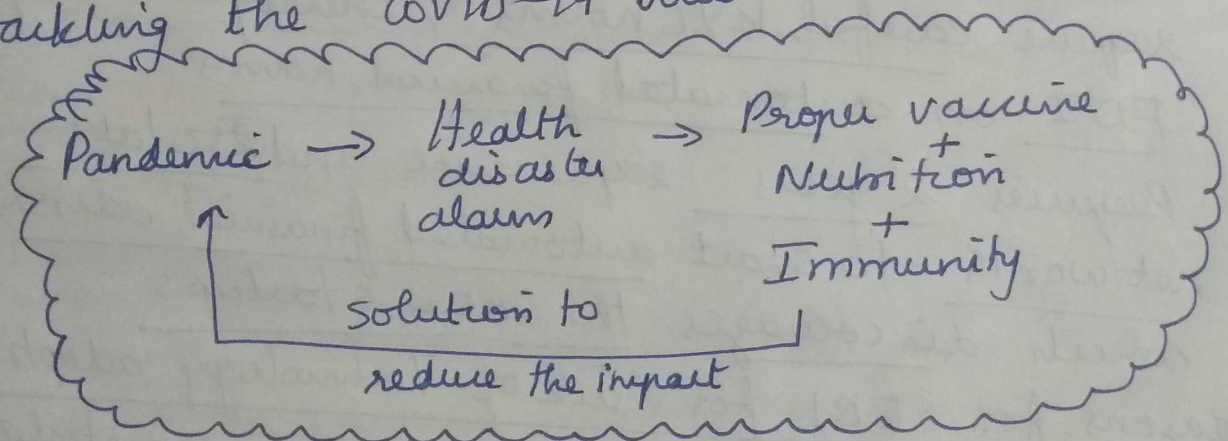


1. The pandemic has signalled that strong immunity and adequate nutrition are two key pillars that determine the severity of a disease. Examine.

The Indian population is battling with malnutrition issues as per Global Food Security and Nutrition report showing India's highest stunting status. But it has provided for 3.7% reduction in under-5 mortality rate as per Global Hunger Index. The Indian health was tested in pandemic situation, where the nutrition and immune response was responsible for tackling the COVID-19 virus.



Flow Chart Explanation-

1. The pandemic created a health disaster alarm
2. Thus until proper COVID vaccine is found perfect targeted nutrition and boosting immunity using zinc tablets will reduce its impact.

Nutritional diet:

1. Wheat, pulses like moong, dal, channa should be a part of daily balanced diet
2. Nutrition helps in the prevention of disease by provided proper vitamins and minerals to fight against disease causing microbes
3. (e.g) Iron rich diet and folic diets are essential to decrease anaemia

Immunity requirement:

1. India fond of communicable disease
2. Lack of Proper sanitation and hygiene.
3. Immunity boosted through zinc tablets, healthy life style and balanced diet
4. (e.g) Vitamin rich tablets in Uttar Pradesh reduced 70% cases of Elephantiasis (2019).

Proper Lifestyle:

1. Components of both nutrition and immunity.
2. Lacking → causing non-communicable diseases like heart attacks, diabetes, Blood pressure etc,
3. (e.g) Walking, Yoga, breath exercises, non-smoking is essential to reduce risk of disease.

Thus the lacking of above three factors cause severe risk of disease and thus its importance is aggravated during the present COVID situation