

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

(A.O. Bureau)
Koraput, Oct. 14: 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 Re-

source 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, cetrizine 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 thread-bare 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.

ଓଡ଼ିଶା କେନ୍ଦ୍ରୀୟ ବିଶ୍ୱବିଦ୍ୟାଳୟ ପକ୍ଷରୁ ଖେବିନାର

କୋରାପୁଟ, ୧୪।୧୦(ସ୍ୱ.ପ୍ର)

କରୋନାକୁ ନେଇ ସଚେତନତା ଓ ସୁରକ୍ଷା ବ୍ୟବସ୍ଥା ଶୀର୍ଷକ ଏକ ଆଲୋଚନାଚକ୍ର ଗୁରୁବାର ଓଡ଼ିଶା କେନ୍ଦ୍ରୀୟ ବିଶ୍ୱବିଦ୍ୟାଳୟ ପକ୍ଷରୁ ଅନୁଷ୍ଠିତ ହୋଇଯାଇଛି । କେନ୍ଦ୍ରୀୟ ବିଶ୍ୱବିଦ୍ୟାଳୟର ସୁନାବେତ୍ତାଛିତ ସ୍ଥାୟୀ କ୍ୟାମ୍ପସଠାରେ ଖେବିନାର ଦ୍ୱାରା ଆୟୋଜିତ ଏହି ଆଲୋଚନାଚକ୍ରକୁ କୁଳପତି ପ୍ରଫେସର ଆଇ. ରାମକୃଷ୍ଣମ ଉଦଘାଟନ କରି ଏହି ପ୍ରସଙ୍ଗ ଉପରେ ତାଙ୍କ ଆଭିଯୁକ୍ତି ରଖିଥିଲେ । ଅନ୍ୟମାନଙ୍କ ମଧ୍ୟରେ ଡା. ସୁଶୀଳ କୁମାର ପାତ୍ର ଯୋଗଦେଇ କୋଭିଡକୁ ନେଇ ଛାତ୍ରଛାତ୍ରୀ ଓ କର୍ମଚାରୀଙ୍କୁ ସଚେତନ କରାଇବା ସହ ଏହା ଉପରେ କି ପ୍ରକାର ସୁରକ୍ଷା ବ୍ୟବସ୍ଥାମାନ ଗ୍ରହଣ କରିବା ସେନେଇ ବିସ୍ତୃତ ଆଲୋଚନା କରିଥିଲେ ।

