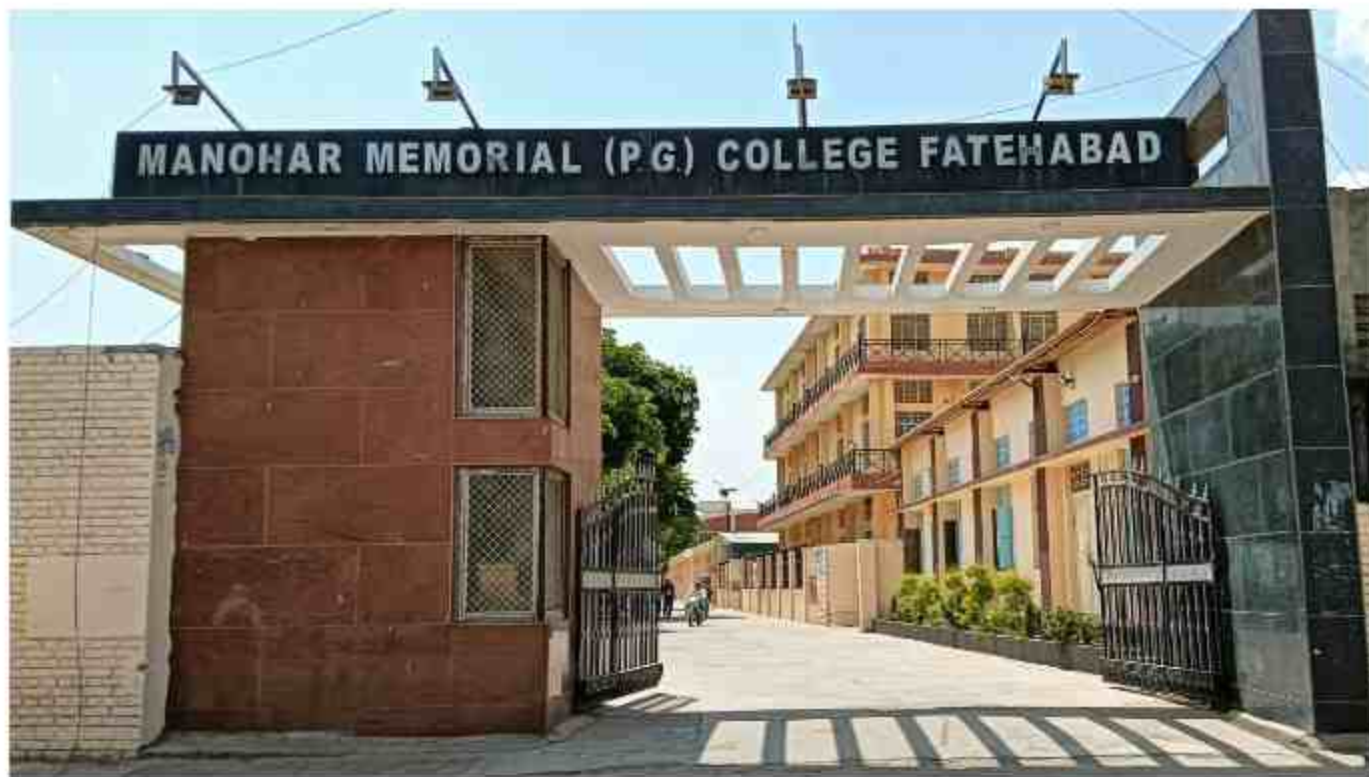




MANOHAR MEMORIAL [PG] COLLEGE

Ratia Road, Fatehabad (Haryana)-125050

(Affiliated to Chaudhary Devi Lal University, Sirsa)



**Report on Five Days Professional Training
Programme on Awareness on COVID Infections for
Non-Teaching Staff**

Event Type: Professional Training Program

Target Audience: Non-Teaching Staff

Topic: Awareness on COVID Infections

No. of Participants: 47

Dates: 17-08-2020 to 21-08-2020

Introduction

The Five Days Professional Training Programme on "Awareness on COVID Infections" was conducted by Youth Red Cross under the Headship of Mrs. Pratibha Makhija, Department of English and Coordinator of Youth Red Cross from August 17, 2020, to August 21, 2020, at MM [PG] College, Fatehabad. The program aimed to educate non-teaching staff on COVID-19, covering its transmission, prevention, and safety measures through detailed and practical sessions.

Objectives

- Increase awareness: Our primary objective is to enhance participants' understanding of Covid-19, including its transmission, symptoms, and preventive measures.
- Promote preventative measures: We aim to educate participants on effective strategies such as hygiene practices, social distancing, and the use of personal protective equipment to minimize the risk of infection.
- Enhance stress management skills: Through tailored sessions, we seek to empower individuals with techniques to manage stress, anxiety, and emotional well-being during these challenging times.
- Foster resilience: Our program endeavors to build resilience among participants, enabling them to adapt to the evolving circumstances brought about by the pandemic and thrive in the face of adversity.
- Encourage proactive health practices: We strive to encourage proactive health behaviors, including vaccination, proper nutrition, and physical activity, to bolster immunity and overall well-being in the fight against Covid-19.

