



Maharashtra Education Society's
Maharashtra Udayagiri
Mahavidyalaya, Udgir, Dist. Latur.



Anti Corona Policy

2020-21

As a preventive measure against the COVID-19, Maharashtra Udayagiri Mahavidyalaya Udgir formulated a committee on the recommendation of the IQAC for the Academic Year 2020-21 under the chairmanship of Dr. B. M. Sandikar to deal with issues related to Corona virus pandemic on the college campus. Recently,

- One of the proactive management members Hon'ble Dr. Shrikant Madhware provided with the immunity boosting medicines for the staff and the students of the college.
- The Departments of Microbiology, Political Science and NSS conducted online Quiz Competitions on COVID-19 Pandemic.
- The Staff members completed several training programs and Quiz Sessions on Corona Pandemic in order to serve the college as a 'COVID Warrior' as and when the need arises.
- **Objectives of the Committee:**
 - I) Anti Corona Committee shall take initiatives on the awareness programs for the stakeholders.
 - II) The Committee shall also look into the matters related to Stress management for the students, Grievance Redressal and corona related other contingent issues.
 - III) The committee shall organize wall posters , essay writing, paper presentation competitions on COVID-19 during the Academic Year.

The Committee composition is as follows:

• Dr. B. M. Sandikar - 9284180122	Chairperson
• Dr. R. B. Allapure -9421092583	Member
• Dr. B. D. Karande --9822718059	Member
• Prof. S. B. Mundhe -9422968766	Member
• Dr. G.G. Mandawad -9049197873	Member
• Prof. R. N. Jadhav – 9421451800	Member
• Dr. Shafiq Ansari - 9975524374	Member

❖ Introduction:

Higher Educational Institutes are the places of crowd and hence at high risk in the view of the COVID-19 pandemic. Corona virus pandemic is unprecedented calamity that requires unprecedented efforts on the part of sole humanity. COVID-19 has dramatically reshaped the way global higher education is delivered. As a result, HEIs are rapidly shifting how they communicate and operate to meet the evolving needs of students and staff.

In the view of the COVID-19 pandemic, Maharashtra Education Society's Maharashtra Udayagiri Mahavidyalaya, Udgir designs this policy as a preventive measure against Corona for the safety of the students, staff and its stakeholders.

The following policy rules should be strictly followed by all the stakeholders on the campus of the college:

1. At the opening address or online address to the staff and the students, the Principal shall orient the stakeholders on the policy to prevent COVID-19 on the college campus.
2. The seating arrangements in the staffroom, auditorium, lecture halls, office shall be reorganized as per the SOP of physical distancing.
3. The teachers should prefer online modes of teaching as far as possible. At least 25% part of the curriculum as per the UGC guidelines must be delivered using ICT tools.
4. The online platforms – Zoom, Webex, Google Meeting- should be preferred wherever feasible for department level and common meetings.
5. E- Notice board and notices via SMS, Whats App etc should be preferred and considered official for the completion of the academic work.
6. The Cleanliness of the classrooms , door nobs, toilets, desks and lecture stands shall be done with utmost care
7. Biometric attendance shall not be mandatory till the further notice from the SRAs.
8. The Non teaching staff particularly- lab attendants and peons- should use hand gloves and mask mandatorily.

9. As per the Government directives, the leave for the Self quarantine to the staff may be sanctioned considering the genuineness and the requirements by the Principal.
10. Each entrant on the campus should enter the name and travel details in the 'Travel History Register' at the gate of the college.
11. The College shall provide the facility of hand-wash at the entrance.
12. All kinds of work on the campus shall be carried out following the physical distancing.
13. Installation of Aarogya Setu App in their mobile phones is compulsory for all the stakeholders
14. An alternative method shall be provided by the college for the student's queue at the office and library counters.
15. The Gym shall remain closed until the further notice.
16. All sports events, practice sessions, morning walk etc shall be suspended and prohibited for all the stakeholders.
17. All the department level and college level meetings shall follow the standard operating procedures of the physical distancing.
18. The use of face cover is mandatory for all the stakeholders on the campus.
19. The College shall rearrange the seating arrangements of the office and the principal's cabin, departments as per the requirements of the physical distancing.
20. The College shall avoid the celebrations and functions of large gatherings up to the easing of the pandemic.

