



ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
Shobhavana Campus, Mijar, Moodbidri, D.K - 574225

Phone: 08258-262725, Fax: 08258-262726

DEPARTMENT OF INFORMATION SCIENCE AND ENGINEERING

DATE: 15/04/2021

Circular

Sub: - COVID 19 - SOCIAL AWARENESS PROGRAM

ISE Department of AIET is organizing one day Covid 19 - Social Awareness Program in Padu-Marnad Grama Panchayath, Moodbidri, Dakshina Kannada from 21st to 27th April 2021.

In this regard, all the interested Students are informed to attend the same without fail.

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MIJAR, MOODBIDRI, DAKSHINA KANNADA-574225



NCA ACTIVITY

REPORT ON COVID 19 - SOCIAL AWARENESS ACTIVITY

**IN PADU-MARNAD GRAMA PANCHAYATH
MOODBIDRI, DAKSHINA KANNADA**

FROM 21st to 27th APRIL 2021

Sheela
H.O.D.
Dept. Of Information Science & Engineering
Alva's Institute of Engg. & Technology
Mijar, MOODBIDRI - 574 225

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Shekhil

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INTRODUCTION

As the COVID- 19 pandemic spreads across the globe, millions of people are heeding the advice of health experts to wash their hands. A simple tool to promote public health, hand washing is one of the most effective ways to prevent transmission of disease—not just the corona virus (e.g., COVID-19), but also diarrhoea, cholera, and typhoid. But for 3 billion people around the world who do not have a hand washing facility with water and soap at home, this small action to prevent infection remains out of reach. To address the complicated socio economic and cultural factors that underlie rural problem of open defecation and poor hand washing practices, we took a step forward to make aware of such practices.

Alva's college of engineering and technology started our way from Padu-Marnad which relies on outskirts of Moodubidri on 21th April 2021. The awareness program was planned till six days. Before starting we had a small inauguration program in Padu-Marnad Gram Panchayath. Students segregated in small groups gave some of the safety tips regarding wearing mask, hand sanitizer and assigned some of the areas and started awareness program. Then our students started our way from Gram Panchayath and started visiting houses listed under Gram Panchayath. Masks are a key measure to suppress transmission and save lives. Masks should be used as part of a comprehensive '**Do it all!**' approach including physical distancing, avoiding crowded, closed and close-contact settings, good ventilation, cleaning hands, covering sneezes and coughs, and more. Depending on the type, masks can be used for either protection of healthy persons or to prevent onward transmission. In some of the houses members of the family were not much known regarding the safety and precautionary measures of COVID-19.

College and students already made a plan regarding this issue, so we have designed a pamphlet which shows complete information of steps in protecting themselves from COVID-19. We discussed regarding how to wear mask in correct way.

There are following points.

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- Clean your hands before and after taking off the mask.
- Take off the mask from the ear loops, without touching the front of the mask.
- If your fabric mask is not dirty make a plan of reusing it by sanitizing in proper way.
- We gave some information regarding vaccine and made up their mind to get vaccine soon.
- Explained some of the advantages of getting vaccinated.

Shankar

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SAFETY MEASURES

Maximum safety measures are taken during the visiting of houses. When asked about safety measures we chose to maintain more than 2 feet distance among ourselves, chose hand and surface sanitization technique and opted for avoiding sharing personal items. This again is a positive picture regarding awareness program.

It is important to be careful and take appropriate precautions to be safe from this disease. So, all the participants were aware about safety of themselves.

Below are the protective measures taken during covid-19 awareness program.

- Washed our hands with soap and water regularly
- Used the hand sanitizer with atleast 60% alcohol
- Regularly washed hands before touching eyes, nose and mouth
- Avoided mass gathering when visiting the houses
- Had a mask on hand at all times.
- Carried our own food and drink.

