



COVID-19 GUIDELINES

Health and Safety Policy:

Health and safety of all faculty members, staff, students, visitors, guests and nearby community (where ever applicable) is among the top priority of the University.

Health and Safety during COVID-19 Pandemic:

COVID-19 have not only affected our physical health but also created mental distress. Positivity and optimism stimulus mind, to prepare body for challenges. At this tough time, we need to assemble our will power against negativity and fear, and, stay optimistic to face exigencies.

Work on Physical Fitness:

- Sleep well for 7 hours and maintain a proper schedule,
- Regular exercise and/or yoga for at least 30 minutes,
- Drink plenty of water; eat fresh fruits and healthy food,
- Stay away from Alcohol and Nicotine intake,
- Take your medication on time.

Stay Mentally Fit:

- Spent time in creative things of your interest,
- Interact and spend time in meaningful discussions,
- Read good books of your choice,
- Use online learning resources.

The University strictly follows COVID-19 safety guidelines issued by different government agencies and UGC. Protection of self and others is collective responsibility of all Employees, students, visitors and guests. All are expected to adhere to following guidelines:

General Guidelines To All

1. Physical distancing of at least 6 feet to be followed, as far as possible.
2. Use of face covers/masks is mandatory inside the campus.

3. Frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use alcohol-based hand sanitizers can be done wherever feasible.
4. 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.
5. Self-monitoring of health by all and reporting any illness at the earliest to their authorities is utmost important.
6. Spitting in public is strictly prohibited.
7. Installation & use of Aarogya setu app is advised wherever feasible.
8. Students, faculty and staff should get thermal screened while entering the campus and the symptomatic ones are advised to get clinically assessed before allowing them entry into the campus.
9. Avoid crowding at entry/ exit points and common areas like Canteen.
10. It is important for the students to be physically and mentally fit to handle any exigencies by remaining fit, they can take care of others also.
11. The students must inculcate activities that will increase immunity-boosting mechanism which may include exercise, yoga, eating fresh fruits and healthy food (avoid fast food), sleep timely.
12. Discrimination of fellow students in respect of whom there is history of COVID-19 disease in the family should be avoided.
13. Students should follow the guidelines, advisories and instructions issued by the Government authorities as well as by the universities and colleges regarding health and safety measures in view of COVID-19 pandemic.

Day Scholars:

1. Before starting from home must ensure they have no symptoms. If any, they must stay at home and take medical advice.
2. Must go through thermal screening while entering in the university. If observed fever, immediately inform concerned authorities and seek medical help.
3. Strictly maintain physical distancing and should not crowd at common areas.

Hostellers:

1. Must maintain COVID protocol all the time in totality,
2. Must maintain physical distancing at all common areas of hostel as well as mess,
3. While returning after leave/vacation must produce vaccination certificate and stay quarantine for 7 days. Strictly avoid roaming around.

Visitors and Guests:

1. Visitors are not allowed in the campus,
2. In specific condition, with prior permission, visitors will be allowed, condition to they will produce vaccination certificate at the gate, go through thermal screening, wear mask throughout their visit, maintain physical distancing and strictly adhere to COVID-19 protocol,
3. Record of visitors will be maintained, including contact details and persons they meet during their visit,
4. Guests staying in campus must provide contact details and produce vaccination certificate, go through thermal screening, provide details of their visit prior to coming to the university
