MAHILA COLLEGE, DALMIANAGAR, ROHTAS
VEER KUNWAR SINGH UNIVERSITY, ARRAH

Address: Mahila College, Dalmianagar, Dehri - on - Sone, Rohtas

RUSA Nodal officer Name: Dr. Upasana

Mobile No: 9889191742

EBSB Coordinator Name: Mr. Ashutosh Kumar

Mobile No: 6203999182

<table>
<thead>
<tr>
<th>Name of Event</th>
<th>HOW TO FIGHT COVI-19 (VIA POSTER PRESENTATION)</th>
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<tbody>
<tr>
<td>Place or Institution</td>
<td>MAHILA COLLEGE DALMIANAGAR, ROHTAS</td>
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<tr>
<td>Total No of Participants</td>
<td>25</td>
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<td>Date</td>
<td>17/04/2020</td>
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**Summary of Event**

Participants made the posters and tried to convince their neighbours about DO's and DON'T related to COVID-19 by maintaining social distancing.

**Glimpse of the Event:**
BENEFITS of PROPER HANDWASH

Proper handwashing not only reduces the spread of Coronavirus (Covid-19), it can prevent the spread of other viral illnesses such as cold and flu. Handwashing also reduces the risk of getting other easily spread infections such as SARS, and MERS.

1. Wet hands with water
2. Apply enough soap to cover all surfaces
3. Rub hands palm to palm
4. Right palm over left dorsum with interlaced fingers and vice versa,
5. Backs of fingers to opposing palms with fingers interlocked
6. Rotational rubbing of left thumb clasped in right palm and vice versa
7. Rotational rubbing backward and forward with clasped fingers of right hand in left palm and vice versa
8. Rinse hands with water
9. Dry hands thoroughly with a single-use towel
10. Use towel to turn off faucet
11. Your hands are safe now

Presented by, Akanksha of 2nd Year (English)

MAHILA COLLEGE
DALMIANAGAR
Wash your hands regularly.

Name: Kushboo Ranoo
College: N.S.S
Mahila College Dalmianagar
**How to Prevent Catching & Spreading Coronavirus**

**How to Prevent Catching The Virus**
- Wash your hands often, for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough and sneeze with a tissue and throw it out the tissue.

**How to Prevent Spreading the Virus**
- Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.
- Wear a face mask to cover your nose and mouth.
- Avoid close contact with other people, stay at home while you are sick.
- Monitor your symptoms and seek medical attention if your symptoms worsen.

_Thank you_
COVID-19

Sheena Kumari
Mahila College (Balmianagar)
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