

Details of the Activities Conducted

Academic Year 2020-21

ir. No.	Date	Activity	Number of Beneficiaries			
		The state of the s	Male	Female	Total	
1.	22.8.2020	Formation of Whatsapp Group for College Teaching & Non-teaching Staff with the help of IT coordinators of the college.	NA	NA	24	
2.	23.8.2020	Formation of Whatsapp of All Respective Classes with the help of IT coordinators of the college.	NA	NA	525	
3. 25.9.2020 Distribution w.r.t.to Cov		Distribution of General Information w.r.t.to Covid-19 to the campus school students	NA	NA	03	
4. 2.10.2020 Distribution of List of Medica (Chemists) in Nagothane to the Schools in the Bapusaheb		Distribution of List of Medical Stores (Chemists) in Nagothane to the Schools in the Bapusaheb Deshpande Educational Complex.	NA	NA	03	
5. 3.10.2020 Distribution of List of Hospitals in Nagothane to the Schools in the Bapusaheb Deshpande Educational Complex.		NA	NA	03		
6.	S. J. H. of Ambulance		NA	NA	03	
7.	- I STI		NA	NA	03	
8.	- I f Dlastic transport		21	17	38	



K.E.S. A. P. Science College Nagothane, Dist. Ralgad (M.S.)



9.	10.10.2020	Distribution of N-95 Masks to the	NA	NA	300
		needy peoples in Nagothane region.			
10.	12.10.2020	Check-up of oxygen level and Pulse	25	45	70
		rate of facilities of Junior and Senior			
		teaching and non-teaching staff			
11.	25.11.2020	Organization of Awareness Program	20	45	65
		on Precaution and Safety Measures	- 1		
		to control the Coronavirus disease			4
		(Covid-19).			
		Resource Person- Dr.Chetan			
		Avinash Mhatre, Medical Officer,			
		PHC Nagothane			
12.	30.11.2020.	Sanitization of Classrooms	NA	NA	525
13.	7.4.2021	Awareness Program and Checkup of	21	17	38
	- 10-216	Oxygen level and Pulse rate of all			
		staff on the occasion of World	- 1		
	62901	Health Day Program.			
	-	Resource Person:-			-
	-	1.Mr.Vandan Tamboli			
		2.Mr.Devanand G. Ingale			
		PHC,Nagothane.		- 400	
14.	10.4.2021	Collection of Data for Vaccination of	21	17	38
	5	Teaching and Non-teaching Staff.	£ - 1		



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Department of Gymkhana and Sports

Activity Report Academic Year 2020-21

Name of the Activity	:	Awareness Program and Check-up of Oxygen level and Pulse rate of all staff members.	
Name of the Organizing Department/Committee	:	Gymkhana and Sports	
Organized in collaboration with	:	Internal Quality Assurance Cell	
Name of Resource Person(s)		1.Mr.Vandan Tamboli, Vaccination In charge PHO Nagothane. 2.Mr.Devanand G. Ingale, Pharmacist, PHC,Nagothane	
Date	:	7 th April 2021 at Time:-12:30 pm to 1:30 pm	
Venue	:	Auditorium Hall, A.P.Sc.College, Nagothane.	
Number of benificiaries	:	38	
Aim(s)	: To make the staff aware about the Check-up of Oxyge level and Pulse rate w.r.t. Covid-19.		
Outcome(s)	:	= 1,bare get the undated information about	

Activity In charge



Principal PRINCIPAL K.E.S. A.Y. Science College Nagothane, Dist. Raigad (M.S.)





Department of Gymkhana and Sports

Activity Report Academic Year 2020-21

Name of the Activity		Awareness Program on Precaution and Safety Measures to Control the Coronavirus Disease (Covid- 19)	
Name of the Organizing Department/Committee	:	Gymkhana and Sports	
Organized in collaboration with	:	Internal Quality Assurance Cell	
Name of Resource Person(s)	:	Dr. Chetan Avinash Mhatre, Medical Officer, PHC, Nagothane.	
Date	:	25 th November 2020 at Time:-10:00 am to 11:00 am	
Venue	:	Through Online (Google meet platform)	
Number of benificiaries	:	65	
Aim(s)	:	1.To create awareness among the staff and students regarding Covid-19 and health. 2.To maintain hygiene and sanitization	
Outcome(s)		1.The staff members and students learned the importance of washing hands frequently and precaution to be followed during the pandemic situation. 2.All participants understood the importance of Sanitization, Mask and Social Distancing.	

