

કોવિડ-૧૯ અંગે લોકજાગૃતિ માટે ઓક્ટોબર – નવેમ્બર, ૨૦૨૦ દરમિયાન IEC અભિયાન
ચલાવવા બાબત

WEBINAR DATE: 19.10.2020

Participants Invited: 120 (All students along with their parents)

Coordinator: Ms. Rima Parikh

As per the instruction provided by GTU, the webinar was conducted on 19-10-2020 by Ms. Rima Parikh. The timings for the session was from 11:00Am to 12:00 Pm. The session was conducted in Gujarati & Hindi language for rapport building with parents and greater understanding for all in mother tongue.

The webinar started with the welcome note from the host with a brief description on COVID-19, how it happened and what are the consequences and after effects of this pandemic. As per the quotation “Prevention is better than Cure”, different eminent personalities provided their views on the above topic.

The glimpses of their talks are as under:

- ❖ **Mask:** Students were given demonstrations on the usage of masks.
 - Information was also provided about the current method of wearing a mask- covering the mouth, nose and chin area.
 - While removing it, one should ensure that they do not touch the middle of the mask nor let it sit on their chin. Because in this way they are infecting their whole face.
 - It was also highlighted that under any circumstances masks should not be removed at public places, outside houses, during transportation or any other place then their home.

The three types of masks used typically with their importance was also discussed viz: N95, surgical / medical and fabric masks.

Hand washing was stressed after each time touching the masks.



- **Hand Hygiene:**

Hands have to be washed for 40 seconds with soap and water or have to be rubbed for 20 seconds with 70% alcohol-based sanitizer.

A video about how hands should be washed was shown to participants for clarity.

- The link for the video of hand washing is <https://www.youtube.com/watch?v=lisgnbMfKvI>.
- The link for application of sanitizer is as under: <https://www.youtube.com/watch?v=ZnSjFr6J9HI>
- It was emphasized that hands should be washed every time you touch the masks, currency notes and after taking objects or things from others.
- It was also suggested that the best thing is to avoid touching your face all the time with your hands as it prevents infection from spreading.



- **Social Distancing:**

- To practice social or physical distancing, stay at least 6 feet (about 2 arms' length) from other people who are not from your household in both indoor and outdoor spaces.
- A video highlighting the same was shown [<https://youtu.be/nOa8wIhQdzo>]

- It was also explained how when we sneeze, talk or even breathe the respiratory droplets are left out in the air which can cause infections in others. These droplets too have a tendency to settle on surfaces and live for days together; so, the mask remains the solution for preventing these infectious germs from coming out in open.




Avoiding social gatherings, religious functions, places of worship, parties etc should be avoided as well as not organised.



❖ Immunity Booster Practices:

- As per the guidelines of Government of India, Ayush kadha must be drunk at least once in a day.
- Vitamin C should be increased in the diet to help fight against infections. Exercises, meditation, pranayama or yoga should be done at least 30 minutes to boost immunity.
- Also, steam should be taken at least two times a day to keep nasal passages clear.

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.



❖ Reverse Quarantine:

- Old Age People, People with low immunity, People suffering from terminal diseases etc should not be allowed to go out from the home.
- Reverse quarantine means people with low immunity and high risk of infection should be quarantined and as far as possible they should come into contact with a minimum number of people.



All the students and parents appreciated the effort made by GTU for the wellbeing of society. Indeed, the session was informative for all.

Glimpse of the Awareness Webinar:

