

Department of Lifelong Learning and Extension (DLLE)

Covid precautions

“COVID Precautions” refer to the measures taken to reduce the risk of contracting or spreading COVID-19. Our main agenda was to tell DLLE students some important practices during a pandemic, these included wearing masks, practicing physical distancing, washing hands regularly, avoiding large gatherings, and following guidelines from health authorities.

Objectives:

1. Health and safety: To promote the health and safety of participants by providing accurate information on COVID-19 symptoms, testing, and seeking medical assistance.
2. Compliance with guidelines: To ensure participants understand and comply with the guidelines and protocols set by health authorities and government agencies regarding COVID-19 precautions.

Outcomes:

1. Better Community Health: By limiting the spread of COVID-19, students took preventative measures and helped to improve the general health of their community.
2. Sense of Responsibility: Complying with COVID-19 safety measures instilled in students a sense of accountability and camaraderie, motivating them to put their own and others' health first.
3. Improved Well-Being: Students benefited from enhanced physical, mental, and emotional well-being as well as a higher overall quality of life by taking precautions to protect themselves and others from COVID-19.

Participants:

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



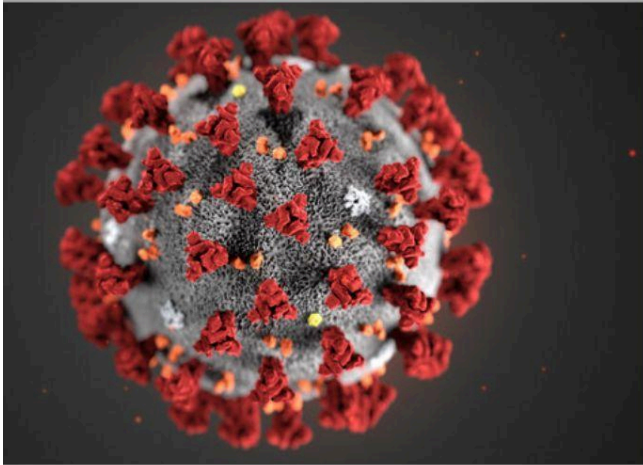
Extension Teacher,
DLLE, Palghar Unit



**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
Precautions**

**Session will be
conducted on
zoom meeting**

Covid Precautions

on 7/10/20
12:30 pm
Prof. Yogesh Mane

Keys to better Health care

"Covid Precautions Behaviour" is a program advocating safety measures such as mask-wearing, social distancing, hand hygiene, and vaccination to reduce Covid-19 risks. It educates and motivates communities to embrace responsible actions for personal and public well-being.

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

Department of Lifelong Learning and Extension

ACTIVITY REPORT

Name of the Activity – Covid Precautions

Date – 7/10/20

Time- 12:30 p.m.

No. of Students Participated – 14 (Boys: 07 & Girls: 07)

About the Activity –

The lecture was conducted on a Zoom online platform. Prof. Prashant Mogle introduced the resource person Prof. Asmita Raut. Madam interpreted the precautions taken during the pandemic period to prevent the transmission and spread of COVID-19. Vote of Thanks presented by Bhakti Dhumal (SM).

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The screenshot shows a Google Meet interface. The main window displays a presentation slide titled "MEDICAL NEWS TODAY Tips to Prevent Coronavirus Transmission". The slide lists 12 tips, each with an illustration and a red prohibition sign over it, indicating what to avoid:

- 1. Wash your hands frequently.
- 2. Avoid contact with others.
- 3. Cleanse all surfaces frequently.
- 4. Avoid crowded and public gatherings.
- 5. Avoid touching your face.
- 6. Avoid all non-essential travel.
- 7. Call advanced platform experts for internet or smartphone.
- 8. Isolated placement of masks, use all mode of transportation.
- 9. Wear face mask if possible.
- 10. When in places of high risk, wear mask, avoid touching, or use hand sanitizer.

The presentation is being shared by Pravin Amrute. The right sidebar shows a grid of participants: Prashant Mogle, vibhav m..., Shreya Patil, Aamita Raut, Parem Shankar Mourya, KARISHMA BASWAT, Priyal Powde, and shivangi mshra. At the bottom, there is a notification: "meet.google.com is sharing a window. Stop sharing Hide".

Prof. Yogesh Mane sir delivered an online lecture on
“Covid Precautions”