

CENTRAL UNIVERSITY OF ODISHA, KORAPUT
OFFICE OF THE PUBLIC RELATIONS

PRESS RELEASE, 14 OCTOBER 2020

Webinar on 'Protect Yourself and Others from CORONA Virus at CUO

As a part of the 'Jan Andolon campaign and Public Awareness drive', the Central University of Odisha, Koraput organized a Webinar on 'Protect Yourself and Others from CORONA Virus: Critical Awareness and Preventive Measures' today at its campus at Sunabeda. Prof. I. Ramabrahmam, the Vice Chancellor of the University inaugurated and presided over the Webinar. He urged all the University Community to follow Covid-19 protocol and guidelines in letter and spirit. He said, "We must wear mask, wash our hands in regular intervals and maintain social distancing, '*Do Gaj Ki Doori*' and avoid gathering". Dr. Susen Kumar Patro, Medical Officer of Urban Health Centre, Sunabeda was the Resource Person who spoke on the subject to make aware the students, employees of the University about preventive measures against the Covid-19.

Dr. Susen Patra gave an elaborate presentation on immunity development, preventive and protective care, tips for CORONA patients and convalescence measures and tips for influenza like illness. He emphasized on immunity development of our body and prescribed medicines like Vitamin C, Vitamin B-Complex and Zinc. He also gave some tips to fight against Covid19 like use of "Kadha" with the help of indigenous ingredients like Tulsi and Turmeric. He also advised to practice exercise, Yoga and Pranayam, drink warm water, do the warm water gargling with Betadine, and inhale steam from time to time. He further advised to keep some first-aid-like medicines like paracetamol, cetirizine and vitamins in the University and use them whenever people fall sick in any influenza-like-illness with the advice of doctor. He defined the disease of Corona threadbare including its symptoms and characteristics and gave a mapping of how it spread. To protect one's self and others from Corona, one should maintain regular hand-wash, face-mask, social distancing and avoidance of gathering," he said. He extended all the health-related tips to the University community.

Prof. Asit Kumar Das, Registrar delivered opening remarks and expressed his concern towards the spreading of Virus due to some of our small mistakes. Prof. P. Durga Prasad, Visiting Professor gave concluding remarks and highlighted some of the key issues related to Covid-19. Dr. Phagunath Bhoi, PRO and Nodal Officer, Covid-19 coordinated the programme. Dr. Ramendra Kumar Parhi, DSW I/c extended the vote of thanks. The programme was concluded with question and answer session on Corona and other influenza-like illness. Entire University community watched the live programme through the University Facebook page.

Dr. Phagunath Bhoi, Public Relation Officer