

The Plan for Reopening of C.Kandaswami Naidu College for Women Cuddalore - POST LOCKDOWN DUE TO COVID-19 PANDEMIC.

I. IQAC ,NSS,NCC ,YRC ,RRC and Womencell of C.Kandaswami Naidu College for Women,Cuddalore -1 will continue to serve as the main oversight for campus healthcare.

II. CLEANLINESS & PERSONAL HYGIENE COMMITTEE comprising of the following staff members will ensure the following safety measures before the reopening date and on the daily basis during the working days.

1.Rajini.R,Assistant professor of Physics

2.Sridevi.S , Assistant professor of Botany

3.Anitha.U, Assistant professor of Zoology

4.Kalpana.V, Assistant professor of Chemistry

5.Sangeetha.S, Assistant professor of Mathematics

6.Vijayalakshmi.S, Assistant professor of Tamil

7.Naveena.C , Assistant professor of History

8.Muthumari.D, Assistant professor of English

9.Umamaheshwari.K, Assistant professor of Computer science

10.Sudha.V , Assistant professor of Commerce

11.Suriya.J, Assistant professor of BBA

12.Lab assistants and attenders of Department of Chemistry, Botany, Zoology and Computer science

13.Storekeeper of Department of Chemistry.

- Proper sanitization at all learning sites should be ensured.
- Cleaning and regular disinfection (using 1% sodium hypochlorite) of frequently touched surfaces (door knobs, elevator buttons, hand rails, chairs, benches, washroom fixtures, etc.) to be made mandatory in all class rooms, laboratories, (and also) lockers, parking areas, other common areas etc. before the beginning of classes and at the end of the day.

- Teaching materials, computers, laptops, printers, shall be regularly disinfected with 70% alcohol swipe.
- Sitting places in classes, laboratories, computer labs, libraries etc. should be clearly marked, keeping in view the norms of physical distancing.
- Usage of clean tools, mop buckets, mop heads, scrub pads and towel.
- Frequent enhanced cleaning and disinfection of toilets and rest rooms
- Dustbins must be cleaned and covered properly.
- Proper disposal of wastes with the help of municipality officials.
- Check the Availability of soaps, disinfectants, sanitizers, etc.

III. Students with the following symptoms are expected to remain in their home until their recovery.

- Fever
- Dry cough
- Fatigue
- Loss of taste or smell,
- Nasal congestion,
- Conjunctivitis (also known as red eyes)
- Sore throat,
- Headache,
- Muscle or joint pain,
- Different types of skin rash,
- Nausea or vomiting,
- Diarrhea,
- Chills or dizziness.
- Shortness of breath,
- Loss of appetite,
- Confusion,
- Persistent pain or pressure in the chest,
- High temperature (above 38 °C).

IV. Temperature screening of all students ,Staff (Teaching and non teaching) and Visitors is made mandatory in the Entry point to prevent the entry of people with elevated temperatures.

V. The following public health measures are to be followed to reduce the risk of COVID-19 by all (faculty members, students and visitors) at all times:

- Physical distancing of at least 6 feet to be followed as far as feasible.
- Use of face covers/masks to be made mandatory.
- Frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be done wherever feasible.

- Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing of used tissues properly.
- Self-monitoring of health by all and reporting any illness at the earliest.
- Spitting shall be strictly prohibited.
- Installation & use of Aarogya Setu App shall be advised wherever feasible.
- As per the protocols to prevent the spread of COVID-19 only 50% of student strength is allowed to sit in a classroom.

VI.Regular Monitoring of Health

- Faculty, staff and students should also be sensitized on self-monitoring of their health.
- Faculty, Staff and students should submit self-disclosure, if any of their family members have been infected/availed treatment for COVID-19.

VII.Counselling & Guidance for Mental and physical Health through mentor mentee system.

Counselling & Guidance for Mental and physical Health will be provided by the mentors to their mentees In order to reassure the students' community to avoid any kind of stress or panic in the prevailing situation vis-a-vis their studies, health and related issues.

All the mentors will also encourage their mentees to visit the following video links of Ministry of Health & Family Welfare recommended by the UGC for the mental and physical well being.

<https://www.mohfw.gov.in/>

Practical tips to take care of your Mental Health during the Stay In

<https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtu.be>

Minding our minds during the COVID-19

<https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

Various Health Experts on how to manage Mental health & Well Being during COVID-19 outbreak

<https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu.be>

VIII. Posters will be pasted at appropriate places in the campus to create awareness about the risk of infection from Coronavirus and safety measures.

IX. Guidelines for the students on POST LOCKDOWN will be prepared and it will be sent to the students individually either through their Mail-ID or through their Whatts up number.