Safety Measures by WHO

- Wear masks while going outdoors, the utility of masks during the Covid-19 pandemic is universally recognized as a crucial step to tackle the ongoing pandemic
- Regularly and thoroughly clean your hands with an alcohol-based hand rubber wash them with soap and water for at least 20 seconds.
- Maintain atleast 2 metre (6 feet) distance between yourself and others
- Avoid going to crowded places
- Avoid touching eyes, nose and mouth
- Must make sure, we, and the people surrounding us, follow proper protocol of pandemic experts. This implies during coughing or sneezing you must need to cover your mouth and nose with your bent elbow or tissue. Then dispose of the used tissue immediately and wash your hands.
- We should follow government advices

So, we followed all the precaution and safety measures during this Covid-19 awareness program a tour maximum as compared to the WHO safety guidelines and make it as a successful one.

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LEARNING OUTCOMES

The main agenda of this program is to promote health recommendations to fight COVID-19 in hundreds of rural and urban communities. This Covid-19 awareness program have helped people to dispel misinformation about the corona virus while promoting precautionary measures like frequent hand washing and wearing masks and also participants to gain more information about this virus outbreak.

By this program, students learned that everyone must take corona virus seriously, and one of the ways to protect against and combat this deadly contagious disease is wearing masks and washing hands.

During this program students gave the information of washing the hands frequently, use antiseptics to clean household items, wear masks in public places, avoid meeting people with colds and coughs, observe physical distance, avoid crowded places, and stay home as much as possible.

Following are the learning outcomes from this awareness program:

1. Who should be diagnosed as COVID-19 infection?
2. Should mask need to be used compulsorily?
3. What is Isolation and Quarantine with respect to COVID-19infection
4. How to wash hands and the techniques
5. How to cover your Cough
6. Feeling sick or having difficulties in breathing, Call the helpline
7. Stay home if you feel unwell or you cough or sneeze
8. Follow your local government health authorities for any kind of treatment with respect to Covid-19 infection.

The vaccine is the final step in our effort to get back to a more normal way of life. Public health measures such as mask wearing, physical distancing and hand-washing were implemented to slow the spread of the virus, and they have proven to work. We should continue with these precautions until enough people are immunized, especially the most vulnerable in our community.

Get vaccinated regardless of whether you already had Covid-19. Studies have shown that vaccination provides a strong boost in protection in people who have recovered from covid-19. Covid-19 is still a threat to people who are unvaccinated. Some people who get COVID-19 can become severely ill, which could result in hospitalization, and some people have ongoing health problems several weeks or even longer after getting infected. Even people who did not have symptoms when they were infected can have these ongoing health problems.


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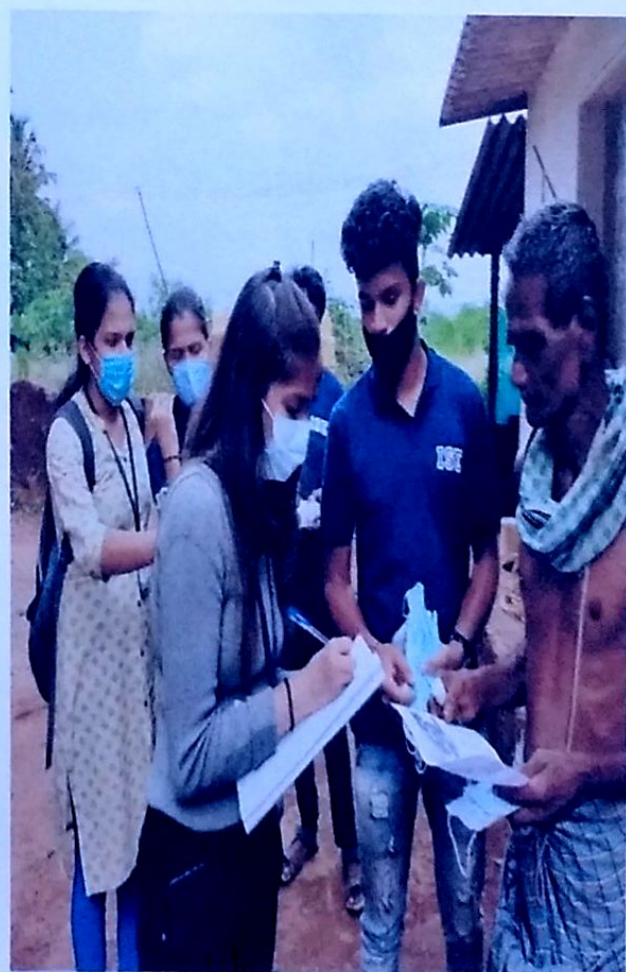
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Glenn
H.O.D.
 Dept. Of Information Science & Engineering
 Alva's Institute of Engg. & Technology
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CONCLUSION

