

## Academic Institutes To Open With 2020 COVID-19 Safety Norms

The world has given a tough battle against the deadly viral infection COVID-19 and our nation, India too remained in this league. Now, passing the struggle time of isolation, Social Distancing, LockDown and Restriction in normal movement, we're moving ahead to bring normalcy with the Unlock Phase by reopening inter-state routes, markets, transportation channels and some major public places. As per the announcement made by Union Health Ministry on September 8, 2020, complete Standard Operating Procedure (SOP) has been introduced for Schools voluntarily classes from 9th to 12th, Higher Academic Institutes and Skill Training Centres that are said to be opened from September 21. These norms circulated by the Ministry of Home Affairs and Ministry of Health & Family Welfare are to be strictly followed in every State and UTs of India. The norms are divided in this way:

**Generic Preventive Measures:** This norm is compulsory for teachers, employees and students and include:

- # Physical Distancing of at least 6 feet, wherever feasible
- # Mandatory use of Face Covers/Masks
- Periodic system of washing hands (taking at least 40-60 seconds time), even if they seem not to be dirty
- # Use of alcohol based sanitizer (taking at least 20 seconds time)
- # Strict system of covering mouth/nose with a tissue/handkerchief/flexed elbow while sneezing/coughing. Compulsory practice of disposing off the tissue
- # Strict prohibition over spitting
- # Self Monitoring of illness and timely report in case of any suspicious COVID-19
- # Installation and use of Arogya Setu App is advised

wherever feasible

**School Rules before Reopening after COVID-19 Pandemic:**

- # ONLY those school that are outside the containment zone can reopen
- # Students, Teachers, Employees who are staying in containment zone are NOT allowed to come to school
- # Students, Teachers, Employees are advised NOT to visit containment zone
- # All work areas of the school, such as, teaching/demonstration zone, lab rooms, common utility areas are to be thoroughly cleaned with 1% Sodium Hypochlorite solution, with particular attention given in frequently touched areas
- # Schools that were used as Quarantine Centres should be sanitized with special care and deep cleaned before partial functioning is resumed. Concerned teaching and non-teaching employees (50% of the strength) may be called to school for online teaching/tele-counselling and related works
- # Option allowed to students from 9th to 12th classes to virtually or physically take lesson from school on a voluntary basis ONLY with written permission from parents/guardian
- # Provision of Contactless Attendance System should be implemented instead of Biometric Attendance for school administration
- # Seating plan should be modified to keep at least 6 feet gap between benches in the classroom and staff room, office areas (including receptions) and other places (mess, libraries, cafeterias), etc.
- # Implementing sufficient hand washing facilities with correct disinfecting soap
- # Special marking (for at least 6 feet gap) should be put in order to regulate queues in

school premises

- # Weather permitting, open space can be allotted for Teacher-Parent, Teacher-Student interaction
- # Assemblies, Sports and any Group Events are strictly prohibited
- # School should display State helpline Number, Numbers of Local Health Authorities, etc. and should be available with teachers, students, employees
- # Air-conditioning/Ventilation System should be maintained with CPWD guidelines keeping the cooling range 24-30 degree C, relative humidity of 40-70%. Sufficient provision should be taken for fresh air.
- # Students' Lockers should be allowed ONLY with thorough disinfection and maintaining Physical Distancing norms
- # Gymnasiums should follow MoHFW guidelines. Swimming Pools to remain closed
- Planning of Activity Schedule:**
  - # School employees of higher risk, such as, old, pregnant, undergoing medical treatment are to be given extra attention. They should not be allotted for front-line work with the risk of direct contact
  - Keeping Safety Stock Ready:**
    - # Adequate stock of COVID-19 protection accessories, such as, face covers/masks, visors, hand sanitizers, etc. should be made
    - # Provision of sufficient and functioning
    - # Thermal Guns, Alcohol Wipes or 1% Sodium Hypochlorite Solutions, Disposable Paper Towels, soap, IEC materials
    - # Provision of Pulse Oximeter to check Oxygen Saturation Level of Symptomatic Patients is compulsory



