



**NATIONAL SERVICE SCHEME  
MATA SUNDRI COLLEGE FOR WOMEN  
UNIVERSITY OF DELHI**



**COVID – 19 Report**  
**(March – May 2020)**

## India

As of May 12<sup>th</sup>, 2020:

Cases: 67,152

Deaths: 20,917

Recovered: 2,206

In this difficult time, NSS Unit of MSC is doing its best in spreading the awareness regarding novel Coronavirus.

NSS team has created various awareness videos and posters and through this we are creating awareness among the masses through different social media channels.

The team has also reached out to the people living in rural areas who do not have access to these social media channels and are hence relatively more vulnerable in getting infected.

# COVID -19 AWARENESS

18<sup>th</sup> March- 12<sup>th</sup> May



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## **What is Corona Virus?(COVID-19)**

Corona viruses (Cov) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) & Severe Acute Respiratory Syndrome (SARS-CoV). Corona virus (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in human.

**190938 - CASES  
7531 - DEATHS  
80889 - RECOVERED**



18<sup>th</sup> March 2020





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**PM NARENDRA MODI**

announces

**JANTA CURFEW**

DUE TO COVID-19

on

**22ND MARCH 2020**

(SUNDAY)

from

**7 AM TO 9 PM**



**Everyone should participate**

# JANTA CURFEW

The Prime Minister through television addressed the nation and have announced 'Janata Curfew' from 7 A.M. to 9 P.M. on Sunday, 22 March, to stop the spread of coronavirus that had already claimed four lives in the country and infected at least 169 others by then.

22<sup>nd</sup> March 2020



# LOCKDOWN PHASE - 1

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**"COMPLETE  
LOCKDOWN"  
DUE TO COVID -19**

**(25TH MARCH - 14 APRIL)**

**STAY HOME**   
**STAY SAFE** 

**LET'S TOGETHER  
SUPPORT  
LOCKDOWN!**

**JAN HAI TO  
JAHAN HAI** 

**"Stay at home for 21  
days, no matter what"**

25<sup>TH</sup> March 2020

- Lockdown phase 1 marked as a new beginning where whole nation got united in fighting against this virus. Phase 1 was a 21 days nationwide lockdown starting from 25<sup>th</sup> March to 14<sup>th</sup> April.



# *Social Distancing. Not Social Isolation.*




Social distancing is a tool to help slow the spread of COVID-19 being passed from person to person. While it's increasing the physical space between us, it doesn't have to create emotional distance between us.



# Phase I - DAY -12 : UJALA



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**URGES CITIZENS TO DISPEL DARKNESS  
SPREAD BY CORONA VIRUS**

*Switch off the light in your  
home, illuminate DIYA/  
CANDLE/TORCH/  
FLASHLIGHT to express  
solidarity with the fellow  
countrymen in testing hours.*

**DATE - 5TH APRIL 2020  
TIME- 9:00 PM  
DURATION- 9 MINUTES  
VENUE- IN YOUR OWN BALCONIES  
#indiafightscorona**

**In the darkness spread by the virus, the team lighted the diyas and candles to express solidarity with corona warriors fighting out there in this tough time.**

5<sup>th</sup> April 2020

## LOCKDOWN PHASE - 2



Seeing the positive consequences of phase 1, second phase of lockdown was announced starting from 15<sup>th</sup> April to 3<sup>rd</sup> May.

15<sup>th</sup> April 2020



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## What is Physical Isolation?

Physical isolation is the circumstances of you being alone and physically cut off from the people

A diagnosis of Covid-19 triggers isolation. Isolation is for those who are already sick and serves to keep the infected away from healthy people in order to stop the spread of the virus.

#StopTheSpread  
 #saveLife



## WHAT IS SOCIAL DISTANCING?

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## Physical Distancing 101

Stay away from mass gatherings.

Keep a distance of 6 feet or 2 meters – about one body length – away from other people.

Avoid touching other people, and that includes handshakes.

Physical distancing slows down the spread of the coronavirus, which keeps our resources available to those in need.



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## What is Physical Quarantine?

quarantine is a period of strict isolation which is imposed by the government to prevent pandemic.

Quarantines are put on groups and communities to separate and restrict the movement of people who were exposed to a contagious disease to see if they become sick.