Activity In charge



Principal PRINCIPAL K.E.S. A. P. Science College Nagothane, Dist. Raigad (M.S.)





National Service Scheme

Activity Report Academic Year 2020-21

Name of the Activity	:	Distribution of N-95 Masks to the peoples in the Nagothane region.
Name of the Organizing Department/Committee	:	National Service Scheme
Organized in collaboration with	:	Internal Quality Assurance Cell
Name of Resource Person(s)		
Date	:	10 th October 2020 at Time:-4:0 pm to 5:30 pm
Venue	:	Bensewadi
Number of benificiaries	:	300 · · · · · · · · · · · · · · · · · ·
Aim(s)	:	To make the villagers aware about the use of N-95 mask w.r.t. Covid-19.
Outcome(s)	:	People from adivasiwadi uses the good quality mask.

Activity In charge

rincipal PRINCIPAL K.E.S. A. P. Science College Nagothane, Dist. Raigad (W.S.)





List of the Hospitals in Nagothane

Academic Year 2020-21

Sr. No	Name of the Doctors	Name of Hospital with Address	Contact Numbers
1.	Dr. Chetan A. Mhatre	Primary Health Center	7276494533
2.	Dr.Ajay Gupta and Dr.Prabodhini Gupta	Gupta Hospital, Shantinagar	9922441226
3.	Dr.Abhijeet Kokane	Kokane Hospital, Highway Naka-Bus Stand Road	9890637809
4.	Dr.Nachiket Patil	Patil Hospital Gandhi Chauk	9403962403
5.	Dr.Sunil S.Patil	Mayalaxmi Hospital, Highway Naka-Bus Stand Road.	8459188432
6.	Dr.Abhisekh Shahasane	Near Grampanchayat	9766392607
7.	Dr.Azar Dafedar	Dafedar Hospital, Kumacha Naka	9890215366
8.	Dr. Rohidas Shelke	Main Market Road Opposite to Ganesh Idol Factory	7276858877
9.	Dr.Rajendra Dhatrak	Main Market Road Behind Bairay Cloth Center	9975199988
10.	Dr.Milind Dhatrak	Dhatrak Hospital, KMG Vibhag	9226733615
11.	Dr. N.B.Soshte	Soshte Hospital, Near Police Station	9273759166
12.	Dr. Vijaya Mane	Gandhi Chauk	9923287041
13.	Dr.Sanket D.Mhatre	Dental Clinic, Near Grampanchayat	7276123447
14.	Dr. Miss Prajakta Shahasane	Gandhi Chauk	7030758321



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List of Medical Stores in Nagothane

Academic Year 2020-21

Sr. No	Name of Medical Stores	Address	Contact Numbers
1.	Priya Medical Stores	Mumbai-Goa Highway Naka.	8087429855
2.	Jalaram Medical Stores	Shivaji Chauk, Near Dipak Pavbhaji Center	9881420904
3.	Vishal Medical Stores	Near Bus Stand Road	9766347151
4.	Wagh Medical Srores	Shivaji Chauk	8888603404
5.	Sandip Medical Stores	Opposite to Anand Lodge	9970714343
6.	Dafedar Medical Stores	Kumacha Naka	9699145956
7.	Shrikrishna Medical Strores	Near Grampanchayat	9011778394
8.	Pratidnya Medical Stores	Kokane Hospital	8805717679
9.	Janhit Generic Medical Stores	Near Pratibimb Studio	9270499113
10.	Nagothane Generic Medical Stores	Main Market Road	9309347889
11.	Royal Medical Stores	Dr.Sunil Patil Hospital	9657753768
12.	Rajendra Medical and General Stores	Dr.Rajendra Dhatrak Hospital	9975199988
13.	Samarth Medical Stores	Opposite to Aapla Bazar	74995714323
14.	Dhamane Medical Stores	KMG Vibhag area	7775049981
15.	A.K.& Sons Medical Stores	Main Market	9890910309
16.	Ninad Medical Stores	Near Police Station	9272717562



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Details of the Ambulance Services in Nagothane