- # Provision of sufficient number of covered Dustbins and Trash Cans
- # Provision of proper disposal of used personal protective items as per CPCB guidelines
- # Provision of proper training and awareness to Housekeeping employees on Waste Management and Disposal System
- Safety System of the School Premises:**
  - # Mandatory provision of hand hygiene and thermal screening in every entrance
  - # Provision of separate/multiple gate for entry-exit, wherever feasible. Entry of visitors should be strictly regulated
  - # ONLY asymptomatic persons should be allowed inside school premises. Any teacher/student/staff is found to be symptomatic should be immediately transferred to Health Centre
  - # Students are encouraged to make COVID-19 safety Posters and place it in various locations of school
  - # Correct Crowd management System should be implemented in Parking Lot, Corridors, Elevators with COVID-19 safety norms strictly followed
  - # Initiative from School Administration to increase Safety Awareness inside school among students/teachers/staff and strict supervision should be conducted to check

Modification in Teaching Norms:

- # Implementation of staggering school timings with Separate Time Slots keeping COVID-19 Physical Distancing safety norms correctly in place
- # Teaching Staff should ensure to wear face mask/face shield/face cover as permitted while teaching
- # Sharing of notes/text-books/school accessories among students are NOT allowed
- # Conduct skill based training in laboratories/workshops
- # Strict Physical Distancing and COVID-19 safety norms should be followed in doing practical work in laboratory. The room should be pre-arranged for the same
- # Lab equipments should be thoroughly disinfected before and after every use
- # Ensure floor area of 4 sq. m per person available in work areas
- # School staff should MANDATORILY sanitise their hands before and after using any teaching accessories
- Norms of Common Area Activities:** These norms should be followed in Library, Mess/Canteen, Common Rooms, Gymnasium, etc.
- # Strict Physical Distancing norms
- COVID-19 safety norms, wearing masks, hand sanitization, etc.
- # Cafeteria/Mess within school premises should remain

closed

**School Transportation Norms:**

- # Strict Physical Distancing norms should be implemented in case there is provision of school transportation for students/staff
- Hygiene and Sanitation:**
  - # Daily cleaning of school floor
  - # Provision of soaps in toilets and sufficient hand sanitizers in common areas
  - # Thorough cleaning of frequently touched areas, such as railings, door knobs, seating areas, etc. with 1% Sodium Hydrochlorite is MANDATORY
  - # Teaching Materials, Computers, Laptops, Printers, etc. shall be wiped with 70% alcohol based disinfectant
  - # Strict instruction of use of Close
  - # Dustbins/Trash Cans for disposing COVID-19 safety accessories. Maximum 3 days are permitted to keep them and then they are to be removed as dry waste after cutting/shredding. # Students should not be involved in ANY cleaning activities
  - # Strict SOP should be followed for suspicious individuals found inside school premises and there should be separate provision of well ventilated room for them to isolate till they are transferred to health centre
  - # Parents/Guardians should be informed if ANY student is found in COVID-19 symptoms. Ensure to follow strict COVID-19 safety norms while they are isolated
  - # Provision of Risk Assessment conducted by Public Health Authority (district RRT/Treating Physician) and necessary actions taken wherever required
  - # Thorough disinfection of school premises if any POSITIVE COVID-19 case is found

**- Arkaprava Das**

## Natural remedies can protect the Complete ecosystem of lakes and Ayad river

Natural remedies can make the rivers and lakes flowing in lakes, ponds, and urban areas free of dirt and ecologically rich, beautiful, and clean. These views expressed in a Sunday dialogue on "Treatment of contaminated water with eco techniques and water source conservation."

The dialogue was jointly organized by the Lake Mitra Sansthan, Lake Conservation Society, Gandhi Manav Kalyan Samiti under the aegis of India Water Partnership.

