

AWARENESS-A RIGHT AND NECESSITY

Cast: A doctor, a chemist, 2 patients and a narrator

Narrator- We present before you all a skit to demonstrate, 'Awareness is a Right and Necessity'

Scene1 -

[A doctor is sitting in a clinic, and a patient comes to get a checkup]

Doctor- So, tell me, what's troubling you? What symptoms do you experience?

Narrator- The patient tells the doctor their problems.

Doctor- Ok, so get these tests done and then come back.

Patient- OK, doctor. I hope things will be better.

Doctor- Sure! Why not?

[The patient leaves. After getting their medical tests done, they meet the doctor again]

Patient- Hello, Doctor. I have got all the tests done.

Doctor- That's nice, show me your reports.

[Doctor sees the reports]

Narrator- The doctor realises that the treatment of the disease will be through antibiotics.

Doctor- Hmmm, ok. There is nothing to worry much about the disease. I am giving you a prescription of antibiotics. It will be a 10-day course, take the medicines timely and do complete the course.

Patient- OK, doctor. Thank you so much. I hope we never meet again!

Doctor- Hahaha! Yes! I too wish you the same. Get healthy soon! But do come once after completing the course. And in between, if you face any problems, do let me know.

Narrator- The patient sets off to the chemist.

Patient- Can you please give me these medicines?

Chemist- Yes, sure!

[After getting all the medicines, the chemist hands them over to the patient.]

Patient- Thank you! [Peacefully exits]

Scene-2

Narrator- Now, this time, things do not go as easy as they were before, as this time the doctor encounters a different patient.]

Doctor- So, tell me. What problems are you facing, and what symptoms do you feel?

Patient2- Why should I? I am not telling you!

Doctor- What! Why?

Patient2- Mood is off right now.

Doctor- Excuse me! You are in a clinic. Why did you come to visit me then?

Patient2- Ooooh! Sorry sorry, I just got carried away. So I have got....

Narrator- The patient tells the doctor their problems.

Doctor- Ok, so get these tests done and then come back. Everything will be alright.

Patient2- Oh My God! Doctor, you have written so many tests. I think I will run short of blood in getting all these done.

Doctor- What rubbish! Are you serious? Listen, don't test my patience otherwise.....

Patient2 [interrupts the doctor] - How will I test your patients? You are the doctor Hahahah!

Doctor- Enough is enough! [Shouting]

Patien2 [while exiting]- I think the doctor himself needs treatment. He doesn't understand a mere joke!

[Patient2 leaves, and after getting the medical tests done, they visit the doctor again]

Doctor- [Oh no! Here we go again] Got your tests done? Show me the reports.

Narrator- The doctor realises that the treatment of the disease will be through antibiotics.

Doctor- Hmmm, ok. There is nothing very serious, but your infection will take time to cure. I am giving you a prescription of antibiotics. It will be a 10-day course, take medicines timely and do complete the course.

Patient2- What! 10 days? Arre sir, at least there should be a gap of a day or two in between. How will I manage eating medicine two times a day for 10 days?!

Doctor- Do you want to recover or not?

Patient2- Arre arre! Don't get upset, it was just a joke.

Doctor- You better don't try your jokes on me; otherwise, I will give you anaesthesia and lock you up.

Patient2- Oh, sorry sorry! [Leaves hurriedly]

Narrator- The patient sets off to the chemist.

Patient2- Hello! Can you give me these medicines please, but get me only half of the prescribed course.

Chemist- But why? These are antibiotics, and if you'll not complete the course, there is a high chance that your disease will not be cured, you can get sick again, and even resistant bacteria may develop in your body.

Patient2- Please do what I said. I know these are all your tricks to make money by scaring patients. I am very intelligent with these medical things, don't go on my face.

Chemist- Okay, as you wish.

[After getting all the medicines, the chemist hands them over to the patient.]

Narrator- After 3 months.

Patient2- Hahaha! I have no symptoms now, these doctors and chemists are just robbing our pockets!

Narrator- But this was not the case! After 2 years, Patient2 faced the same problems, but this time, no antibiotic medicine was effective on them, whereas patient 1 was fully recovered and did not face any difficulty thereafter.]

THE END

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MISERY OF BACTERIA:

The Plan And Action

(If performing the play on stage, then the sentences in brackets are not meant to be read to the audience, they are for the actors for their better understanding)

(Translation of Hindi dialogues is also provided)

Play Reader: One day in a city, some bacteria are trying to infect people, but they are unable to do so. Let's see why this is happening.

(Bacterium 1 and 2 are sharing their views on the situation.)

Bacterium 1: I am so angry. I have been unable to infect anyone for the last two days. Why is this happening to me?

Bacterium 2: Tum yaar kisi kaam ke nhi ho. *(You are of no use.)*

Bacterium 1: To tumne konse jhande gaadh diye hai. *(What have you achieved?)*

Bacterium 2: Bhai hum dono hi kisi kaam ke nhi hai. *(Bro, we both are of no use.)*

Bacterium 1: Is this only happening to us, or are other bacteria facing the same problems like us?

Play Reader: The head of the bacteria community overhears and joins the conversation to help bacteria 1 and 2.

Head Bacterium: There is nothing wrong with us. It's the city people who are taking care of their hygiene. Bahut tej ho gaye hein *(they*

have become very clever), and they are taking medicines and antibiotics only after consulting a doctor.

