

Report of Covid Orientation Programme organized by Department of Sociology,

Bamanpukur Humaun Kabir Mahavidyalaya on 23.11.2021

Date:23.11.2021

Time:2-3 p.m.

Venue:Room No.13

Organizing Secretary:Dr. Runa Das Chaudhuri

External Guest and Observer: Shri Debraj Howlader

Covid Orientation Programme

Introduction

Workplaces have played an important role in both the spread and mitigation of the COVID-19 pandemic throughout the world. Being provided a healthy and safe workplace throughout the pandemic and beyond is a human right. Maintaining open, safe and healthy workplaces is of vital importance to protecting livelihoods, wellbeing and public health. Following the reopening of the college on 13.11.2021 after a long gap of almost 20 months, a need was felt for an orientation programme for students about following covid protocols. Accordingly, a Covid Orientation programme was conducted for students of Department of Sociology on 23.11.21 and Covid protocols to be followed were explained to them in line with the Government guidelines including use of masks, importance of social distancing, hand hygiene measures and respiratory etiquettes. Shri Debraj Howlader, Assistant Professor, Department of Bengali and the Co-ordinator of the Covid Cell, BHKM was present on the occasion. A total number of 32 students were present in the programme.

Objectives of the programme:

Understand the nature of viruses.

Describe how they multiply within their host.

Understand the nature of Covid 19.

Describe ways of minimises the spread to yourself and the community.

Details of the programme:

In the programme, Dr. Runa Das Chaudhuri explained and stressed on the following:

Keep yourself and others safe: Do it all!

Protect yourself and those around you:

- Get vaccinated as soon as it's your turn and follow local guidance on vaccination.
- Keep physical distance of at least 1 metre from others, even if they don't appear to be sick. Avoid crowds and close contact.
- Wear a properly fitted mask when physical distancing is not possible and in poorly ventilated settings.
- Clean your hands frequently with alcohol-based hand rub or soap and water.
- Cover your mouth and nose with a bent elbow or tissue when you cough or sneeze. Dispose of used tissues immediately and clean hands regularly.
- If you develop symptoms or test positive for COVID-19, self-isolate until you recover.

Wear a mask properly

To properly wear your mask:

- Make sure your mask covers your nose, mouth and chin.
- Clean your hands before you put your mask on, before and after you take it off, and after you touch it at any time.
- When you take off your mask, store it in a clean plastic bag, and every day either wash it if it's a fabric mask or dispose of it in a trash bin if it's a medical mask.
- Don't use masks with valves.

Make your environment safer

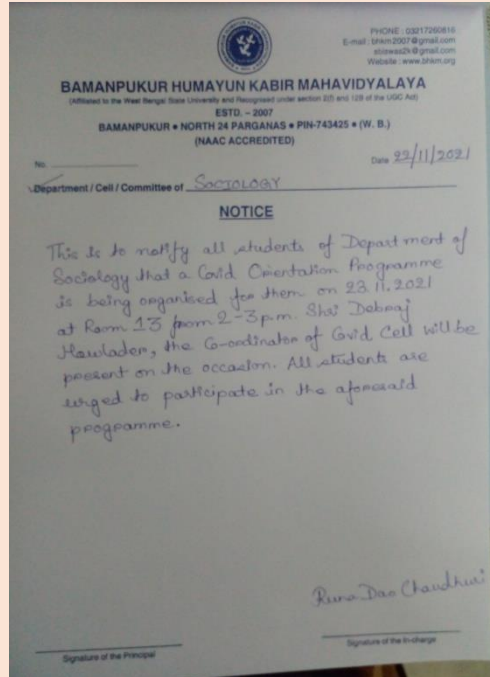
The risks of getting COVID-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods of time together in close proximity.

Outbreaks have been reported in places where people have gather, often in crowded indoor settings and where they talk loudly, shout, breathe heavily or sing such as restaurants, choir practices, fitness classes, nightclubs, offices and places of worship.

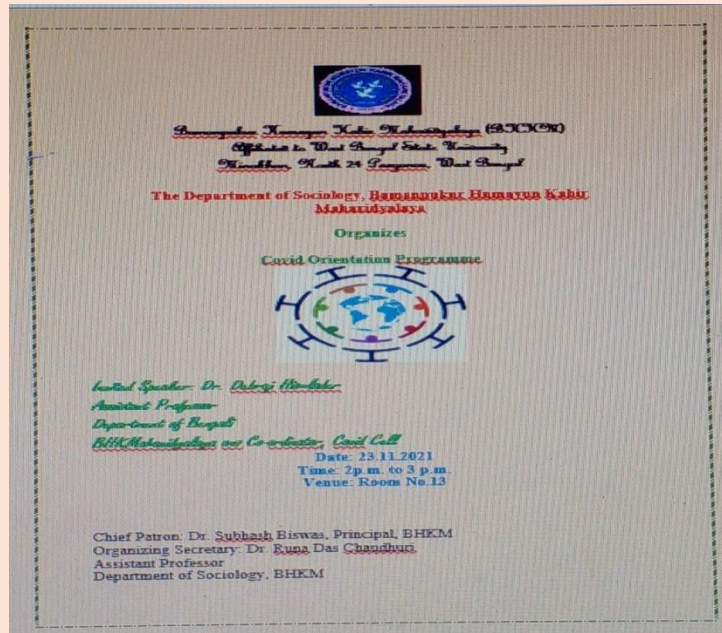
To make your environment as safe as possible:

- Avoid the 3Cs: spaces that are closed, crowded or involve close contact.
- Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.
- If you can't avoid crowded or indoor settings, take these precautions:
 - Open a window to increase the amount of natural ventilation when indoors.
 - Wear a mask (see above for more details)

Notice of the programme



Brochure of the programme:



Glimpses of the programme:



Student Attendance Sheet

Covid Orientation Programme.	
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ATTENDANCE SHEET	
Name	Semester
1) Supriya Das.	5th Sem.
2) Purnima Dhal	5th Sem.
3) Titli Mahato	5th Sem
4) Piyali Patra	5th
5) Reheena Khaterm	5th sem
6) Rama Mahato	3rd Sem
7) Piyali Das	3rd sem
8) Rama Mahali	3rd Sem
9) PamPa Routh	3rd sem
10) Moumita Halder	3rd Sem
11) Suchitra Mondal	3rd sem
12) Riya Haldar	3rd Sem
13) Pooja Halder	3rd sem
14) Sumi Sardar	3rd sem
15) Susama Mondal	5th sem
16) Nandita Routh	5th sem
17) Sudipa Mondal	5th sem
18) Ritu Karmakar	5th Sem
19) Rupa Khaterm	5th Sem
20) Riya Khaterm	5th sem
21) Abdul Raut Molla	5th Sem
22) Tuhin Baharji	3th Sem
23) Subhadra Mondal	3rd Sem
24) Santanu Roy	3rd sem
25) Rahuldev Mondal	3rd Sem
26) Ananda Pramanik	3th sem
27) Surajit Naskar	3th sem
28) Sk. Rajibul Islam	3rd Sem
29) Subrata Karmakar	3rd sem
30) Mouli Das	3rd sem
31) Chameeli Das	3rd sem
32) Tamisree Mondal	3rd Sem