The principal of Vidya Bhavan Polytechnic, Dr. Anil Mehta, said that simple, inexpensive, and useful technology like Green Bridge has successfully used the eco technique to treat dirty water and accumulate polluted silt. The dirty water flowing in the river has been cleaned; the river's entire ecosystem has improved. In natural ways, pollution from plants, bushes, and organisms available in nature is self-healing.

Tej Shankar Paliwal, a member of the Lake Development Authority, said that weeds control could be done organically in lakes ponds. Paliwal said that fishes of grass carp species naturally control weeds. The biological treatment of hyacinth has been successfully done in Udaipur.

Secretary of the Lake Conservation Society, Dr. Tej Razdan, said that the prevalent techniques of treating contaminated water require a lot of land for the treatment plant including excessive consumption of electricity, chemical, and human labor. The same natural technology is capable of treating contaminated water without any electrical energy, chemical expenditure.

Nand Kishore Sharma, director of Gandhi Manav Kalyan Samiti, said that nature naturally could purify oneself. Contamination from human activities in lakes, ponds, and rivers has to be controlled.

Environmentalist Pallab Dutta said that the river Ayad had poorly been contaminated by waste, debris, human sewage, dirty water, effluent from industries. Udaipur cannot become a smart city unless the river and lakes are clean.

Young environmental activists Kushal Rawal and Danish Hakim said that a "forest plaque," the green stripe, should be built on all river drains' banks, including the Ayad River. This will lead to biodiversity, preventing encroachment on river drains.

Shramdan held at Pichola before the dialogue, Preeti Bhanat, Laveena Parmar, Shikha Dangi, Prema Thapa, Prachi Sharma, Kushal Rawal, Drupad Singh Chauhan, Krishna Koshti, Ram Lal Gehlot, Jal Yodha Dev Raj Singh Solanki, Samajsevi Nand Kishore Sharma, Tej Shankar Paliwal, member of the Lake Development Authority, took out polythene, alcohol bottles, household waste and aquatic grass from the lake area.

## - By the way-

### Look beyond Black & white

For some people, life only has two sides, it's either black or white.

A mixture of two is not possible for them. They never view the life with gray areas in between. They see people, situations, places, and many other things to only have positive and negative characteristics.

I too had a habit to see everything in black & white until one day I realised my mistake. Defining everything in black or white is very easy but there is so much hiding amongst the grey areas. No one wants to talk about the grey shade that he or she is hiding.

It is very easy to blame others for their negativities but do we look inside us.

We can preach others to not to talk shit but when same situation come to us, we react differently.

Grey is the shade which everyone has inside but it takes lot of courage to accept that.

I have seen people defending themselves so well but they can not accept the fact that the other persons may have flaws too.

Why do we judge people who wear western clothes? Why do we talk ill about modern women who drink or smoke?

Everyone does this behind closed doors but doing this in front of public may harm their characters. People used to wear white clothes to show their serenity and those who love black colour are considered to be negative.

I find it hilarious sometimes. I have read in Buddhism that we all are born with same potential. Both evil and good are inside us. It depends on the state of mind that we react accordingly.

We should never blame others for our own negativities.

"The world isn't black and white. No one does pure good or pure bad. It's all gray. Therefore, no one is better than anyone else. Knowing only grey, you conclude that all greys are the same shade. You mock the simplicity of the two-colour view, yet you replace it with a one-colour view. - Marc Stiegler"

I think this quote clarifies my point of view. Grey is the colour of this modern era and we must stop looking at others as black & white.

Let them be original. Originality is difficult to absorb but after realising the fact of life, we may lead easy life.

There's no right or wrong when one chooses to be happy. It's just a battle between one's own happiness and the judgment of others.

I have forgotten the name of a philosopher who said the above quote.

I may wear my choice of clothes or live life in my way and it may appear wrong to others. It does not mean that I am wrong and they are right or Vice Versa. It's just a situation or difference of opinion. So just start to take it light to live peacefully in this wide world where different people of different moods live with you.