21. Helpline numbers for Students and Staff:

Exam Cell	College 9890596193, 9423777755	University 9923409491, 8600713989
UGC Helpline	covid19help.ugc@gmail.com	011-23236374

❖ What is Coronavirus?

Coronaviruses (CoV) refers to a large family of viruses that cause illness ranging from a mild case of common cold to severe diseases like Severe Acute Respiratory Syndrome (SARS). However, the current scenario has emerged due to a new strain of Coronavirus that has previously not been identified in humans and is hence called novel coronavirus (nCoV). The disease that this virus causes is often referred to as COVID-19.

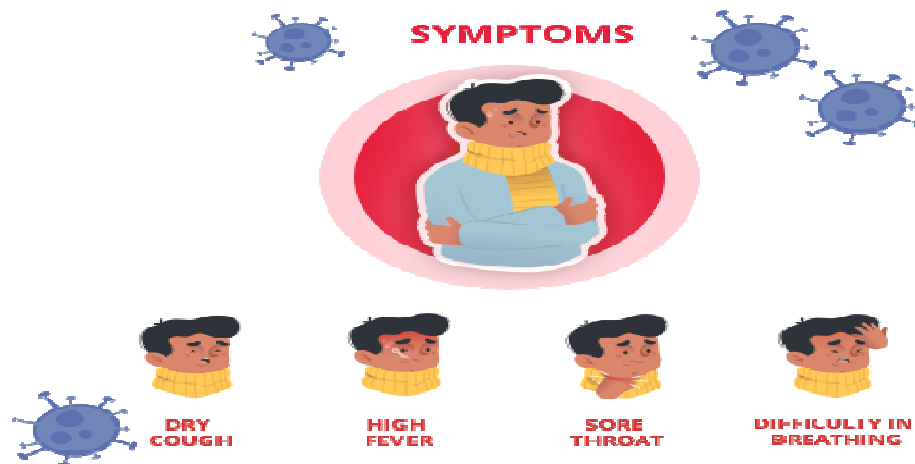
❖ Do's

- **Maintain personal hygiene and physical distancing.**
- **Practice frequent hand washing. Wash hands with soap and water or use alcohol-based hand rub. Wash hands even if they are visibly clean.**
- **Cover your nose and mouth with handkerchief/tissue while sneezing and coughing.**
- **Throw used tissues into closed bins immediately after use.**
- **Maintain a safe distance from persons during interaction, especially with those having flu-like symptoms.**
- **Sneeze in the inner side of your elbow and not to cough into the palms of your hands.**
- **Take the temperature regularly and check for respiratory symptoms.**

❖ Don'ts

- Don't shake hands.
- Don't have a close contact with anyone, if you're experiencing cough and fever.
- Don't touch your eyes, nose and mouth.
- Don't sneeze or cough into palms of your hands.
- Don't spit in Public.
- Don't travel unnecessarily, particularly to any affected region.
- Don't participate in large gatherings, including sitting in groups at canteens.
- Don't visit gyms, clubs and crowded places etc.
- Don't spread rumours or panic.

❖ What are the Symptoms of COVID19?



Besides these, in some positive cases other symptoms are found like-Anosmia- no smell, no taste, fever with chill, abdominal pain, fever with chill .

However, some positive cases are asymptomatic.

❖ What are the ways for the spread of COVID19?



❖ How can we prevent COVID-19?