Academic Year 2020-21

Sr. No	Name of Ambulance Service Provider	Address	Contact Numbers
1.	Primary Health Center	Nagothane, Tal. Roha., Dist. Raigad	102/108
2.	Grampanchayat Nagothane	Nagothane,Tal.Roha., Dist.Raigad	Mr.Raja Nagothane 9665169855
3.	Reliance Industries Ltd.	Health Center,RIL, Nagothane	108
4.	Baudh Samaj Yuva Sangh, Roha.	Roha, Dist.Raigad.	8149740255



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Standard Precautions & Safety Measures to Control Novel Coronavirus (COVID-19)

❖ General Information of COVID-19

Corona virus

- Large family of viruses & cause illness in animals or humans.
- In humans, Corona viruses cause respiratory infections like:
 - ✓ Middle East Respiratory Syndrome (MERS)
 - ✓ Severe Acute Respiratory Syndrome (SARS)
 - ✓ Corona Virus Disease (COVID-19)

> Symptoms of COVID-19

- Fever, Dry cough, Tiredness, Aches & pains, Nasal congestion
- Headache, Conjunctivitis, Sore throat, Diarrhoea
- Loss of taste or smell, Rash on skin,
- Discoloration of fingers or toes

> Spread of COVID-19

- Disease spreads through droplets from the nose or mouth expelled during coughs, sneezes, or speaks.
- Droplets are relatively heavy, do not travel far & quickly sink to the ground.
- People catch COVID-19 if they breathe in these droplets from a person infected with the virus.

> Protection against COVID-19

- Practicing hand & respiratory hygiene (Wear Mask).
- Maintain at least a 1 meter distance between yourself and others.

> Self-isolation, Self-quarantine & Distancing

- Quarantine: Restricting activities or separating people who are not ill but may have been exposed to COVID-19.
- **Isolation:** Separating people who are ill with symptoms of COVID-19 & may be infectious to prevent the spread of the disease.
- **Physical distancing:** Being physically apart, at least 1-metre distance from others.

❖ Tests for COVID-19

Sr. No.	Test	Sample	Duration	Cost (Rs)
1	RT-PCR Test	Nasal & Throat Swabs	03 Hrs	2,200 to 3,000
2	Rapid Antibody Test	Blood sample	30 Min.	500 to 600
3	Rapid Antigen Test	Nasal samples	30 Min.	500 to 600
4	TruNat Tests	Nasal or Oral Swabs	60 Min.	1,300 to 1,500

Survival On/In Various Surfaces

Environments/ Surfaces	Temperature (°C)	Survival time
Air	10 to 15	4 hrs.
	25	2-3 min.
Droplets	25	24 hrs.
Nasal Mucus	55.6	30 min.
Hands	20 to 30	5 min
Fabrics	10 to 15	8 hrs.
Wood	10 to 15	48 hrs.
Stainless steel	10 to 15	24 hrs
75 % Alcohol	10 to 15	5 min
Any hard surface	21 to 35	72 hrs
Cardboard	RT	24 hrs

Plastic	RT	72 hrs
Copper	RT	4 hrs.

Standard precautions

"A set of practices that are applied to the care of patients, regardless of the state of infection (suspicion or confirmation), in any place where health services are provided".

Understanding the basics of COVID-19

- COVID-19 is Coronavirus Disease 2019.
- It is caused by a Coronavirus named as SARS-CoV-2.
- COVID-19 (previously called Novel Coronavirus): New strain of a coronavirus that first emerged in Hubei province in China in late 2019.
- Coronaviruses: Large family of viruses & can cause the common cold in humans.
- Rarely, new strains of coronavirus can jump from animals to humans to cause disease.
- Other examples: SARS (2003) and MERS (2012)
- Up to date information in a changing environment: Live website e.g. Local Health Service or agency such as WHO.
- Predominant spread by respiratory droplets (e.g. someone coughing)
 and contact (hands → surfaces → eyes and mouth)
- Spread is similar to seasonal influenza → practicing same precautions to minimise spread of influenza will provide protection against COVID-19:
 - ✓ Basic hand hygiene hand sanitiser/soap and water
 - ✓ Cough etiquette cough into elbow/tissue
 - ✓ Stay home if feeling unwell
 - ✓ Encouraging face masks for suspected cases.
- Most common symptoms: Respiratory symptoms (cough, difficulty in breathing) with or without fever. Severe cases develop pneumonia and respiratory failure.