Black & White is a myth, right or wrong is an illusion.

I rest my case with this quote of Shinde Sweety

"No person is completely wicked, just as no person is perfect. We are all grey."

**- Ritu Sodhi**

## A Mission Towards Mankind's Muscular Dystrophy

Muscular Dystrophy in the entire country is a type of among other disabilities. It requires proper attention and care. Due to Lake of required awareness creation about this disease, it is neglected, many persons are suffering with Muscular Dystrophy. It is curable by proper Physiotherapy, Hydrotherapy and Regular Medical Check-ups - General medical check-ups by professional doctors. To create greater awareness of Muscular Dystrophy to reach out to each and every person afflicted with Muscular Dystrophy in India and abroad and attempt to provide as normal, a life as possible by appropriate interventions. To create a center where all specialized services for treatment and rehabilitation can be provided under one roof for persons afflicted with Muscular Dystrophy. There are many types of muscular dystrophy. Duchenne muscular dystrophy, Becker muscular dystrophy, Congenital muscular dystrophy, Emery Dreifuss muscular dystrophy, Facioscapulohumeral muscular dystrophy, Limb-Girdle muscular dystrophy, Myotonic muscular dystrophy and Oculopharyngeal muscular dystrophy are common. Symptoms vary with different types of muscular dystrophy and include. Muscle weakness that slowly gets worse Bulged out calf muscles, Drooping Shoulders, Scoliosis of Spine Frequent falls, Waddling Gait, Loss in muscle size, Loss of strength in a muscle or group of muscles as an adult. Delayed onset of the disease causes huge mental trauma to the patient and the family - who try to "find a cure" - at any cost. Leading a life of despondence, isolation and fear not knowing what is happening and why? 100% dependence on others, for basic day to day living and survival.

MD shortens the natural life-span. A normal person cannot imagine the state of disability and pain of the sufferer. Indian Association of Muscular Dystrophy (IAMD) is a registered society of India working mainly in the field of in the state of Himachal since 1992. This is one of the oldest societies of India to work for the cause of MD. In its initial years IAMD worked towards the organized 1-3 days awareness and activity camps in north India and provided one platform to almost 5000 MD patients and their families where they could discuss



and find solutions to their problems. The Indian Association of Muscular Dystrophy has established a 50 bedded Integrated Muscular Dystrophy Rehabilitation Center- "Manav Mandir" in Solan (H.P.), for the rehabilitation and management training for the patients of Muscular Dystrophy and their families. The outdoor and indoor services at this center started in January 2017. This is a seven-storied building, out of which 5 stories are being utilized and the rest are under construction. The entire area is 277.54 Sq. Meters. The center is very sunny and scenic and is surrounded by beautiful hills and valleys. The entire building is wheelchair accessible. The center is a little away from the hustle-bustle of the town to provide peace and quiet to the participants but well connected with the city center.

### SERVICES AT 'MANAV MANDIR'

**Physiotherapy** - Physiotherapy is the only known cure for muscular dystrophy, and we are now offering state of the art therapy with special gadgets. The Physiotherapy hall can accommodate 50 patients at one time. This spacious south-facing room is well lit and overlooks the beautiful valley from its big glass windows. Soft melodious music adds to the atmosphere.

**Hydrotherapy** - Hydrotherapy has been outlined by doctors as excellent treatment. It is believed that it improves and maintains mobility, strength, and flexibility of muscles, and is a good form of aerobic exercise. IMDRC has a temperature-controlled 'indoor pool' and 'steam' facility for all its patients. The pool is 4.75 Meters by 8.75 Meters. We use special equipment for exercises in water under the guidance of our trained staff.

**DNA & Carrier testing** - We facilitate DNA and carrier testing. The samples are collected at our center and sent to CCNB Hyderabad. Genetic Counselling is also being offered on a regular basis by professional doctors. DR. CHANDAK FROM CENTRE FOR CELLULAR, DR. VINAY GOYAL FROM AIMS DELHI MOLECULAR BIOLOGY HYDERABAD.