#StopTheSpread  
 # Save life



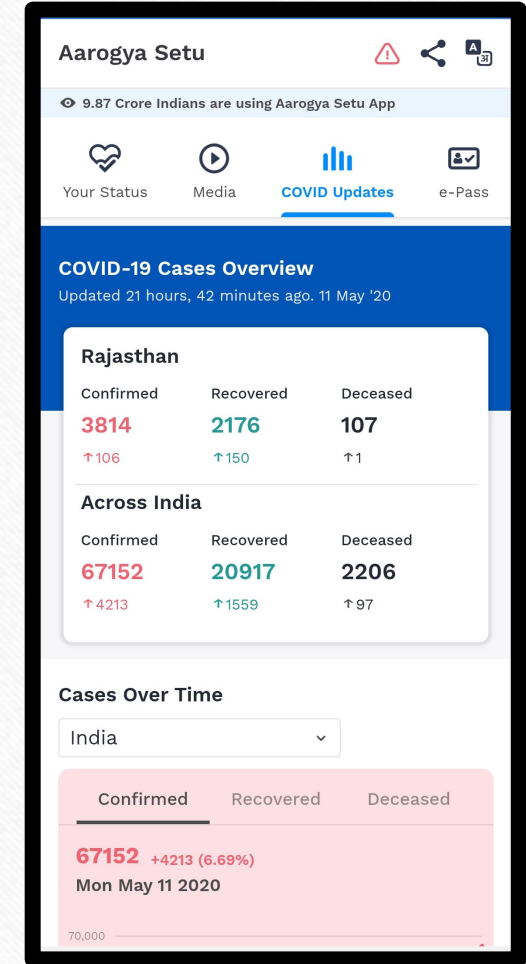
We explained people the difference between PHYSICAL ISOLATION, PHYSICAL DISTANCING AND PHYSICAL QUARANTINE



# AAROGYA SETU



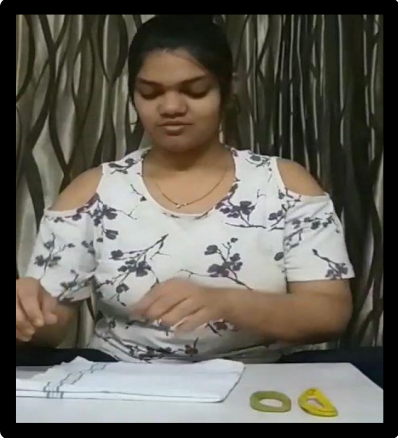
NSS Volunteers were asked to install AAROGYA SETU App in their respective devices and to promote the use by explaining the features of this app.



18<sup>th</sup> April 2020



# IMPORTANCE OF MASK



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**KEEP CALM AND WEAR A MASK**

You can help others by helping yourself first. Wear your protection gear everytime you have to go out to buy essentials and contribute your past in being the hero of the nation.

**VARIOUS MASK FUNCTIONS THAT ARE AVAILABLE IN THE MARKET**

Mask Type	Filtering Efficiency	Oil/Water Repellent	Particulate Retention
N95 (Strongest protection)	95%	95%	95%
SURGICAL MASK (Medical use)	95%	95%	95%
FFP2 (Filtering suspended particles)	94%	94%	94%
ACTIVATED CARBON MASK (Toxic Gas)	95%	95%	95%
CLOTH MASK (DIY)	80%	80%	80%
SPONGE MASK (Fashion use)	80%	80%	80%

**What are the signs and symptoms of the Corona virus infection:**

**DO**

- Wash hands frequently with soap and water for at least 20 seconds.
- Use hand sanitizer.
- Wear a mask.
- Avoid close contact with people who are sick.
- Avoid touching your face.
- Avoid going to crowded places and public transport.
- Stay home, self-isolate and avoid contact if you have symptoms.
- Seek medical advice if you have symptoms.

**DON'T**

- Go to work, school, or public places if you are sick.
- Travel by air, train, or bus if you are sick.
- Share your personal items with others.
- Touch surfaces that others have touched.
- Touch your face.
- Go to work, school, or public places if you have symptoms.
- Travel by air, train, or bus if you have symptoms.

NSS Volunteers also organized an online session of 'HOW TO MAKE MASK AT HOME' and make people aware how mask can save them from COVID – 19.



# Precautions are better than cure

**MATA SUNDRI COLLEGE FOR WOMEN**  
(University of Delhi)  
**CLEANLINESS IS NEXT TO GODLINESS**

**Meet Mr. Thookoo**

- This gentleman (?) spits here and there on the first available opportunity &
- Considers spitting and throwing sputum in the campus his birth right

We Hope You Are Not Mr. Thookoo!

Spitting indiscriminately spreads diseases like T.B., Flu etc

???