Bacterium 2: Agar aisa hi chalta rha to apna kaam chopat ho jaega. *(If this continues, then it will ruin our work.)*

(Looking tense) Bacterium 1: Kya aap hume maar doge *(Will you kill us)*, if we are unable to infect people?

Head Bacterium: No, you silly fools! The community is planning something for a comeback.

(Bacterium 1 is confused)

Bacterium 1: But....., if we are unable to infect anyone, what can we do? We will be useless.

Head Bacterium: Ham karte hai prabandh, aap chinta mat kariye *(We will do something for you, no need to worry)*. Our team has been researching it for a long time, and we came up with two plans.

(Head Bacterium shows them a research paper)

Head Bacterium: This is the theory of our work. Now we will do it practically. Will you both volunteer for it?

Bacterium 2: Yes, we will. Bataeya kya karna hai? *(Tell us, what do we need to do?)* 'Jhukega nahi.' ***(Dialogue inspired from the film 'Pushpa')***

(Head Bacterium explains the plan)

Head Bacterium: Bacterium 1 will go to the village, where the villagers are either not aware of hygiene or are not provided with the means to take care of their hygiene, and you have to infect them. Bacterium 2, tumhe ham log taiyaar karenge *(we will prepare you)*. You have to go under an intense training regime

of "antibiotic resistance", and we will see which plan has better results.

Play Reader: The next day, Bacterium 1 leaves the city and goes to the village and Bacterium 2 undergoes intense training.

(In the village, Bacterium 1 is looking for a target)

Bacterium 1: Chalo kaam pe lagte hein (*Let's start the work*). Let's see whether I can infect anyone or not.

Play Reader: Two friends, Ram and Shyam, are working in the field. Ram gets injured while picking up the axe and gets a deep cut on his hand.

Ram: My hand.....it's bleeding Shyam. Let's go to the doctor.

Shyam: I can see, but why go to a doctor? I don't believe them, and it will be expensive. Eat some painkillers. It's simple.

(Bacterium 1 is watching them)

Bacterium 1: It seems village people do not believe that much in a doctor, and that man, what's his name.....? **(Thinking)** Ahhhh, Ram, he has a deep cut. It could be an opportunity for me to enter his body and infect him. Let's get started.

Play Reader: Bacterium 1 was able to infect Ram as he left his wound open and did not apply any disinfectant or bandage to it. Now let's see what will happen next.

(Ram is sick, and he goes to Shyam for help.)

Ram: Halat kharaab hai bhai. Fever ho gaya hai. Shayad wound ke karan infection ho gya hoga. Doctor ke pass chal sakte ho kya? (*Bro, my condition is bad. I have a fever. Maybe it's an infection because of the wound. Can you go to the doctor with me?*)

Shyam: Arey, kon jaa raha hai doctor ke pass. Itne paise loot rhe hein wo log. Ek baar mujhe bhi fever aaya tha aur maine antibiotic li thi aur ek din baad mai theek ho gya tha. Antibiotic khao khush ho jao! *(Who is going to the doctor? They unnecessarily charge a lot of money. Once I also had a fever, and I took an antibiotic and was cured in a day. Eat antibiotics and be happy!)*

Play Reader: Shyam brought some antibiotics, which Ram started taking. But a few days later, Ram had diarrhoea. Therefore Ram and Shyam go to the doctor.

Ram (to the doctor): Doctor, I have diarrhoea. Can you check me?

Doctor: Have you eaten something new or rotten recently?

Play Reader: Ram tells the doctor everything, including the injury, sickness and antibiotics he has taken.

Doctor: Ohk....., first of all, you should have applied some disinfectant onto your cut and kept it covered, but you didn't do it. Due to this, germs were able to enter your body easily, and you got sick.

Shyam: Mujhe pata tha ki wo bimaar hai, isliye mene ushe sahi medicine de di thi *(I knew he was sick, that's why I had already given him the right medicine)*. Tell me something new.

(In sarcasm) Doctor: Acha bhaiya! Dhanya ho... Aap toh khudhi bade pade likhe doctor nikle! Apko kisne aur kahan salha dene ko kaha ki kya davai lein ya kaise theek hon? *(Oh really! You seem to be a very wise and educated doctor yourself then. Who asked you to give advice on what medicine to take and how to get cured?)*

(Apologising to the doctor) Ram: Sorry doctor, Shyam ka gussa uski naak par hota hai *(Shyam has a very short temper)*. **(Scolding**

Shyam) Tum shant raho. Tumhare karan hi ho rha hai ye sab
(Stay silent, all this is happening because of you).

Doctor: The symptoms you had after getting injured indicate that it was a fever due to some bacterial infection, but you have taken antibiotics without any prescription, aur upar se tumne koi probiotic bhi nhi li *(on top of that, you have not taken any probiotic).*

Ram: What's probiotic?

Doctor: In easy language, probiotics help reduce one of the side effects of an antibiotic, which is an upset stomach. As antibiotics also kill good bacteria along with the bad ones, probiotics help in restoring those good bacteria.

Shyam: I didn't know this. It's new to me.

Doctor: How are you supposed to know it when you don't believe in a doctor?

Shyam: Ohk, I am sorry for my behaviour. But what now, do we need some sort of operation or some expensive treatment?

