

## COVID19- Guidelines for the students

**Dear Students,**

We all are undergoing a very different kind of situation due to COVID 19, but it is a usual phenomenon seen during any novel *\*pandemic disease* outbreak [*\* onset of a disease all over the world at any given time by the same #pathogen (#infection causing microorganism)*]. Such pandemics have occurred in the past with more severe infection causing microbes like flu viruses, small pox viruses and cholera bacteria. In the earlier days mankind survived without much technology; now with the advancement in medical and ^paramedical (^Microbiology, Biochemistry, Biophysics, Radiology and Serology) technology it should be easier to control the infection so DON'T PANIC.

In this regard, the following are the essential guidelines for students:

### **1) Stay at home:**

This is the first and foremost duty of a student because staying at home helps in the development of immunity- The age group of 20-40 are like warriors in controlling pandemics. At this age immunity is highly active and they can contribute to <sup>+</sup>**Herd Immunity** (<sup>+</sup>Development of immunity or resistance among a considerable number of population towards an ongoing disease. These warriors of infection get low doses of viruses via various means in such a way that they won't become infective, but develop resistance, which helps in controlling the further spread of the outbreak in the society. But if you roam around your immunity would become engaged in so many other tasks and immunity may not be availed for Corona virus!).

Therefore stay at home, eat healthy foods, do exercise (indoor) like jumping, jogging etc.,

<sup>+</sup>Reveal this information on herd immunity to all your friends and family; encourage them to stay at home.

### **2) Plan your day:**

The moment you are at home you will have plenty of time; take a note book, put a date and start planning your daily schedule for that day.

- ✓ Waking up early doing exercise, meditation etc.,
- ✓ Help your elders in household works

- ✓ Fix a time period for studies

### **3) Studies:**

Plan your studies in such way that you allot maximum time for forthcoming UG and PG examinations. Spare sometime period for preparing competitive exams (IAS, IFS, IRS, KAS, CSIR JRF NET SLET, ICMR, JNCSAR, IISC, TIFR, IIT etc.,)

### **4) Study material:**

By this time a maximum portion of the syllabus already being covered, for the time being (that is until an alternative for classes are arranged) start preparing with confidence. There are many online textbooks/Journals eg.

- University of Mysore <http://uni-mysore.ac.in/english-version/library/>
- NCBI-PUB MED for all combination students, which is sufficient for your regular and entrance exam needs. The web site has so much of information; a sincere effort could give you wonderful results.

### **5) Responsible citizen:**

Be sensible, do not spread or hear any information on Covid -19. If you need any news visit official government web sites

<https://www.mohfw.gov.in/>

<https://covid19.karnataka.gov.in/faq-en/>

WE HOPE THAT YOU MAKEUP YOUR MIND AS PER THE ABOVE GUIDELINES  
AND FOLLOW THE SAME

**GOOD LUCK -STAY AT HOME- STAY SAFE**