

Finding Opportunities in Adversities

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“Hope is the one thing that sometimes keeps us going.” – Catherine Pulsifer

Dear valued readers and scholars,

In our last three issues of 2019/ 2020 we have touched the Covid-19 and its impact on human kind and our profession¹⁻³. In the beginning of 2020, we were new and nervous to this disease as this was the first time our generation had seen global pandemic. Whole world was in state of shutdown and shock leaving millions people infected and dead. It was like we were in a battle ground with very powerful enemy in action but invisible to eyes. We moved ahead, managed to survive and experienced never imagined coaster of Corona. However with the use of modern technologies, we tried to adapt with situation. We took this challenge as an opportunity to learn from colleagues and experts round the world. If it was not Covid-19, probably we would not have been so familiar with virtual lectures, conferences and tele orthodontics. Many dental and medical schools have found innovative ways of teaching students virtually after covid-19 outbreak^{4,5}. Now these has been our routine and probably it is going to be in our practice even after the pandemic is over. The fear of infection, the fear of death and fear of suffering is so powerful that it can change the behaviour. We always knew that infection control in dentistry is very important however year 2020 changed our behaviour as well. Now we have started translating our knowledge into our practice. Meticulous infection control and good work place hygiene has become the

habit rather than necessity. Let's hope we will continue this habit happily forever. There are more dreadful diseases than Covid-19 which are also prevented with our simple measures. Coming to the end of 2020 and welcoming 2021, we have many rays of hope. Scientists were really working hard to find the vaccine while rest of the world were fighting with Covid-19. We hope year 2021 will be the year of happiness and reunion. The vaccination against Covid-19 has already started. Vaccination against Covid-19 has also started in Nepal. The hygiene staffs and health care personnel are given topmost priority for the vaccination. With the help of Government of India, Nepal has received Covishiled Vaccine which is University of Oxford Vaccine produced in India. The Covishiled vaccine has been found to be 62 % effective after first inoculation and 90% effective after second⁶. The government of Nepal has received huge applause from public for this endeavour. Let's hope all the Nepali people will receive vaccination soon and we will be back to our routine without any fear. Let's try to find alternative ways to help our people, patients and students. Let's be optimistic and more hardworking than we were in the past.

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