Ram: Tum to chup hi raho ek to sahi dawai nahi di, upar se meri tabiyaat theek nahi hai aur tumhe sirf paiso ki padi hai *(Shut up, you have not given me the right medicine, my health is not good and you are thinking only about money).* I will talk to you later. Let's finish this first.

Doctor: Arey Arey.....It's not that serious, your stomach's good bacteria are killed by the antibiotic. It will be okay. Just follow the prescription, and you will be fine. And just because of money, don't ruin your or **(pointing towards Shyam)** other's precious

life. Taking medicine without a prescription can cause damage to your health.

Ram: Oh, it's emotional damage...!

Shyam: Ok doctor, we will keep that in mind.

Play reader: Because of that antibiotic taken by Ram, Bacterium 1 was killed, but some good bacteria that help in digestion were also killed. And it further caused diarrhoea. Therefore, without a doctor's prescription, never take any medicine. Aur aise kanjoosh dosto se savdhaan rhe, satark rhe (*And be aware of such stingy friends*).

(Scene is now set in the training area of bacteria)

Play Reader: Now, let's see what Bacterium 2 is doing.

(Bacterium 2 is training hard.)

Head Bacterium: Aur kya chal rha hai (*What's happening*)?

Bacterium 2: 'Fogg chal rha hai' (*Dialogue from a TV advertisement*)

Head Bacterium: Silly! How's your training going?

Bacterium 2: It's going nice. Our coach exposes us to antibiotics and trains us on how to fight against them.

Head Bacterium: Tell me more. What can you do?

Bacterium 2: My speciality is 'Efflux pump'. I pump out the antibiotic before it reaches its target site.

Head Bacterium: Bahut tej ho rhe ho (*You are on fire*)..... good! Tell me about others.

Bacterium 2: Uhmhhhmm..... (**Pointing to a bacterium**) Can you see that red one standing in the corner; she has a very strong cell wall. So

strong, that antibiotics can't even pass through it. **(Pointing to another bacterium)** And that blue one, he is my best friend here. He has such enzymes that kill certain antibiotics before they can kill him.

Head Bacterium: It seems you are doing well here.

(Bacterium 2 sees another bacterium passing by them.)

Bacterium 2: Ohhh....I forget about him. He has a very special feature. He has changed the target site where his enemy antibiotic attacks, so now the antibiotic can't kill him.

Head Bacterium: It's nice to know that everything is going well.

Bacterium 2: Antibiotic 'mujhe flower samjha tha, par mai fire nikla'.
(Dialogue inspired from the film 'Pushpa')

Play reader: Bacteria are becoming resistant to antibiotics in many ways, so take care of your hygiene and healthcare.

-X-

Name of participants:

1. Vanshita Suryavanshi
2. Mohammad Saif
3. Aviral Gupta
4. Anushka Yadav
5. Akash Tripathi
6. Ronak Chaturvedi
7. Nikita Yadav

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The Expiry Effect

Characters:

Father (Saurabh), Mother (Prachi), Son (Prince), Doctor (Naman), Chemist (Divyanshu), Chemist's assistant (Rishi), Bad Bacteria, Expired Medicine

It was a hot summer evening. Prince just returned after playing.

Prince: Mummy! Bahut bhookh lag rahi hai. Jaldi kuch khane ko do.

Prachi: Accha thodi der ruko main parosti hun.

Prachi took out leftover dal that was kept at the kitchen counter and which she had cooked in the morning. Prachi served the dal-roti quickly to her son, unaware of the fact that some of the food was rotten.

Prachi: Beta! Khana khane se pehele hath dho lena.

(Prince thought in his mind) “Aise hi kha leta hun. Kuch jyada farak nahi padega. Waise hi bhuhat tez bhukh lag rahi hai.”

The next day.

He woke up early the next morning, around 04:30 am because he felt some pain in his stomach. He somehow managed to get up from bed himself, directly went to his mother's room and tried to wake her up.

Prince: Mummy!! Mummy utho.

Prachi woke up

Prachi: Kya hua beta, sab thik hai nah?

Prince: Mummy! Mujhe paet me bahut jyada dard ho raha hai.

Prachi: Accha beta ruko main tumhare papa ko call karti hoon. Wo medicines le aayenge. Tum jab tak yahi rest krlo.

Prachi called Saurabh, who was still in his office as he was doing a night shift.

Prachi: Hello Saurabh, Prince ko paet me dard ho raha hai, dukaan se medicine le aana.

Saurabh: Doctor ke paas le chalein?

Prachi: Abhi aap davaai le aayiye ager usse aaram nahi milega toh doctor ke paas le chalenge.

Saurabh: Theek hai main medicines lata hoon.

Saurabh reaches the chemist shop after completing his night shift.

Saurabh: Paet dard ki medicine dena bhaiya.

Divyanshu: Kiske liye chahiye ?

Saurabh: Mere bete ke liye .

Divyanshu: Umar kitni hai aapke bete ki?

Saurabh: 10 saal ka hai.

Divyanshu: Thik hai

Divyanshu: Rishi, vahan drawer se paet dard ki medicine lekar aao.

Rishi notices that the medicines are expired. He called Divyanshu to the side.

Rishi: Bhaiya ye medicine toh expire ho gayi hai.

