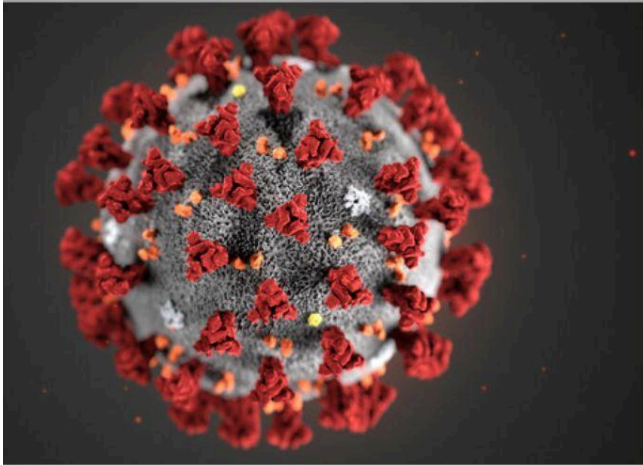




**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M.H.MEHTA SCIENCE COLLEGE, PALGHAR**

**DEPARTMENT OF LIFE LONG  
LEARNING AND EXTENSION  
ORGANIZES**

**"Stay Safe, Stay  
Smart: Embrace  
Covid Appropriate  
Behavior."**



**Covid  
Appropriate  
Behaviour**

**Session will be  
conducted on  
zoom meeting**

**Covid  
Appropriate  
Behaviour**

on 28/8/20  
12:30 pm  
Prof. Chitra Ashtekar

**Keys to better  
Health care**

"Covid Appropriate Behavior" is a program promoting safety measures like mask-wearing, social distancing, hand hygiene, and vaccination to mitigate Covid-19 risks. It educates and encourages communities to adopt responsible behaviors for individual and public health.

*"Master Essential  
Practices for Health and  
Safety."*

# Department of Lifelong Learning and Extension (DLLE)

## Covid Appropriate Behaviour

Covid-appropriate behaviour refers to actions like wearing masks, maintaining physical distance, washing hands frequently, avoiding large gatherings, and following health guidelines to prevent the spread of COVID-19. Our speaker told us some important behavioural changes we should adopt during the COVID-19 pandemic.

### Objectives:

1. Awareness: To raise awareness among participants about the importance of following COVID-appropriate behaviours during the COVID-19 pandemic.
2. Preventive measures: To educate participants about the specific behaviours and practices that can help prevent the transmission and spread of COVID-19.

### Outcomes:

1. Understanding COVID-19: Participants gained a comprehensive understanding of COVID-19, including its mode of transmission, symptoms, and the importance of early detection and testing.
2. COVID-appropriate behaviours: Participants learned and adopted key preventive measures, such as wearing masks, practising physical distancing, hand hygiene, and respiratory etiquette, as recommended by health authorities.

### Participants:

1. Chief Guest
2. Extension Teacher
3. DLLE student



Extension Teacher,  
DLLE, Palghar Unit

# Department of Lifelong Learning and Extension

## ACTIVITY REPORT

**Name of the Activity** – Covid Appropriate Behaviour

**Date** – 28/8/2020 **Time**- 12:30 p.m.

**No. of Students Participated** – 22 (Boys: 10 & Girls: 12)

**About the Activity** –

The lecture was conducted on a Zoom online platform. Prof. Prashant Mogle introduced the guest, Prof. Chitra Ashtekar, Madam explained the guidelines and protocols set by health authorities and government agencies regarding COVID-19 prevention to promote the health and safety of participants. Vote of Thanks expressed by Madhu Kale (SM).

### **Objectives:**

1. Awareness: To raise awareness among participants about the importance of following COVID-appropriate behaviours during the COVID-19 pandemic.
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### **Outcomes:**

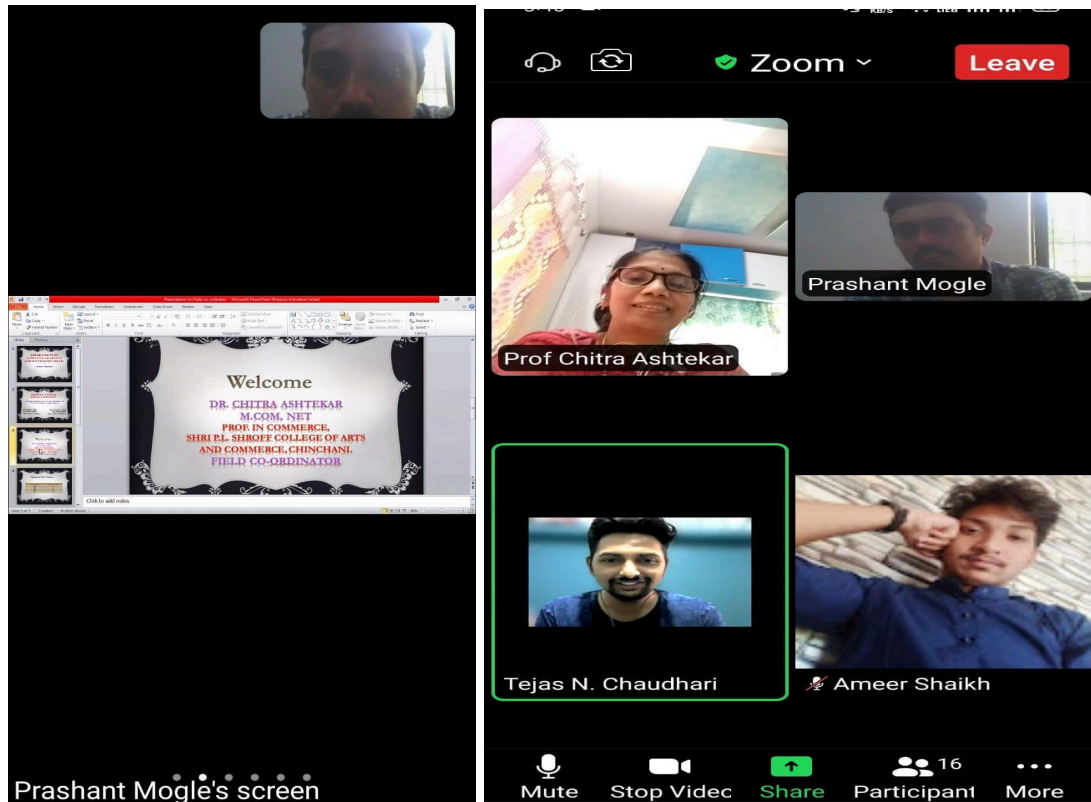
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Extension Teacher,  
DLLE, Palghar Unit

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## Students Attendance



Prof. Chitra Ashtekar Madam delivered an online lecture on  
“Covid Appropriate Behaviour”