**Psychological Counselling** - It is an important part of the rehabilitation process. The President and the Secretary of IAMD are MD afflicts themselves and are managing their lives successfully. They contributing their valuable time and support to counsel all the affected individuals having similar conditions on a regular basis.

**Dental Check-up** - For a person afflicted with Muscular Dystrophy, dental care gets neglected as it tends to become their last priority. Keeping this in view, free dental check-ups and hygiene counselling is provided by Mathuram DAV Dental College, Solan, from time to time.

**Meditation and Yog Pranayam** - These give tremendous positive energy and support to the afflicts of Muscular Dystrophy and their families. The Meditation and Yog-Pranayam sessions are mandatory at IMDRC and are being supervised by an Ayurvedic Doctor and a Yoga trainer.

**Diet Plan** - A planned and nutritious diet is an integral part of the residential camp at the center- "Manav Mandir". The afflicts also receive nutritional guidance and detailed diet plans to take back with them from trained dietitians. In order to bridge the social gap, we have introduced outdoor fun activities called 'picnics' that help us bond with each other, with our community and our environment.

**Recreational Activities** - Volunteers from regional Educational Institutions regularly participate in evening recreational activities. This enhances the spirits and motivates the afflicts and their families. It is progressive, which makes it more severe than other disabilities.

No awareness programme by the Government. Due to lack of awareness, people who are diagnosed with MD, lose their time, money and energy with false God-men, some even try to hide the patient from society - causing even more distress to the sufferer. Due to lack of genetic counselling, it is not possible to initiate steps to prevent the disease. Medical fraternity by and large shows little inclination, there have been several cases of irreversible damage in patients living with MD. Absence of specialised institutes for medical care. Very little diagnostic and testing facility, specific to muscular dystrophy. At times, muscular dystrophy is confused with polio. No Government agency working in this field. IAMD has established an apex centre in the name of Integrated Muscular Dystrophy Rehabilitation Centre (IMDRC) "Manav Mandir" in Solan Himachal

Pradesh, a residential facility for 25, will be increased to 50. We provide here complete care and management for Muscular Dystrophy afflicts. IAMD incurs an expenditure of Rupees Five lakhs per month to provide these facilities.

**- Dr. Prabhat Kumar Singhal**

## Hindi Divas Celebration by Seedling

Hindi Divas is celebrated on Sept 14 to pay tribute to the official language of India. Seedling modern public school celebrated Hindi Divas digitally in the wake of pandemic situation by organizing various events. The main aim was to orient the students about the importance of Hindi language and how celebrating the day helps in sustaining traditional values and glorifying them to reinforce the languages' importance. Students were conveyed that English is important but usage should be such that both languages- hindi and English- complement each other. Students of classes 7th, 8th & 9th participated in the various events where they shared Hindi proverbs along with explaining them and narrated Hindi couplets of Kabir Das, Rahim, Surdas and Raskhan. They highlighted and gave an insight and importance of Hindi Dohas in our daily life and urged everyone to feel proud of our National Language Hindi.

The winners were:  
1st Vedant Pagaria  
2nd Seerat Kaur  
3rd Neevati Jain  
7th Zoher Magar.

The students of class 9th participated in the inter house debate competition on the topic "Corona is a threat to mankind and a boon to nature", in which the first position was bagged by Himanshi Chundawat (Soma House), second position achieved by Shaurya Babel (Varuna House) and third position gripped by simran Pahuja (Indra House). Principal of the school, Ms. Keerti Maken extended her wishes on the occasion and congratulated the participants as well as the winners for showing their devotion, dedication and positive spirit on the occasion by showcasing their talents. Director of the school, Mr. Bakshi stated that language and culture of any country plays an important role in making people - connect with the people and helps in making a strong nation. Thus, the celebration concluded with a positive note.

**- Dr. Shameem Quader**

## For Royal Harbinger Call

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