

Covid-19 awareness campaign - Since 21/03/2020

INTRO: Ever since the Covid-19 disease became a global pandemic, the NSS volunteers of SIES GST have taken an active part in spreading awareness regarding various topics, which will be covered in detail. The means of spreading awareness was social media platforms like Instagram, Facebook and Whatsapp and the mode was videos and digital posters.

A volunteering team from amongst the NSS Unit, Covid Warriors, was made which will work on the Awareness campaign. The work done so far by the NSS Unit of SIES GST is mentioned below.

Total no. Of units	Name of the activity	Total students participated.	No. of teachers/others participated	Total no. of participants.
1	Covid-19 awareness campaign	25	1	26

CAMPAIGN WORKS

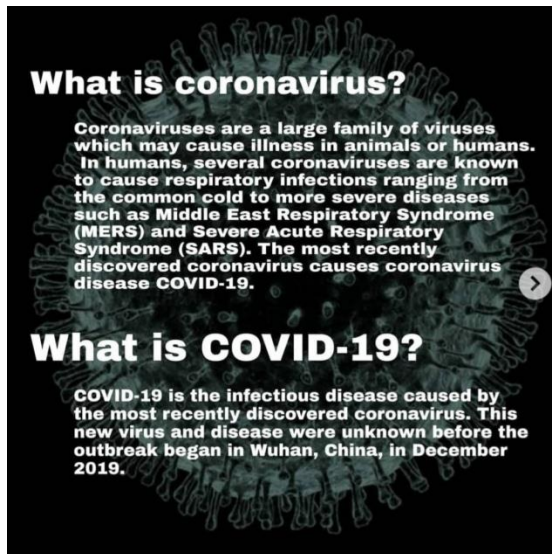
1) Awareness about the **Covid-19** disease

Date: 21/03/2020

Description: Information regarding the Covid-19 disease included-

*The content was based on the information available at that point of time. SOURCE: WHO Website

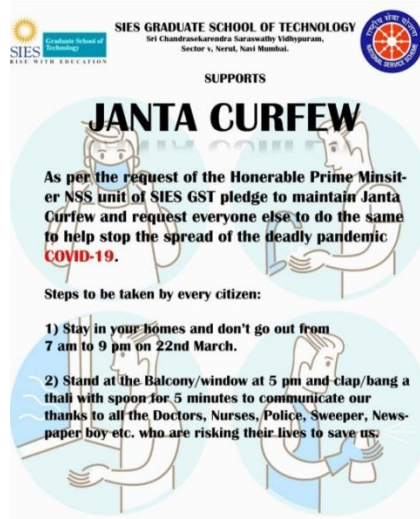
- Introduction to Corona Virus
- Introduction to the Covid-19 disease
- Symptoms of Covid-19 disease
- Simple preventive measures
- Myth-busters
- State-wise helpline numbers



2) Awareness about Janata Curfew

Date: 21/03/2020

Description: The NSS volunteers took a pledge to follow the Janata Curfew and urged people to observe the same.



3) Video on Topic: Types of Face masks

Description: Points included in the video-

- Two types of masks- Reusable and Non-reusable
- Reusable mask can be worn again after proper sterilization after use
- Non-reusable masks need to be discarded properly after use.

Link to the video: <https://drive.google.com/open?id=1H2lg9yC7JmSuVqFd6iMrlPut9hno6d8q>



4) Video on **Topic: Making a mask at home**

Description: Our NSS volunteer shows a simple a way to make a home-made mask with cloth. Also informed through video that wearing a mask is compulsory if going out.

Link to the video: <https://drive.google.com/open?id=12cm-jXkOcmZ5vnfTDfcNUpm2iNCBI3Er>

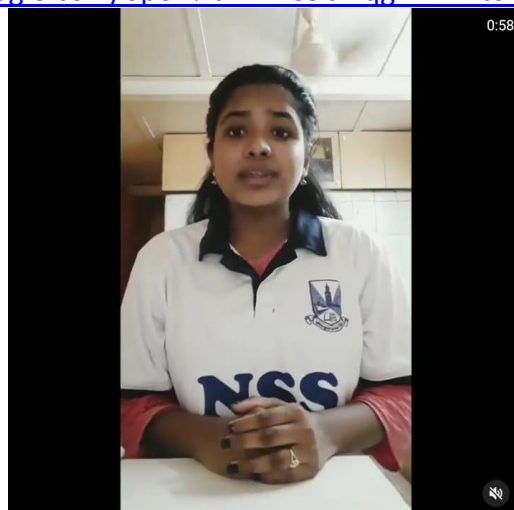


5) Video on **Topic: Wearing and removing a mask correctly**

Description: Points included in the video-

- Only touch the strings of the mask
- Never touch the front side of the mask
- Make sure mask covers the entire area, from over the nose to chin
- Discard mask after use (In case of Single-use mask)

Link to the video: <https://drive.google.com/open?id=12L89bwqgF2ZfxEtoh5xRhj9sNG8bnYA5>



6) Video on **Topic: Relaxations after 20th April**

Description: Points included relaxations in these fields: (Except for regions in Red zone)

- Cargo and Essential services
- Movement of persons
- Public utilities
- Agriculture services
- Financial and Social services
- Commercial Services
- Guidelines for Public Spaces
- Industrial Establishments
- Health Services
- Guidelines for hotspots
- Guidelines for workspaces
- Services that will remain closed

Link to the video: <https://drive.google.com/open?id=1HoSwfEcChFJT28SdqD23nHK6NAhQITb2>



7) Video on **Topic: Dealing with Mental health**

Description: Our NSS volunteer talks about mental depression and how it is important for us to keep ourselves busy to overcome it.

He also mentions that exercising regularly keeps your mind fresh and positive.

Link to the video: <https://drive.google.com/open?id=15abzFHO9egF3cdz2-Vk4BaZ0r5s-r29K>



8) Video on **Topic: Physical Fitness**

Description: Our NSS Unit have started a **Workout challenge** to engage students as well as their family members in exercising and stressed on the fact that a physically and mental health go hand in hand.

Our NSS volunteer also gave a workout routine which those who are willing can follow, but the intention being Start exercising.

Link to the video: <https://drive.google.com/open?id=1KjKJp6JH9-hNcbjappYp4Bf3KCKmzNZ>

https://drive.google.com/open?id=1y-E_pMUblOjB6gH28VhtjFkTPqDrYjLz



9) Video on **Topic: Aarogya Setu App**

Description: Our NSS Volunteer explains the importance and functions of the Aarogya Setu App and urges everyone to install it in their devices.



10) Video on **Topic: Duties as a young citizen during lockdown**

Description: This video talks about how a young citizen can play a crucial role in handling the lockdown with his family.

Link to the video: https://drive.google.com/open?id=1BPeBx6IZdbr9fFNvbuJU9E_dvHgLHS1Y



11) Mask making

NSS Volunteers made 10 masks each at their home using old cotton clothes.