HPHC WATCH DOG

Please don't do this  
Prevent others from doing it  
**PROMOTE HYGIENE**

**SPITTING IN OPEN CAN LEAD TO SPREAD OF CORONAVIRUS**

**WE SHOULD LEARN A LESSON FROM MR. THOOKOO & SHOULDN'T SPIT HERE & THERE AS SPITTING CAN SPREAD DISEASES THAT DIRECTLY OR INDIRECTLY EFFECT THE HEALTH OF BEING & THE ENVIRONMENT**

**SO STAY HEALTHY & HYGIENIC**

**\* BE SENSITIVE TO THE ENVIRONMENT**  
**\*DON'T SPIT HERE & THERE INSTEAD USE NAPKIN & THROW IT IN DUSTBIN**

**NO SPITTING**

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**PRESENTS**

**SOME TIPS TO MANAGE COVID-19**

Coronavirus Disease 2019 Outbreak  
**COVID-19**

NSS Volunteers listed out the importance of cleanliness and what precautions should be taken against pandemic COVID-19.

29<sup>th</sup> April 2020



# Care for Animals



At a time when the animals are left in lurch due to lack of access to food amidst the lockdown, NSS demonstrated the right way to take care of them.



# SALUTE

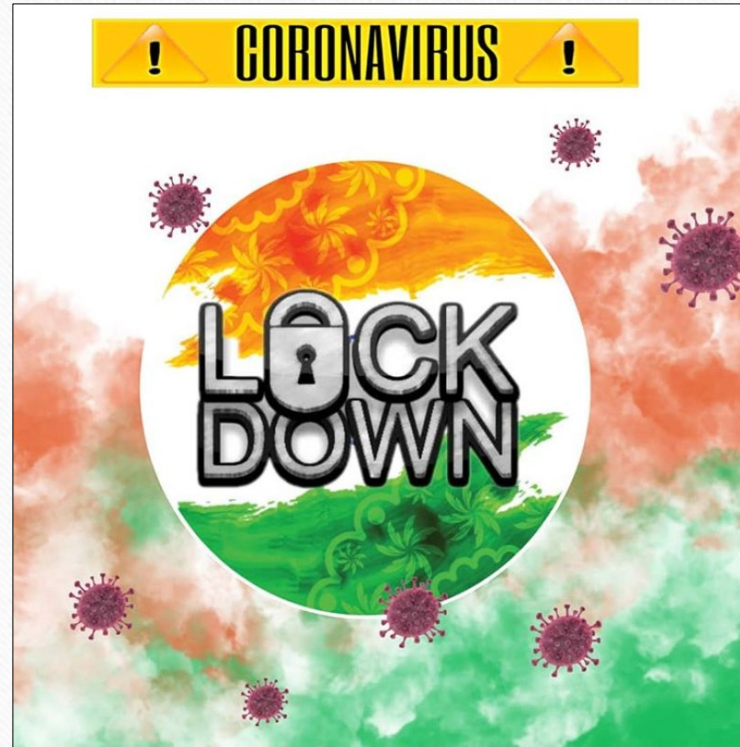


All the defense forces of the nation showed gratitude towards corona warriors.  
**SALUTE TO OUR HEROES.**

3<sup>rd</sup> May 2020



## LOCKDOWN PHASE - 3

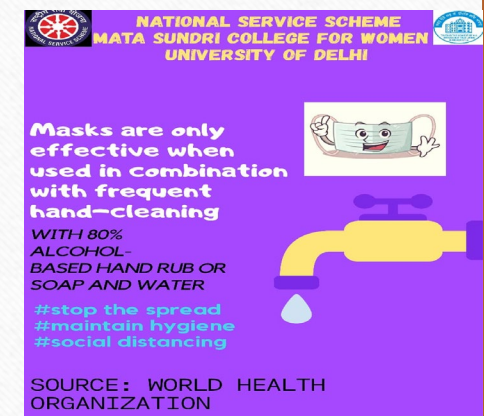
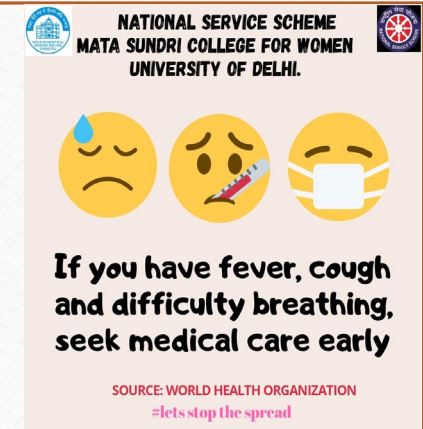
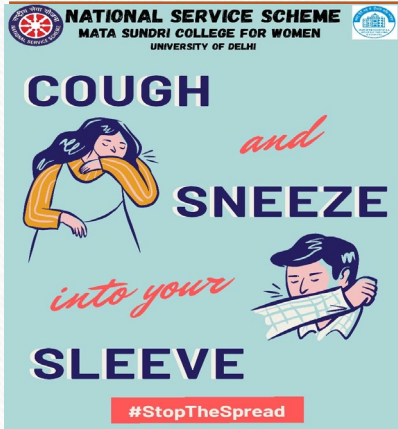