❖ **COVID-19 Myth Busters- Clarifications on the Popular Misconceptions**

- There are currently no drugs or vaccine available and licensed for the treatment or prevention of COVID-19
- COVID-19 IS NOT transmitted through houseflies and mosquitoes.
- Spraying and introducing bleach or another disinfectant into your body WILL NOT protect you against COVID-19 and can be dangerous
- Drinking methanol, ethanol or bleach DOES NOT prevent or cure COVID-19 and can be extremely dangerous
- 5G mobile networks DO NOT spread COVID-19
- Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent the coronavirus disease (COVID-19)
- You can recover from the coronavirus disease (COVID-19). Catching the new coronavirus DOES NOT mean you will have it for life.
- Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.
- DRINKING ALCOHOL does not protect you against COVID-19 and can be dangerous
- COVID-19 virus can be transmitted in areas with hot and humid climates
- Taking a hot bath does not prevent the new corona virus disease
- The new corona virus CANNOT be transmitted through mosquito bites.
- Hand dryers are Not effective in killing the new corona virus.

- **Protecting Yourself from The Spread COVID-19**

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- **Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.**

Why?

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

- **Maintain at least 1 meter (3 feet) distance between yourself and others. Why?**

When someone coughs, sneezes, or speaks they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person has the disease.

- **Avoid going to crowded places.**

Why?

Where people come together in crowds, you are more likely to come into close contact with someone that has COVID-19 and it is more difficult to maintain physical distance of 1 metre (3 feet).

- **Avoid touching eyes, nose and mouth.**

Why?

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

- **Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.**

Why?

Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

- **Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you need to leave your house, wear a mask to avoid infecting others.**

Why?

Avoiding contact with others will protect them from possible COVID-19 and other viruses.

❖ **Advice on the Safe Use of Alcohol-Based Hand Sanitizers**

To protect yourself and others against COVID-19, clean your hands frequently and thoroughly. Use alcohol-based hand sanitizer or wash your hands with soap and water. If you use an alcohol-based hand sanitizer, make sure you use and store it carefully.

- Keep alcohol-based hand sanitizers out of children's reach. Teach them how to apply the sanitizer and monitor its use.
- Apply a coin-sized amount on your hands. There is no need to use a large amount of the product.
- Avoid touching your eyes, mouth and nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- Hand sanitizers recommended to protect against COVID-19 are alcohol-based and therefore can be flammable. Do not use before handling fire or cooking.
- Under no circumstance, drink or let children swallow an alcohol-based hand sanitizer. It can be poisonous.
- Remember that washing your hands with soap and water is also effective against COVID-19

❖ **Guidelines for use of mask**

The correct procedure of wearing triple layer surgical mask

1. Perform hand hygiene
2. Unfold the pleats; make sure that they are facing down.
3. Place over nose, mouth and chin.
4. Fit flexible nose piece over nose bridge.
5. Secure with tie strings (upper string to be tied on top of head above the ears –lower string at the back of the neck.)

6. Ensure there are no gaps on either side of the mask, adjust to fit.
7. Do not let the mask hanging from the neck.
8. Change the mask after six hours or as soon as they become wet.
9. Disposable masks are never to be reused and should be disposed off.
10. While removing the mask great care must be taken not to touch the potentially infected outer surface of the mask
11. To remove mask first untie the string below and then the string above and handle the mask using the upper strings.
12. Disposal of used masks: Used mask should be considered as potentially infected medical waste. Discard the mask in a closed bin immediately after use.

❖ **Ministry of AYUSH Recommended Measures:**

❖ **I General Measures**

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH (#YOGAatHome #StayHome #StaySafe)
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

❖ **II Ayurvedic Immunity Promoting Measures**

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka(Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

❖ III Simple Ayurvedic Procedures

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. Oil pulling therapy- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

❖ IV During dry cough / sore throat

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) can be practiced once in a day.
2. Lavang (Clove) powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

- **For further details-**
- **Contact the members or the chairperson of the Anti Corona Committee for any kind of help regarding the issues related to corona pandemic on the college campus.**

This policy document is formulated by the IQAC as per the directive measures of the regulatory bodies and approved by the CDC-College Development Committee for the Academic Year 2020-21 and this version is w.e.f. Date: 5/05/2020. The Principal of the college is the authority to modify, amend and interpret the document.



**IQAC Chairperson/
Principal
Signature with Stamp**