

# PANIMALAR INSTITUTE OF TECHNOLOGY-CHENNAI-600123

## NATIONAL SERVICE SCHEME



### **Introduction:**

The National Service Scheme (NSS), a permanent student youth programme implemented in educational institutions is sponsored by both central and state government. The motto of NSS is “Not Me But You”. The efforts of NSS volunteers have been widely acclaimed by the community, universities, colleges and general public as the NSS volunteers have been rendering selfless service to the community. In our college one NSS Unit was established in the year 2011 with 100 volunteers.

### **COVID 19 AWARENESS PROGRAMME:**

**In our college starts creating awareness programme about this pandemic in the month of Feb 2020 itself. This awareness programme conducted by our NSS programme officer and Dr.Arthi PHC ,Poonamallee with the following informations under the guidance of authorities.**

## **HISTORY OF NOVEL CORONAVIRUS**

- This virus comes from family of corona virus which includes other viruses such as MERS and SARS.
- **CORONAVIRUS** more transmissible but appears less deadly than SARS.
- Rate of human to human transfer appears higher than that of SARS.

## **MODE OF TRANSMISSION**

- Evidence suggests transmission mostly droplets. When a person coughs or sneezes, if these droplets come into contact with eyes, nose or mouth of an individual directly or indirectly through hands come into contact with these droplets the individual may become affected.
- There is no evidence currently to suggest that the virus is airborne.
- There are other viruses such as chicken pox which can easily transported via air and do not require droplets.
- The novel corona virus could also transmit through surface contact. When a person sneezes or cough, the droplets fall on to the surfaces of tables and chairs and the virus may remain alive for up to a few days.
- When someone else touches the surfaces of these tables and chairs the virus can be transferred through his hands, and if he rubs his eyes or nose without washing his hands, he may become affected. So we should wash our hands.

## **PREVENTION**

- Medical professional from India and overseas have advised that the most effective way that we can protect ourselves is to practice good personal hygiene.
- We should regularly wash our hands with soap and water and avoid touching our face with our hands. So it is simple, but extremely very difficult but it is actually very effective in preventing all kinds of infection.
- Masks offer no protection when we are well often gives us a false sense of security instead. We more likely to touch our faces when we constantly adjust our mask which is one way of the disease spreads.
- If we are sick, wear surgical mask to protect other, our loved ones, friends, colleagues



Our NSS Programme Officer explains brief history about Novel Coronavirus to our college students on 10.02.2020





The NSS volunteer briefs effective hand wash method during Novel Coronavirus awareness programme to our college students on 11.02.2020



The NSS volunteer briefs mode of transmission of coronavirus during Novel Coronavirus awareness programme to our college students on 12.02.2020





Snap Shot of Rally About Covid 19 Awareness Programme on 12.03.2020



Snap Shot of Rally About Covid 19 Awareness Programme on 12.03.2020





Dr.Arthi PHC ,Poonamallee briefs mode of transmission of coronavirus during Novel Coronavirus awareness programme to our college students On 13.03.2020





Health officials from PHC ,Poonamallee demonstrates effective hand wash method to our students during Novel Coronavirus awareness programme on 13.03.2020