- Cases may be infectious just before symptoms appear & with minimal symptoms.
- Majority of cases have milder disease, with some having severe disease.
- Deaths have generally occurred in people who are older and who have underlying health conditions.
- Reports of severe disease in children are uncommon

Who is at potential risk?

- Everyone.
- Population expected to have no immunity as a new virus.
- At least 18 months until vaccine available.

What is the treatment?

- Supportive, no effective treatment at scale.
- Existing antiviral medications are being trialed, likely reserved for sickest.
- Severe cases can require intensive care.
- Supportive treatment in hospital & intensive care can be life saving.

Recent Situation of COVID-19 across the world (As at October 2020)

- WHO announced on 12th March 2020 that COVID 19 is a Pandemic.
- Confirmed cases of COVID-19: 214,894.
- Reported deaths: 8,732
- China: 81,100+ confirmed cases; 3,122 deaths
- Italy: 35,700+ confirmed cases; 2,978 deaths
- Iran: 17,300+ confirmed cases; 1,135 deaths
- Spain: 13,900+ confirmed cases; 623 deaths
- Germany: 12,300+ confirmed cases; 28 deaths
- Of confirmed cases reported globally, case fatality rate approx. .. 3.7%

Staff responsibilities

- Identify: Inmates at risk, use COVID-19 screening form
- **Isolate:** Put a surgical mask on the inmate one out cell with Standard, Contact and Droplet Precautions
- Inform: Health service
- Monitor: Inmates for symptoms of respiratory compromise and deterioration

Standard Precautions

- **Hand hygiene:** Wash hands for 40 sec. using liquid soap & water or alcoholbased solutions.
- Hand Sanitizer (at least 70% Alcohol based).
- **Do not touch** your Eyes, Nose & Mouth with unwashed hands.
- **Do not touch** surfaces like Door Knobs & Door Bells, Elevator Buttons, Handrails, Support Handles, Chair Backs, ATM Surfaces, Mobiles, Jeep Handles etc.
- Respiratory hygiene & Cough etiquette:
 - ✓ **Cover nose/mouth:** Coughing, sneezing, wiping & blowing nose.

- ✓ Perform hand hygiene after coughing & blowing nose.
- ✓ Do not use other ways of covering your face like the pallu of the sari of the chunni or the gamcha.
- ✓ Do not spit in the open.









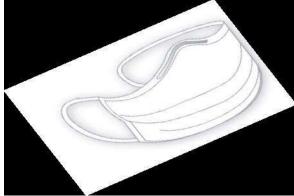
Droplet and Airborne Precautions

Masks

- Perform hand hygiene before putting on a mask & after discarding a used mask.
- Masks should be changed when they become soiled or wet.
- Never reapply a mask after removal.
- Masks should not be left dangling around a person's neck.
- Avoid touching the front of the mask while wearing it.
- Wear a mask correctly when you are around other people.

Droplet Precautions: (Medical Mask/Surgical masks)





Medical Mask (Surgical masks) provide a barrier & protection from respiratory exposure to large particle microorganisms that are transmitted via the droplet route.

Airborne Precautions: (Respirator/P2/N95 Masks)

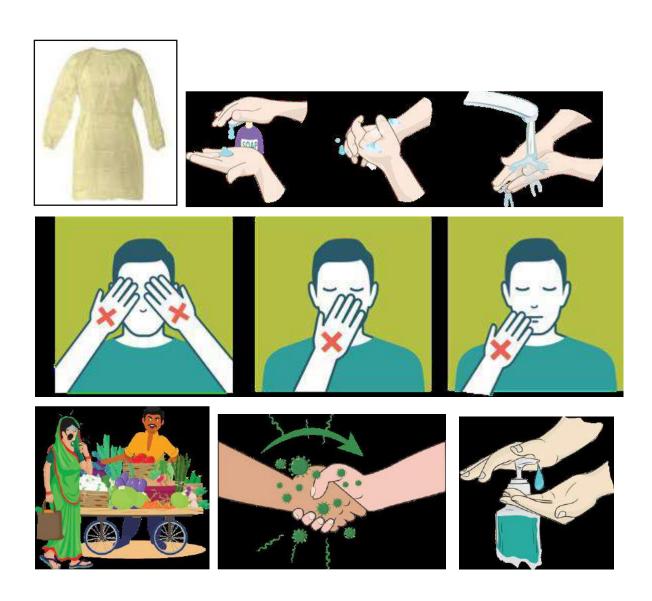




Respirator (P2/N95) masks provide a barrier & protection from respiratory exposure to small particle microorganisms that are transmitted via the airborne route.