Divyanshu: Aree dheere bolo!! Ye baat toh hum logon ko pata hai bas. Expiry date kaat do aur medicine bech do. Isko phenkne se toh acha hai.

Rishi: Theek hai bhaiya.

Saurabh bought the medicine, unaware of the fact that it was expired, and went home without even checking the medicine's expiry date.

After coming home, he went directly toward Prachi's room.

Saurabh: Kya hua beta, zyadha dard ho raha kya ?

Prince: Haan papa, bhut dard ho raha hai.

Saurabh: Lo ye medicines kha lo, isse aaram mil jayega.

Saurabh gives the medicines to Prince.

Saurabh: Kal raat me kya khaya tha beta?

Prince: Papa! Kal raat me dal-roti khayi thi.

Saurabh: Acha beta thik hai abhi rest karo, aram mil jayega.

Prince's stomach pain kept increasing. He soon started feeling uneasy. The parents started getting worried and decided to take him to a doctor.

Meanwhile, inside Prince's stomach.

Bad bacteria: Haha!! Look, the humans sent an expired antibiotic to kill us. They are so foolish.

Hahaha!!

Expired medicine: Oh no!! What is this? This bacteria is so much more powerful than me!!!!

Somebody help me!! HEEELP!!

Bad bacteria: Try all you want. But nobody is coming to help you. This is your end.

Hahaha!!!

At the doctor's clinic

Saurabh: Doctor! (pointing towards Prince) Iska paet dard khatam hi nahi ho raha hai.

Dr Naman examines Prince. Prince tells him about his symptoms.

Dr Naman: Isne last time kya khaya tha?

Saurabh: Isne kal raat dal-roti khayi thi subah ki bachi huyi.

Dr Naman: Apne check kia tha kya woh dal sahi hai ya nahi? Garam karke diya tha?

Prachi: Nahi! Ise bhuhat tez bhook lagi thi toh main bina check kiye hi aur garam kare de di thi.

Dr Naman: Thik hai, Koi dawai di hai kya isko?

Prachi (taking out the medicine from her purse): Haan doctor ye wali di thi.

Dr Naman: Ye medicine ka wrapper toh purana lag raha hai aur dekho toh chemist ne expiry date bhi kaat di medicin se. Kisi doctor se puchker di thi ye medicine ?

Saurabh: Nahi doctor. Seede chemist se leker di thi.

Naman: Yahin par toh aapne galti kar di. Aapko Doctor se bina puche koi bhi medicine nahi leni chahiye thi. Main kuch medicines likh de raha hoon jisse ye kuch dino main theek ho jayega. Aap inhe le lijiyega. Time se aur poora course dhyan se dijiyega.

Prachi: Ji doctor. Hum log aage se dhyaan rakhenge ki doctor se pooch kar hi medicine lein aur expiry date zarur check karein.

Dr Naman: Prince beta! Abse ache se hath dhokar hi khana khaya karna warna aapke pait me germs jaa sakte hai aur isse aap bimar pad sakte ho.

Prince: Okay doctor! Main aage se dyan rakhunga.

Saurabh bought the medicine and the family went home.

END.

Written by:

Naman Talreja,

Prince Gautam,

Prachi Takearya,

Saurabh Gautam,

Divyanshu Kushwaha,

Rishi Kumar,

Nancy Yadav and,

Aarnavi Verma.

THE FIRST STEP

SCENE 1:

PLAY READER: Mehak has been unfit for quite a few days, and today she finally decided to consult Dr. Sugeet about her condition.

MEHAK: Hello doctor.

Dr. SUGEET: *nods*

MEHAK: Doctor, I have been suffering from runny nose, sore throat and have been coughing constantly

(Doctor is not paying much attention and is busy with his phone.)

Dr. SUGEET: Yeah, I see.

MEHAK: It's becoming worse day by day; could you please check what's wrong with me?

(Mehak continues to cough)

(Doctor continues to ignore)

Dr. SUGEET: *Writes prescriptions* These are some antibiotics. These will work.

(Mehak takes prescriptions and leaves)

SCENE 2:

PLAY READER: Mehak goes to the chemist with her prescription.

MEHAK: Bhaiya, do you have these medicines?

CHEMIST: Umm...These aren't in stock right now. I have some similar antibiotics.

MEHAK: Do the salts match?

CHEMIST: Well, they don't match exactly, but the ones I have will work better.

MEHAK: Sure thing! Thanks!

THE FIRST STEP

SCENE 3:

PLAY READER: Some members of the Medical Committee are having a meeting with nurses, chemists and localities about a recent rising issue of carelessness towards antibiotics and prescriptions by doctors and chemists.

DOCTOR 1: Good Morning everyone! So, we all have gathered here for reasons that we all are familiar with.

DOCTOR. 2: We have been receiving numerous complaints about fraudulent practices in the health sector of our city. It is high time now that we take some action against it.

DOCTOR. 1: Exactly! Recently I myself came across a case where the patient was given medicines other than the prescribed ones, and I am telling you it did not lead to anything good.

DOCTOR. 2: I heard about it too. Aray...even the doctor didn't prescribe her the right medicines. Antibiotics were given for non-bacterial infection. Not even a proper check-up was done .

DOCTOR. 3: Infuriating!!! Due to the carelessness and selfishness of few corrupted pharmacists and doctors, the reputation of the whole health committee is getting shattered.

