

Dr. Yashwant Singh Parmar Government Medical College & Hospital

GUIDELINES TO PREVENT INFECTION DUE TO COVID-19

FOR STUDENTS

- Self-discipline is most important to contain the spread of COVID-19 pandemic through social distancing and maintaining hygienic condition. It is important for the students to be physically and mentally fit to handle any exigencies. By remaining fit, they can take care of others also.
- The students must inculcate activities that will increase immunity-boosting mechanism which may include exercise, yoga, eating fresh fruits and healthy food (avoid fast food), sleep timely.
- Discrimination of fellow students in respect of whom there is a history of COVID-19 infection in the family must be avoided. Give support to your friends under stress due to COVID-19 pandemic.
- Hand washing with sanitizers or soap should be done frequently so that every student remains infection free.
- Always wear masks in College/ Hospital premises and take preventive measures. Wearing mask is compulsory for all students and staff.
- Always drink boiled water.
- Physical distancing is to be maintained at all places and crowding is not allowed at any place any under circumstances.
- Cleanliness is to be maintained in dining areas. Meals should be served in small batches, avoiding over-crowding. Take away options to be available for students.
- Spitting in campus is a punishable offence.
- Cultural activities, meetings etc. may be avoided. However, such extra-curricular and sports activities maybe allowed where social distancing is feasible and is in accordance with the Ministry of Home Affairs guidelines, issued under Disaster Management Act, 2005 from time to time.

FOR TEACHERS

- Teachers should make themselves fully aware of institutional plans and Standard Operating Procedures.
- Every teacher should prepare a detailed teaching plan for the subjects taught by him/her, including time table, class size, modes of delivery, assignments, theory, practical, continuous evaluation, end-semester evaluation etc.
- Teachers should keep themselves updated with the latest teaching-learning methods and availability of e-resources.
- Teachers should make the students aware of COVID-19 related situation, precautions and steps to be taken to stay safe and healthy.
- Teachers should monitor and keep track of the physical and mental health of their students.

PRESENT SCENARIO

The Colleges has adopted and trying to implement these guidelines in a transparent manner by making alterations/additions/modifications/amendments to deal with particular situation(s) in the best interest of students, educational institution and the entire education system, except in respect of those guidelines that are mandatory.

Notwithstanding the above guidelines, our college is well prepared in all respects to carry out the academic activities following necessary advisories/guidelines/directions issued by the NMC, Central/State Government, Ministry of Education or UGC from time to time to prevent the spread of COVID-19.

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Principal
Dr. YSPGMC, Nahan