Personal Protective Equipment (PPE)

Gloves, Aprons, Face shield, Eye Visor, Goggles



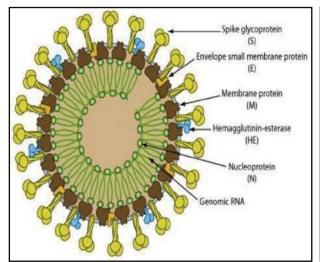
Specimen collection and testing

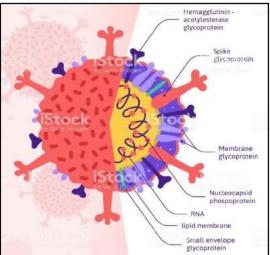
- Nasopharyngeal Swab: From nostril (floor of the nasal cavity).
- Oropharyngeal (Throat) Swab: Back of the throat.

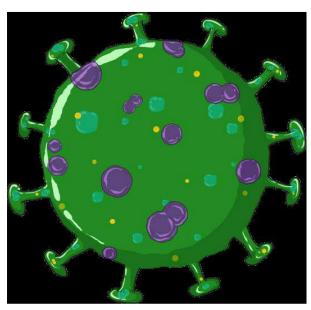
Environmental Cleaning

- Cleaning & disinfection to decontaminate the environment.
- 2-step cleaning procedure: Neutral detergent & water followed by an approved disinfectant.
- Cleaners & sweepers should follow the colour codes for reusable cleaning equipment -
 - ✓ Yellow: For Infectious/isolation areas.
 - ✓ Red: For Toilets/bathrooms/dirty utility rooms.
 - ✓ Blue: For General cleaning.

- Follow cleaning product manufacturer's dilution instructions.
- No requirement to leave room empty for a period of time.





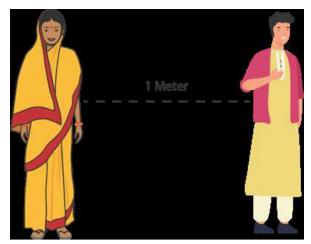




Prevention: Social Distancing

- **Do stay at home** unless absolutely necessary.
- **Keep a distance** of at least 1 meter between yourself & another person.
- **Do not hold events** where people have to gather (Even a corner meeting with 3-4 friends).
- **Do not go** to crowded places like markets, shopping, melas, parties etc.
- Do not use public transport.

• **Avoid** visitors in the house.





Prevention: High Risk Group

High risk groups are people who are at a higher risk from severe illness if they get OVID-19. This includes:

- Older Adults
- **People with underlying medical conditions:** Heart Disease, Diabetes, Lung Disease, Kidney Disease, On Cancer Medication etc.
- **Pregnant Women** (Better to take Care)

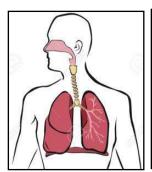






Routes of transmission

- > Respiratory droplets transmission
- > Indirect contact transmission
- > Aerosol transmission
- > Mother to child transmission



















Preventive measures to fight COVID-19

The Ministry of AYUSH has recommended the following self-care guidelines as preventive measures & to boost immunity with special reference to respiratory health.