LOCALITE: Not only this but also innocent lives in the hands of these so-called health professionals are in danger these days.

NURSE: Whatever it is, at last it is all of us as a whole who would be blamed and held responsible. We have to do something about it!

DOCTOR. 3: Hmm...we need to make people aware to not blindly trust pharmacists. We also need to make sure that there is no malpractice by any doctor in our city.

CHEMIST: Hey hey hey... Sometimes it happens and I think it's okay.

DOCTOR. 1: Well, it isn't.

LOCALITE:

THE FIRST STEP

DOCTOR. 1: Due to the neglect in some government hospitals by some doctors the poor people who have them as their last hope are being deprived of proper healthcare.

DOCTOR. 2: Due to the lack of right support and management, even promising doctors who have the will to work for the good of the people cannot perform their task efficiently as many times they are overburdened and underpaid.

PLAY READER: Here, we saw the plight of the common man as well as the health professionals due to neglect by some in the healthcare system.

We believe that healthcare professionals can and should play a major role in seeking to improve health outcomes for the disadvantaged population. Even us as the common people can take small steps to educate ourselves and be well informed about common infections and their cures. Besides, we should also be aware about the common issues these days. Because hey, we know that we are in the 21st century and we have the opportunity as well as technology to work for a better tomorrow.

Thank you.

Written by:

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2. Poorvi Pathak
3. Sugeet Srivas
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“UTI”, YOU SHOULD KNOW WHY??

CHARACTERS:- Samaira, Anita (mom), Vijay (dad), Rohan (friend), Doctor, Play reader

SCENE -1

Play reader: Morning time at a regular home in Jhansi. Anita and Vijay are wife and husband. They have a 17-year-old daughter, Samaira

❖ **Samaira is sitting in her room and is worried about the symptoms she has been developing. Anita and Vijay are sitting in the living room.**

Samaira (to herself): I don't understand what's wrong with me. I just have this strong urge to urinate and this burning sensation while urinating. It is making everything hard for me.

Meanwhile, in the living room...

Anita: Vijay, I don't understand what's going on with Samaira. She has been so quiet these days.

Vijay: I have been noticing it too! We should talk to her.

Anita: Ya, you are right. Let me call her. Samaira... Samaira...come here.

Samaira: Yes, mom.

Vijay: Is everything alright, beta?

Samaira: Yes dad. I'm just a bit bored these days. I think I should visit Rohan.

Anita: That sounds like a good idea. Go and have fun.

SCENE-2

Play reader: Evening time at Rohan's house.

Rohan: Hello!! Samaira, how have you been?

Samaira: Umm... good. How about you?

❖ **Rohan notices Samaira's strange behaviour.**

Rohan: I've been good too. Hey! Why don't we go to a nearby park for a walk?

Samaira: Yeah cool...let's go!

Rohan: Hey Samaira, is everything alright? You have been behaving strangely. If there is something that is bothering you, you know you can tell me.

Samaira: I don't know how to tell you...

Rohan: Don't think I'll judge you. Just tell me whatever it is.

Samaira: Umm... actually, I have been developing some symptoms. I even went to a chemist who gave me some anti-allergic medicines, which only worsened my health. I got side effects.

Rohan: Did you tell your mom and dad about the symptoms you have been developing?

Samaira: No! I haven't. I was too anxious and didn't want to worry them.

Rohan: Samaira, it's okay. Don't worry about it. You should see a doctor, and before that, you should talk to your parents. Tell them everything you have been experiencing. They'll help you.

Samaira: I will tell them. Thank you so much. I feel better now. I'll see you later then, bye!

Rohan: Bye-Bye, take care.

SCENE-3

Play reader-: After bidding goodbye to Rohan, Samaira leaves for her house.

❖ **Anita and Vijay are sitting in the living room when Samaira reaches home.**

Samaira: Mom! Dad! I'm back. I need to talk to you about something.

Anita: Yes sweetheart, tell us.

Samaira: I have been developing some symptoms for the last few weeks, and I don't know the reason behind it. I can't handle this anymore.

Vijay: Samaira, don't worry. You should have told us before. It's okay. We'll see a doctor today.

SCENE-4

Play reader: Evening time at the doctor's clinic

Anita: Hello doctor! Samaira has been developing some symptoms for a few weeks. She has been so stressed about it because she doesn't know the cause and can only think of something worse.

Doctor: Hmm...I see! What symptoms have you been developing Samaira?

Samaira: I get this strong urge to pee that I can't control and a burning sensation while urinating. It is very painful.

Doctor: We have to do a urine test to find out the problem. Soon we'll get the report.

Anita: Okay doctor.

(AFTER SOMETIME)

Doctor: We got the results. Samaira has UTI. Urinary tract infection. Nothing to worry about though. I'll write down some antibiotics that you have to take for one week. Come to the clinic after one week.

Anita: Okay doctor.

Doctor, I have a question. How did Samaira get UTI?

Doctor: Actually, UTI occurs when bacteria enter the urinary tract through the urethra and start multiplying in the bladder. People get a UTI because of many reasons. It could be due to not maintaining proper hygiene, holding pee for too long, sexual activity, and in women, wiping bottom from back to front while cleaning. The risk of contracting it also increases when immunity is suppressed due to other infections or if one has Type 2 diabetes.