Gans


Day 1: August 17, 2020

Session I: Inauguration about Corona Virus (9:30 A.M - 12:30 P.M)

The five-day professional training program on "Awareness on COVID Infections" was conducted by Dr. Gurcharan Dass, Principal, MM PG College, Fatehabad. The program, held from August 17, 2020, to August 21, 2020, aimed to educate non-teaching staff about COVID-19, its transmission, prevention, and safety measures. Each day comprised two sessions: Session I from 9:00 A.M. to 12:30 P.M., a break from 12:30 P.M. to 1:30 P.M., and Session II from 1:30 P.M. to 5:00 P.M.

The program, providing an insightful overview of the Corona virus pandemic, its origins, spread, and impact on global health. Participants gained a comprehensive understanding of the virus and its implications for society.

Session II: 1:30 P.M to 5:00 P.M

In the afternoon session, Dr. Rajni Verma led a session on meditation and stress management techniques. Participants learned valuable strategies to cope up with the mental and emotional challenges posed by the pandemic.

Day 2: August 18, 2020

Session I: Yoga Session (9:30 A.M - 12:30 P.M)

Dr. Kanta, Assistant Professor, Department of Computer Science, guided participants through a rejuvenating yoga session, emphasizing the importance of physical health in combating Covid-19.

Session II: Precautions and Common Medication (1:30 P.M - 4:30 P.M)

Mrs. Pratibha Makhija, Associate Professor, Department of English provided essential information on precautionary measures and common medications to prevent and manage Covid-19 infections.

Day 3: August 19, 2020

Session I: Meditation (9:30 A.M - 12:30 P.M)

Dr. Bhawya Mukhi, Assistant Professor, Department of Commerce, conducted a meditation session, helping participants cultivate inner calm and resilience in the face of uncertainty.

Session II: Quarantine/Social Distancing (1:30 P.M - 4:30 P.M)

Mrs. Tarika Narang, Assistant Professor in Environmental Science, discussed the importance of quarantine and social distancing measures in containing the spread of the virus, highlighting their role in community health.

Day 4: August 20, 2020

Session I: Pranayama/Deep Breathing Practice (9:30 A.M - 12:30 P.M)

Dr. Kanta led participants through pranayama and deep breathing exercises, promoting respiratory health and strengthening the body's natural defenses against infections.

Session II: Vaccination/Cleanliness at Home and Self (1:30 P.M - 4:30 P.M)

Dr. Rajni Verma emphasized the significance of vaccination and maintaining cleanliness in homes and personal hygiene to prevent the transmission of Covid-19.

Day 5: August 21, 2020

Session I: Stress Management (9:30 A.M - 12:30 P.M)

Dr. Bhawya Mukhi facilitated a session on stress management techniques, equipping participants with practical tools to cope with pandemic-related stressors.

Session II: Use of Mask/Sanitizer/Social Distancing (1:30 P.M - 4:30 P.M)

Mrs. Jyoti Nagpal enlightened participants on the proper usage of masks, sanitizers, and the importance of maintaining social distancing to mitigate the risk of Covid-19 transmission.



BROCHURE



Manohar Memorial (P.G.) College, Fatehabad

Organises

***5 Days Professional
Training Programme***

"Awareness on Covid Infections"

From : 17/08/2020 to 21/08/2020

Principal-cum-Convenor

Gans



ATTENDANCE CHART

Manohar Memorial College, Fatehabad
Five Days Training Programme
Awareness on Covid-Infections from 17.08.2020 to 21.08.2020

Signature Chart

S.NO.	NAME	Signature
	Anam Jindal	
	SHALU	
	Sattish Kumar 21/8/20	 21/8/20
	Suraj Kumar 21/8/20	 21/8/20
	HARENDER KUMAR 21/8/20	 21/8/20
	Garvika Singh 21/8/20	 21/8/20
	Navin Kumar 21/8/20	 21/8/20
	RAM SAHAI 21/8/20	 21/8/20
	Kavita Kaur	
	Sandeep Kumar	
	Ram Bhatt	
	Blaise Gill 21/8/20	 21/8/20
	Vinod Kumar	
	Vijay Kumar	
	Chait	

Principal
 Manohar Memorial College
 Fatehabad (Haryana)

SAMPLE CERTIFICATE



Manohar Memorial P.G. College, Fatehabad
Affiliated to Chaudhary Devi Lal University, Sirsa

**5 Days Professional Training Programme on
"Awareness on COVID INFECTIONS"**

17.08.2020 to 21.08.2020

Certificate

Certified that Sh./Smt. Tara Chand Designation Peon
of M.M. P.G. College, Fatehabad participated as Delegate/Keynote
Speaker/Resource Person in 5- Days Professional Training Programme "Awareness on
COVID INFECTIONS"

Pratibha
Organising
Secretary

gds
Dr. Gurcharan Dass
Principal-cum Convenor

gds