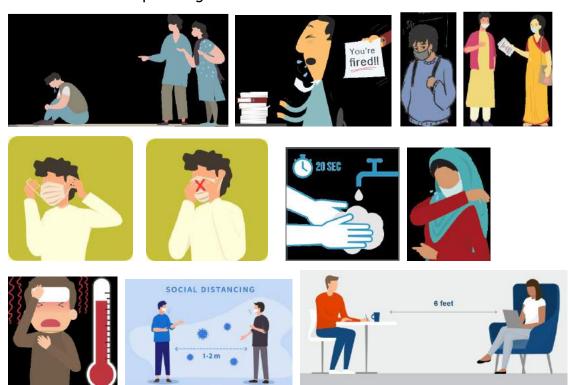
- Drink warm water throughout the day.
- Practice Meditation, Yogasana, and Pranayama.
- Increase the intake of Turmeric, Cumin, Coriander and garlic.
- Drink herbal tea or decoction of Holy basil, Cinnamon, Black pepper, Dry Ginger and Raisin.
- Avoid sugar and replace it with jiggery if needed.
- Apply Ghee, Sesame oil, or Coconut oil in both the nostrils to keep the nostrils clean.
- Inhale steam with Mint leaves and Caraway seeds.
- Enough sleep
- Improve Diet: Whole plant foods, healthy fats & fermented foods.
- Stay hydrated
- Avoid Smoking, alcohol etc.

Stigma and Discrimination

(**Stigma**: Feelings of disapproval by the people regarding the disease)

In any epidemic, individuals feel stressed & worried because they fear:

- Falling ill and dying.
- Avoiding health facilities due to fear of becoming infected while in care.
- Fear of not being able to work during isolation & being dismissed from work.
- Fear of being socially excluded & placed in quarantine due to disease.
- Feeling powerless in protecting loved ones & fear of losing loved ones because of the virus or being separated during quarantine.
- Feelings of helplessness, boredom, loneliness & depression due to being isolated and not working towards caring for a dependent.
- Stress is caused due to the above fears and being treated as an outcaste or blamed for spreading the disease.



Why is there Stigma?

The level of stigma associated with COVID-19 is based on 3 main factors:

- COVID-19 is a new disease about which many things are still being discovered.
- When something is unknown, people are worried which leads to fear.
- Rumours or fake news give wrong information & spreads the fear.

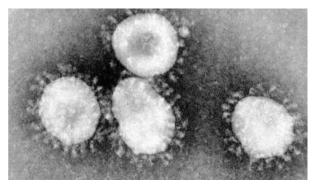
What does Stigma do?

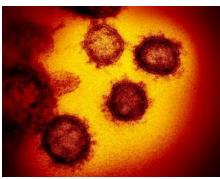
- Makes people hide their problems.
- Keeps people away from accessing health services and seeking help.
- Discourages them & prevent them from adopting healthy behaviours.

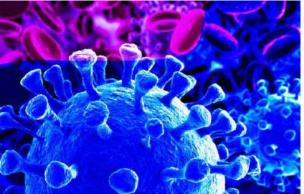
LET'S EXPOSE THE VIRUS

Remember:

Correct Information & Behaviours is the way to Defeat the Virus.

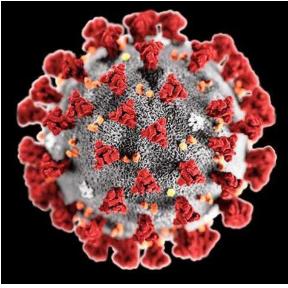




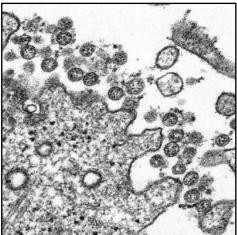












Virus,

- Infectious agent of small size and simple <u>composition</u> that can multiply only in living cells of <u>animals</u>, <u>plants</u>, or <u>bacteria</u>. The name is from a Latin word meaning "slimy liquid" or "poison."
- Virus typically consists of a nucleic acid molecule in a protein coat.
- Able to multiply only within the living cells of a host.

Coronaviruses

- A newly identified coronavirus, SARS-CoV-2, has caused a worldwide pandemic of respiratory illness, called COVID-19.
- COVID-19 is the disease caused by the new coronavirus that emerged in China in December 2019.
- COVID-19 can be severe, and some cases have caused death.
- The new coronavirus can be spread from person to person.
- It is diagnosed with a laboratory test.
- There is no coronavirus vaccine yet.
- Prevention involves frequent hand-washing, coughing into the bend of your elbow, staying home when you are sick and wearing a cloth face covering if you can't practice physical distancing.
- The term "corona" is derived from Latin 'corona', meaning "crown" or "wreath",
- The word "coronavirus" was first used in print in 1968 by an informal group of virologists in the journal Nature to designate the new family of viruses.