Samaira: I see. I need to change my hygiene habits then!

Anita: Doctor, then how do we prevent a UTI?

Doctor: Avoid the causes I just mentioned, drink plenty of water, avoid potentially irritating and perfumed feminine products near the genital area, never hold your pee when you need to use the toilet and take care of your hygiene. After going to the toilet, when cleaning, women should always wipe from front to back. Avoid tight-fitting trousers, and take all hygiene measures when using public toilets.

Anita: Thank you doctor, for sharing such important information.

❖ A week later, Samaira and Anita are at the doctor's clinic

Doctor: Hello Samaira. How are you now?

Samaira: Very good doctor. Those antibiotics really helped me. Now I'm totally fine.

Doctor: I am very glad, Samaira, that you took the proper steps when you got to know about the UTI. In future, never go to a chemist straight away if you are unsure about your problem. It can only worsen the problem, and you can be at risk of having severe issues.

Samaira: Yes doctor. I will keep all these points in my mind and will also tell my friends to do the same.

THANK YOU

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- Sheerwood College, Jhansi, Uttar Pradesh, India

“CONSEQUENCES OF UNAWARENESS”

Characters (9): Bacteria 1, Bacteria 2, Bacteria 3, Bacteria 4, Bacteria 5, Dr. Sinha, Bholi, Valli, Ginny

The play begins in a cheerful environment at a school where children are rushing from their classes to the ground to have lunch with their friends. Two friends, Valli and Bholi, sit on a bench and start talking to each other.



Valli: Hey Bholi! How are you?

Bholi: I am good,Valli. What about you?

Valli: Can't say, dude.

Bholi: Umm...Why?

Valli: Yesterday, I had a very bad headache which lasted for two hours and even a fever.

Bholi: Oh Valli! You are stressed about such a small thing, dear. Arey chill dude. That could be because of your studying schedule. Everyone in the school knows how much you study!

Valli: Umm... I think you are right, dear.

Bholi: Oh! you brought my favorite food item today. Yummm...!!

Valli: Ohh.. Have it then. What are you waiting for?

Bholi: Hahaha!

Bholi and Valli share and eat their lunch.

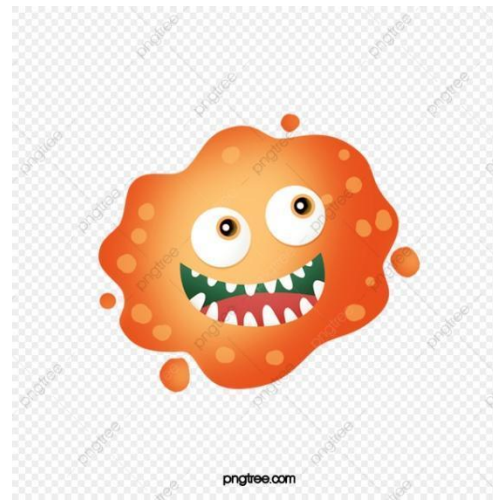
The school bell rings!

Bholi: Oh! It's time for classes.

Valli: See you in the afternoon.

Bholi: Byee....

Both of them go to their classes. Meanwhile, the bacteria in Valli's body are talking to each other.



Bacteria 1 [singing]: Lalalalala....!! I am a cool bacterium. I am a smart bacterium. Woohoo !! Lalalallala....!!

Bacteria 2: Look, look, Bacteria 1.

Bacteria 1: Damn... you just spoiled my happy mood. Now tell me, what happened? Why are you shouting?

Bacteria 2: I have news for you. It will reverse your mood to happy again.

Bacteria 1: What news?

Bacteria 2: We got a new victim. I have sent my army to the new victim's body.

Bacteria 1: Umm... that seems like good news. Lalalalala...Yeyeyeye!!

NEXT DAY :-

Bholi catches the infection. Ginny, Bholi's mother, is asking her about her well-being.



Ginny: Oh Lord! What happened to you, child? You were fine till yesterday

Bholi: Don't know maa, how I caught this. But I am feeling very weak, and my head is aching too, maa.

Bholi had a cough with high fever. She also had a throat ache.

Ginny: Have you eaten something or shared lunch with someone?

Bholi: Yes maa, with Valli. She told me that she had a headache and fever two days back.

Ginny: Oh! Then I think you both must be suffering from the same problem. I will ask her what medicines she took.

Ginny called Valli's mother.



Ginny: Hello Sushila ji!! How are you?

Sushila: Oh hello Ginny ji I am fine, thankyou. What about you?

Ginny: Aray Sushila ji, ab kya bataye hum (What should I say). Bholi has been unwell since morning. She told me that she shared lunch with Valli.

Sushila: Ji Ginny ji, Valli told me too. What happened to Bholi?

Ginny: She is having a cough, with a high fever.

Sushila: Oh, Valli too had these symptoms some days back. But now she's alright.

Ginny: Can you please tell me the medicines she took?

Sushila: Of course, Ginny ji. I'll send you the address of the chemist from where we took the medicines.

Ginny: Okay thank you, Sushila ji!

The next day Ginny and Bholi go to the chemist who had given medicines to Valli. He had given them a course of antibiotics. However, because of a shortage of those antibiotics at store, he gave Bholi two tablets saying that they would be enough to provide relief to her.