କେନ୍ଦ୍ରୀୟ ବିଶ୍ୱବିଦ୍ୟାଳୟରେ ଜନ ଆନ୍ଦୋଳନ ପ୍ରଚାର ଏବଂ ଲୋକ ସଚେତନତା ଅଭିଯାନ କାର୍ଯ୍ୟକ୍ରମ

ସୁନାବେଡ଼ା, ୧୪।୧୦ (ନି.ପ୍ର)- ଜନଆନ୍ଦୋଳନ ପ୍ରଚାର ଏବଂ ଲୋକ ସଚେତନତା ଅଭିଯାନ କାର୍ଯ୍ୟକ୍ରମର ଅଂଶବିଶେଷ ରୂପେ ସୁନାବେଡ଼ାସ୍ଥିତ ଓଡ଼ିଶା କେନ୍ଦ୍ରୀୟ ବିଶ୍ୱବିଦ୍ୟାଳୟ ପକ୍ଷରୁ କରୋନା ଭୂତାଣୁ ସଂକ୍ରମଣରୁ ନିଜକୁ ଏବଂ ଅନ୍ୟମାନଙ୍କୁ ସୁରକ୍ଷା କରିବା ସଂକ୍ରାନ୍ତ ଏକ ଶୈବିନୀର ଆୟୋଜିତ ହୋଇଯାଇଛି । ବିଶ୍ୱବିଦ୍ୟାଳୟ କୁଳପତି ପ୍ରଫେସର ଆଇ.ରାମବ୍ରହ୍ମନ୍ କାର୍ଯ୍ୟକ୍ରମ ଉଦଘାଟନ କରି ବିଶ୍ୱବିଦ୍ୟାଳୟ ସମୂହକୁ କୋଭିଡ ନିୟମାବଳୀକୁ ଅନୁସରଣ କରିବା ସହ ମାସ୍କ ବ୍ୟବହାର ଏବଂ ନିୟମିତ ହାତ ସଫା କରିବା ସହ ସାମାଜିକ ଦୂରତା ରକ୍ଷା କରିବା ନିମନ୍ତେ ନିବେଦନ କରିଥିଲେ । ସୁନାବେଡ଼ା ସହରାଞ୍ଚଳ ସ୍ୱାସ୍ଥ୍ୟକେନ୍ଦ୍ରର ଡାକ୍ତର ସୁଶେନ୍ଦ୍ରକୁମାର ପାତ୍ର ସାଧନ କର୍ମୀ ଭାବେ ଯୋଗଦେଇ କରୋନା ଭୂତାଣୁ ସଂକ୍ରମଣରୁ ରକ୍ଷା ପାଇବା ନିମନ୍ତେ ବିଶ୍ୱବିଦ୍ୟାଳୟ ଛାତ୍ରଛାତ୍ରୀ ଏବଂ କର୍ମଚାରୀଙ୍କୁ ସଚେତନ କରିଥିଲେ ଏବଂ ନିଜ ନିଜ ଶରୀରରେ ରୋଗ ପ୍ରତିରୋଧକ ଶକ୍ତି ବୃଦ୍ଧି କରିବା ନିମନ୍ତେ ଭିଟାମିନ୍ ବି ଓ ଭିଟାମିନ୍ ସି ଟାବ୍ଲେଟ୍‌ର ସେବନ ଏବଂ କାଢ଼ା ପାନୀୟ ନିୟମିତ ପାନ କରିବା ନିମନ୍ତେ ପରାମର୍ଶ ଦେଇଥିଲେ । ପୁନଶ୍ଚ କରୋନା ସଂକ୍ରମଣରୁ ନିଜକୁ ରକ୍ଷା କରିବା ସକାଶେ ଯୋଗ, ପ୍ରଣାୟାମ ନିୟମିତ ଅଭ୍ୟାସ କରିବା ସହ ଗରମ ପାଣି ପିଇବା ସହ ଉଷମ ପାଣିରେ ଗଳା ସଫା କରିବା ସହ ଗରମ ପାଣିର ବାଷ୍ପ ଆତ୍ମାଣ କରିବା ନିମନ୍ତେ ଡାକ୍ତର ପାତ୍ର ନିଜର ମତ ଉପସ୍ଥାପନ କରିଥିଲେ । ବିଶ୍ୱବିଦ୍ୟାଳୟ କୁଳସଚିବ ପ୍ରଫେସର ଅସିତ୍‌କୁମାର ଦାସ ଏବଂ ପରିଦର୍ଶକ ପ୍ରଫେସର ପି.ଦୁର୍ଗାପ୍ରସାଦ ଅଂଶଗ୍ରହଣ କରି କୋଭିଡ-୧୯ ଉପରେ ନିଜନିଜର ସୁଚିନ୍ତିତ ମତାମତ ପ୍ରଦାନ କରିଥିଲେ । ନୋଡାଲ ଅଧିକାରୀ ଡ.ଫଗୁନାଥ ଭୋଇ କାର୍ଯ୍ୟକ୍ରମ ସଂଯୋଜନା କରିଥିବାବେଳେ ଓ ରମେନ୍ଦ୍ରକୁମାର ପାଠହି ଧନ୍ୟବାଦ ଅର୍ପଣ କରିଥିଲେ ।

ODISHA



CM's
travelling time

to the flood-hit area
through air was 30
minutes, not 19
minutes: Odisha govt



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Covid-
19

cases reported in
Cuttack city



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of
cough

syrup seize in Odisha, 5
held



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turns
table

on Covid-19 again at
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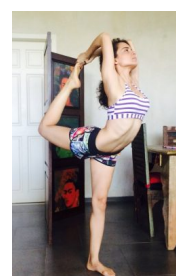
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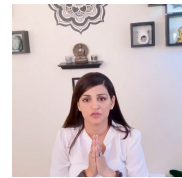
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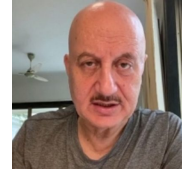


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By **India Education Diary Bureau Admin** - October 14, 2020



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India Education Diary Bureau Admin