

**NOTICE**

It is to inform you that classes for students of 2<sup>nd</sup> Prof. i.e., batch 2018-19 are starting from 14.12.2020. So, all the students of this batch are hereby directed to report college for attending their classes on the scheduled date. The following guidelines will be applicable during the time of joining college as well as hostel:-

1. Students should inform the warden about their arrival and travel plans in order to ensure proper staggering.
2. Before joining the classes, it is mandatory for all students to submit their parents consent and consent of the student in student section of this Institution clearly declaring that authorities will not be held responsible in case tested +ve subsequent to joining the college.
3. Before joining the classes, it is mandatory for all students to submit their RTPCR negative report in student section of this Institution, in absence of which student will not be allowed to join the classes until and unless they submit the same.
4. Maintain social distancing in the college campus as well as the hostel which will help you all for remaining COVID-19 negative.
5. For students who are tested +ve, will immediately intimate on official email alongwith report of the concerned Health Institution and will Isolate themselves in their homes till the time there report comes out negative.

**-Sd-**

(Dr. N K Mohindroo)  
Principal  
Dr. YSPGMC, Nahan

Dated:

Copy to:

1. The Director of Medical Education & Research, to the Govt. of Himachal Pradesh for information please.
2. All Faculty, Dr. YSPGMC, Nahan for information and n/a please.

**-Sd-**

Principal  
Dr. YSPGMC, Nahan

## 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.*

**-Sd-**  
Principal  
Dr. YSPGMC, Nahan

# UNDERTAKING

Name of Student \_\_\_\_\_ S/D/o \_\_\_\_\_  
R/o \_\_\_\_\_ Contact No. \_\_\_\_\_  
Current Location (city) \_\_\_\_\_ Course (BDS/MDS) \_\_\_\_\_

The students will submit COVID-19 Test Report to the Hostel Warden on arrival and will sign the undertaking as below before occupying the hostel room:

- I hereby submit my Negative COVID-19 Test Report (dated within 3 days before campus/hostel entry) before joining the hostel back from home.
- I will inform the hostel warden about my travel plans and time of arrival in hostel in advance to ensure staggered arrival of hostel inmates.
- I will keep physical/social distancing while in the campus and hostel premises.
- I will wear mask in the campus/hostel all the time except during my stay in the hostel room
- I will immediately report to the college/hostel authorities on showing any COVID-19 related symptoms like temperature, cough, breathlessness etc. to me.
- I will abide be all other COVID-19 related hostel and college rules & instructions as issued by Central/State governments/administration, college & hospital authorities from time to time.
- During my stay in the campus/hostel, if I suffer from COVID-19, I will not hold the Principal, college authorities and administration responsible.
- I will maintain strict discipline in the college/hostel premises.
- I will not allow any outsider/guest to stay in my hostel room and will take permission from Hostel Superintendent/Warden to meet any outside guest/parents in the Hostel Waiting Room.
- I will avoid using Four Wheeler vehicles in the college campus and hostel premises, if applicable.
- I will not use my Two-Wheeler vehicle/cycle for pillion riding, if applicable.
- I will keep my I-Card issued by college authorities in my possession all the time and will show the same for entry in the college campus/hostel.
- I will keep my hostel room clean and will assist in keeping clean the hostel premises and washrooms.
- I will take meals in hostel mess, by maintaining all social distancing norms as laid from time to time.
- I will keep personal bottles of drinking water in my hostel room.
- I will not bring/order outside food inside the hostel/campus premises.
- I agree that in case of any violation of this undertaking, I will be expelled from the hostel without any notice and can be awarded any punishment as deemed fit.
- I will be staying in the hostel at my own risk, liability and consequences.

Date:

Signature of the Student

I hereby endorse the contents of the undertaking and I give consent to my son/daughter/ward for physically attending college during the COVID-19 pandemic.

Date:

Counter Signature of Parent/Guardian