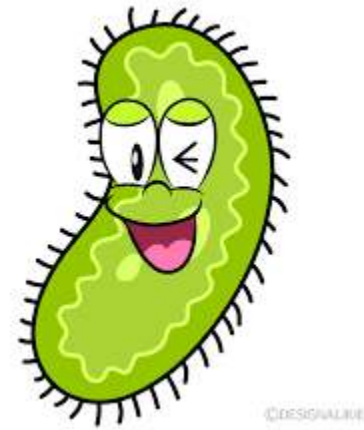
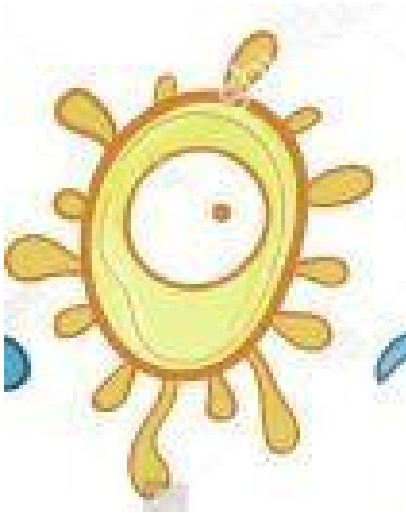


Bholi: Mumma, why didn't you tell the chemist all the symptoms I have?

Ginny: Arey beta, these coughs, cold are not so serious. You don't need many medicines for them. If I had told him all your symptoms, he would have given more medicines which would have cost even more.

Bholi: Okay mom, as you say.

Meanwhile bacteria in Bholi's body.



Bacteria 3: Oyehoye, oyehoye, oyehoye...!!

Bacteria 4 (singing): Yeye. We survived despite the action of antibiotics.

Bacteria 3 (singing): No one can harm us now. Lalalalala....!!

Bacteria 4: Hhaahahaha, these foolish humans are so dumb that they can't even understand that they need a proper course of antibiotics to save them from us. Hahahahahha.....

Bacteria 3: Now we can produce more of our kind to increase our army.

Within a week, Bholi's health got worse.



Ginny: Oh Lord...!! Now I think we have no other option than to visit a specialized doctor.

Bholi (with pain): Yes maa...! Now I can't handle this more. Ah..ah..ah.....

Ginny and Bholi now went to a specialist, Dr. Dipika Sinha.



Ginny: Doctor, my daughter, is suffering from a lot of pain.

Dr. Sinha: Let me check.

The doctor checked and examined Bholi's illness.

Dr. Sinha: What symptoms are you facing, child?

Bholi: Doctor, I am suffering from fever, headache and my throat is aching a lot. Ah... intolerable!

Dr. Sinha: Did you take any medicines earlier?

Bholi: Yes, Doctor.

Dr. Sinha: Have you completed the course?

Bholi: Umm..I just ate two tablets given by the chemist.

Dr. Sinha: Let me check.

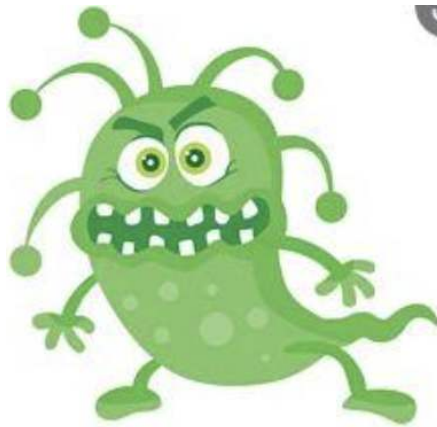
The doctor examined Bholi's throat.

Dr. Sinha: You are suffering from strep throat. Mrs. Ginny, because of your carelessness and irresponsible behaviour, your daughter's strep throat got worse. Now, it will take some time for her to recover. This will now affect her studies. Another reason why you should take the right decision on time.

Ginny: Sorry doctor. I will take care in future.

This was not the end...due to improper course given to Bholi by the chemist, and negligence towards proper treatment, bacteria in Bholi's body got a chance to become antibiotic resistant in the near future.

Bacteria 5: We can't be killed so easily, humans...too late to take antibiotics...some of us got a chance to gain resistance and will soon attack again... yeah.....!!



PLAY ENDS HERE.



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GOT THE SHOT?!

Characters: Akriti, Aruhi, Dr. Yashasvi, Zetro Bacteria 1, Zetro Bacteria 2, Play Reader

Play Reader: A new bacterial infection, Zetloid, had taken over the Fallen City of planet Zoom. Outbreaks were causing chaos. Scientists conducted various experiments and trials day and night to battle this health threat. Soon, they were successful in developing a new vaccine to help people! The Zetro Bacteria Vaccine - ZBV.

Free vaccine camps were organized at different places. Let's take a look at the one being handled by Dr. Yashasvi.

A young woman Aruhi comes to get herself vaccinated.

Aruhi sits on the chair in front of Dr. Yashasvi.

Dr. Yashasvi: Hello young lady.

Aruhi: Hello doctor.

Dr. Yashasvi: So... are you nervous?

Aruhi: A little.

Dr. Yashasvi: Alright, you need to relax.

Play Reader: After getting her shot, Aruhi heads to her friend Akriti's place.

Akriti: Hey Aru! Where are you coming from?

Aruhi: Vaccination camp. Got my shot. Have you?

