

## Activity Report: One-Day Workshop on Preventive Measures against COVID-19

**Date:** March 07, 2020

**Location:** Auditorium, Nutan Mahavidyalaya, Selu

**Speaker:** Dr. Sanjay Harbade

**Organized by:** Health and Wellness Committee

### Introduction:

On March 07, 2020 Nutan Mahavidyalaya Selu hosted a one-day workshop on preventive measures against COVID-19. The workshop was conducted by Dr. Sanjay Harbade, a leading expert in epidemiology and infectious diseases, and aimed to raise awareness among students and faculty about the importance of COVID-19 prevention strategies.

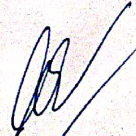
The workshop began with an introductory address by the college principal, who welcomed Dr. Harbade and highlighted the significance of maintaining health and safety on campus. Dr. Harbade then took the stage and provided a comprehensive overview of COVID-19, including its transmission methods, common symptoms, and potential complications.

### Key Topics Covered in the Workshop

**Modes of Transmission:** Dr. Harbade explained how the SARS-CoV-2 virus spreads through respiratory droplets, direct contact, and, in some cases, airborne particles. He stressed the importance of maintaining physical distancing and wearing masks in crowded settings.

**Preventive Measures:** The workshop emphasized several preventive measures, including:

- Regular handwashing with soap and water for at least 20 seconds.

  
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- The use of alcohol-based hand sanitizers when soap and water are not available.
- Consistent use of face masks, especially in indoor public spaces.
- Practicing physical distancing of at least six feet.
- Avoiding large gatherings and crowded places.

**Vaccination:** Dr. Harbade discussed the role of COVID-19 vaccines in reducing the severity of illness and preventing the spread of the virus. He encouraged students and faculty to get vaccinated and keep up with booster doses as recommended by health authorities.

**Mental Health Considerations:** Recognizing the impact of the pandemic on mental health, Dr. Harbade also addressed strategies for managing stress and anxiety. He recommended staying connected with loved ones, engaging in regular physical activity, and seeking professional help when needed.

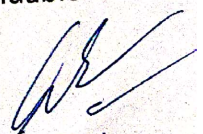
**COVID-19 Testing and Quarantine Procedures:** The workshop provided guidance on when to seek COVID-19 testing and what to do if someone tests positive. Dr. Harbade outlined the quarantine and isolation procedures, emphasizing the importance of following public health guidelines to prevent further spread.

#### **Interactive Q&A Session**

After his presentation, Dr. Harbade engaged in an interactive question-and-answer session with the audience. Participants asked questions about the effectiveness of different types of masks, the potential for new variants, and the safety of vaccines for specific groups of people. Dr. Harbade answered each question thoughtfully and provided evidence-based responses.

#### **Conclusion:**

The workshop concluded with a vote of thanks by the head of the Health and Wellness Committee. The attendees expressed their appreciation for the valuable

  
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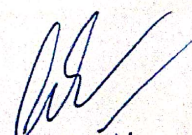
insights and practical advice provided by Dr. Harbade. The college plans to continue organizing similar events to keep the campus community informed about health and safety practices. Overall, the workshop was a successful event that contributed to raising awareness and reinforcing the importance of preventive measures against COVID-19. By implementing the strategies discussed, aims to create a safer environment for all students and staff.

**Evidences of success:**



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