Mahato

Challenges of Online Education during the Crisis of COVID - 19
edited by *Dr. Udayan Mandal* and *Mr. Ujjwal Mahato* Published by
New Delhi Publishers, New Delhi.

© Publisher

Year of Publication

Edition: August, 2021

ISBN: 978-93-91012-13-7

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NEW DELHI PUBLISHERS

Head Office: 90, Sainik Vihar, Mohan Garden, New Delhi – 110 059

Corporate Office: 7/28, Room No.-208, Vardaan House, Mahavir Lane, Ansari Road, Daryaganj, New Delhi-110002

Branch Office: 216, Flat-GC, Green Park, Narendrapur, Kolkata - 700103

Tel: 011-23256188, 011-45130562, 9971676330, 9582248909

E-Mail: ndpublishers@rediffmail.com/[gmail.com](mailto:ndpublishers@gmail.com)

Website: www.ndpublisher.in

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Health Awareness is the Best Suppressant of Pandemic in Activity of COVID-19

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Abstract: The state of complete emotion and physical well-being is health. WHO (1948) state 'health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'. The broad type of health is physical that mean physical or bodily functions or activity of working in peak level and mental health is denoted as well while emotional, social and psychological activity are well being. The virus means poisons contain nucleic acid DNA or RNA and an envelope of protein coat. The viruses also grow in only host cell while their living activities are noted. The corona virus disease -19 or COVID -19 is a viral infectious disease by corona virus spreads by droplet of mouth and nose of infected persons, and it's grow in throat and infects the target organ lungs including alveoli cells. The infected persons characterized by fever, dry cough, tiredness, sore throat, diarrhea, conjunctivitis, headache, loss of taste or smell and serious symptoms are shortness of breath, chest pain, loss of speech or movement and death may occurs. Total death recorded approximately 71,642 in India, in West Bengal this number is approximately 3,562, and the number of death in Purba Medinipur district is 11 till the early month of September, 2020. There is no proper treatment with co-vaccine, vaccine or medicine till now. There is best treatment is health awareness, at that time the simple some factors or process can prevent this pandemic situation as well as prevent the spreading of infections of corona virus. These are maintain of social distance or physical distance (at least 1 meter), use of clean musk, hand sanitizer repeatedly, use of soap and water for hand wash, avoid the touch your hand in mouth and nose, avoid smoking, etc. If any mention symptoms are found must be appointed with Physician. The lockdown can stop the spread this infections, but it can hampered the others activities of human lifestyle, the health awareness include maintain social distance and use of soap, hand sanitizer depress the spread the infections that must