Akriti: Nhi yaar (No pal). I'm very strong, you know.

Aruhi: But you still need to get it. I don't want you to regret it later.

Akriti: Whatever..... acha chalo juice peene chalte hein yaar (Let's go out to have some juice).

Aruhi: Okay.

Play Reader: Both the friends go out to drink juice.

Here we have personified the Zetro Bacteria.

Bacteria 1: I don't like it. People are getting vaccine shots.

Bacteria 2: Indeed. Hey look, two people are coming.

Bacteria 1: Let's go and infect them.

Play Reader: Bacteria 2 attacks Aruhi but fails as she is vaccinated.

Bacteria 1 tries to infect Akriti and eventually succeeds.

Bacteria 1: Muhahahaha! Foolish humans.

Play Reader: In a few days, Akriti starts feeling weak, nauseous, and has an upset stomach.

Akriti: I think I have Zetloid! I need to visit the doctor and get the shot quickly.

Play Reader: Akriti goes and visits Dr. Yashasvi and asks her for a shot.

Dr. Yashasvi: Yes, the tests say that you have the Zetloid infection. I'm sorry dear. I can't give you the dose at the moment. You're sick. This vaccine cannot be given to someone when they have an infection. First, you need to eat the medicines that I'm giving you so that you get well soon. After you get well, we can give you the vaccine.

Akriti: Thank you doctor.

Play Reader: It's already been a week, and Akriti has gotten well. After the advised period of wait, she gets her vaccine shot.

This time Akriti visits Aruhi's home.

Akriti: Hey Buddy, I got my shot. You were right. I needed to get my shot before it was too late..... Thank you.

Aruhi: Now. Let's drink juice. Homemade. What do you say?

Akriti: That would be good!

The End....

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AWARENESS ABOUT ANTIBIOTICS

CHARACTERS –

Play reader

Scientists - Monica, Vivek, Sonia, Raj

Interviewer - John

SCENE 1

Play reader - Four scientists, Monica, Vivek, Sonia and Raj, are working in a lab. They are doing research on bacteria and antibiotics.

(A person enters the lab with a letter and hands it over to Monica. She opens the letter and starts reading.)

Monica: Hello Scientists,

My name is John. I am a TV interviewer for the channel 'Everyday News' on planet Z. I and my team want to make people aware about the usage of antibiotics, so we want to interview you all. We will be very happy if you will come here and give a talk.

Raj: Should we go there?

Vivek: I think we should!

Raj: Ok then, let's leave for planet Z after two weeks.

SCENE 2

Play reader- All the scientists reached Planet Z, and now they are in the studio of 'Everyday News' with John.

(Interview starts)

John: Hello everyone, and welcome to our TV show, Everyday News! I am your host John, and today we have special guests with us. They are highly qualified scientists from planet Earth. Please welcome Dr. Monica, Dr. Raj, Dr. Sonia and Dr. Vivek. Thank you so much for coming here.

Vivek: Thank you for inviting us.

John: Can you please tell us about antibiotics?

Vivek: Antibiotics are medicines that fight infections caused by bacteria in humans and animals.

John: How do antibiotics work?

Monica: Antibiotics either kill the bacteria or make it difficult for the bacteria to grow and multiply.

John: Are they effective against viruses?

Raj: No, they are not.

Sonia: Antibiotics won't work to treat viral diseases like the common cold, sore throat, except strep throat, and all the diseases caused by viruses.

John: So do they only work against bacterial diseases?

Sonia: Yes.

John: Does every antibiotic work on specific bacteria?

Vivek: No, there are some antibiotics which work on more than one kind of bacteria. They are known as broad-spectrum antibiotics.

Raj: Like doxycycline, ampicillin are some broad-spectrum antibiotics.

Monica: And antibiotics which work on one kind of bacteria are called narrow-spectrum antibiotics.

John: Are there any side effects of antibiotics?

Vivek: Yes, in some cases. These can range from minor to moderate problems like diarrhea, nausea, vomiting, rashes, also yeast

infection in women, and many more.

John: What are the mistakes that most humans make when they are sick?

Sonia: Many people take antibiotics every time when they are sick without knowing the actual cause of illness.

Raj: No one should do this because antibiotics aren't always the answer when you are sick. They only work against bacterial diseases.

John: What happens when someone takes antibiotics too often or for no reason?

Monica: Overuse of antibiotics can make bacteria resistant against antibiotics. This is known as antibiotic resistance.

John: What does this mean?

Raj: It means that bacteria can grow and multiply itself even in the presence of antibiotics.

Vivek: Bacteria will no longer be affected by antibiotics.

John: It seems like it is a huge problem.

Raj: Yes, it is a huge problem.

John: So the major cause of antibiotic resistance is overuse of antibiotics.

Monica: Yes, overuse and misuse..

John: The last thing I want to ask is what precautions should be taken while taking antibiotics?

Sonia: Firstly, one should never take any antibiotics without the prescription of a doctor.

Secondly, never skip the doses of antibiotics and always complete the course of antibiotics prescribed by the doctor.

Vivek: And don't take unnecessary antibiotics.

John: Thank you so much for joining us today and giving us so much information about antibiotics.

This will really help people on our planet.

To all the viewers who are watching this, stay fit and happy! We will meet you tomorrow with more interesting news and information.

THE END

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