The corona virus disease continues to spread across the world following a trajectory that is difficult to predict. The health, humanitarian and socio-economic policies adopted by countries will determine the speed and strength of the recovery. The COVID-19 pandemic has affected the world in various ways. The deficiency of information, the need for accurate information, and the rapidity of its dissemination are important, as this pandemic requires the cooperation of entire populations. The rapid survey that we conducted had a good response and we show that health care professionals and the general public were quite well informed about the corona virus.

They are aware of the measures needed to be taken to reduce the spread of the disease. The knowledge present allows the authors to speculate that the lockdown in India would be effective. The public receives a large amount of information from social media such as WhatsApp and the medical fraternity and government need to develop strategies to ensure that accurate information needs to be spreaded.

The public awareness is quite high and it is important that the knowledge of communication channels be known and be kept at the topmost priority throughout the pandemic. The awareness not only should be created rural areas but also must be followed by everyone, so that we can have a hold on the virus soon. Only unity can bring the life back to normal. At last, without equity, we cannot end COVID-19, HIV or any pandemic. So, by following guidelines released by government we can fight corona.

Steel
H.O.D.

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PARTICIPENTS LIST

STUDENT LIST			
SL NO	USN	NAME	DEPATMENT
1.	4AL16IS043	RAMYA V	ISE
2.	4AL17IS018	JAI SUBHASH	ISE
3.	4AL17IS020	JOHNSON CRASTHA B	ISE
4.	4AL17IS042	SAI KUMAR S	ISE
5.	4AL18IS001	A V SHIVANI	ISE
6.	4AL18IS002	ABHIMAN H R	ISE
7.	4AL18IS003	AMARJIT YANGLEM	ISE
8.	4AL18IS004	ASHMITHA V MENDON	ISE
9.	4AL18IS005	BHUVAN S T	ISE
10.	4AL18IS006	CHINMAYI M K	ISE
11.	4AL18IS007	DEEPTHI	ISE
12.	4AL18IS008	DHANANJAY KUMAR P S	ISE
13.	4AL18IS009	DHANUSHA	ISE
14.	4AL18IS010	DHANYA LAXMAN BYNDOOR	ISE
15.	4AL18IS011	K SHIRISHA SHETTY	ISE
16.	4AL18IS012	MAHANTESH GIDADAMANI	ISE
17.	4AL18IS013	MANASA B	ISE
18.	4AL18IS015	NIKHIL S ACHARYA	ISE
19.	4AL18IS016	P POOJA	ISE
20.	4AL18IS017	POOJA K G	ISE
21.	4AL18IS019	RANJAN KUMAR	ISE
22.	4AL18IS020	RANJITHA	ISE
23.	4AL18IS021	SACHIN G RAO	ISE
24.	4AL18IS022	SHETTY RAMYASHREE SHASHIDHAR	ISE
25.	4AL18IS025	VAIBHAVI V BHAT	ISE
26.	4AL18IS026	VEDANTH M	ISE
27.	4AL17IS013	DEEKSHA	ISE
28.	4AL17IS046	SHREYAS R SHETTY	ISE
29.	4AL17IS029	NAMITHA	ISE

30.	4AL16IS022	KEERTHANA	ISE
31.	4AL16IS058	VARADA	ISE
32.	4AL16IS064	MAHIMA R	ISE

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