With some relaxation phase 3 of lockdown was announced in which Red zones, Orange zones and Green zones were allotted starting from 4<sup>th</sup> May and will end on 17<sup>th</sup> May.

4<sup>th</sup> May 2020



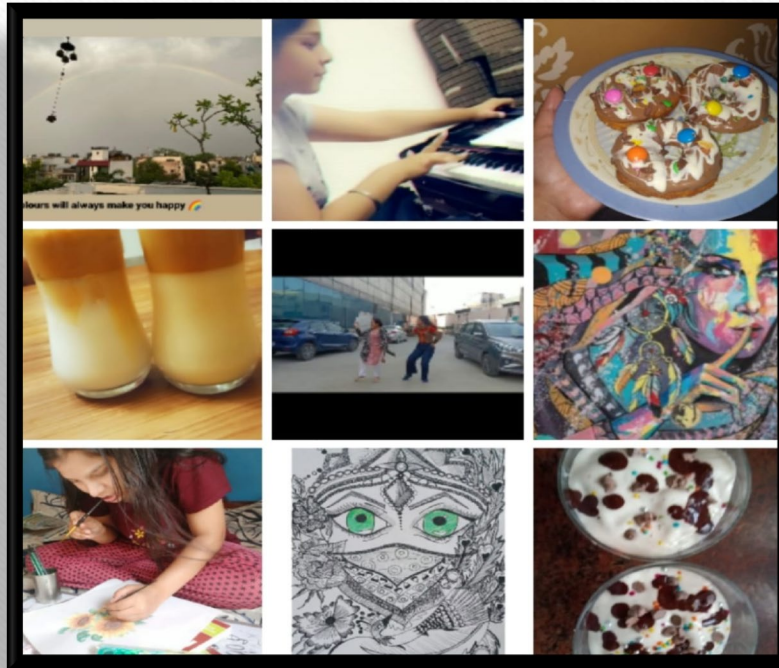
# POSTER MAKING COMPETITION



- PARIVARTAN – NSS UNIT OF MSC organized ‘Poster Making Competition’ on the topic COVID – 19 in order to spread the awareness regarding the outbreak.
- The motive of this competition was to make students themselves more aware of the condition of our country and the pandemic.



# LOCKDOWN TO PRODUCTIVE LOCKDOWN (BY NSS VOLUNTEERS)



**Creativity is INVENTING, EXPERIMENTING, GROWING, TAKING RISKS, BREAKING RULE, MAKING MISTAKES, and HAVING FUN.**



आओ मिलकर हाथ बढ़ाए  
कोरोना को भारत से भगाए  
भारत की उसे एकता दिखाए  
आओ हम सब हाथ बढ़ाए।  
इस वायरस से डरो नहीं  
इसके आगे झुको नहीं  
लड़ो हमारे साथ तुम  
इसी से खुदको है बचाना  
और सारे भारत परिवार को।  
अभी ना कोई धर्म है ऊपर  
ना कोई अमीर, गरीब  
सबका है एक कर्तव्य  
सबको साथ निभाना है  
विश्वास सबको दिलाना है  
की  
भारत को इस वायरस से  
हमको ही बचाना है  
आओ हम सब हाथ बढ़ाए  
कोरोना को भारत से भगाए



अनुशासन में रहने वालों के लिए  
कोई काम नहीं है मुश्किल...  
इरादे हों फौलादी तो  
कोरोना को भगाना नहीं है मुश्किल...  
जीवन संघर्ष में जीत उसकी नहीं होती  
जो हो संपन्न और शक्तिशाली...  
जीतता वो है  
जो करे संघर्ष जीतने का...  
बल बुद्धि में आगे था रावण पर हार गया  
अपना भाई ही साथ नहीं था उसके...  
सम्पन है योरोप सारा पर कोरोना से हम जीतेंगे  
भारतवासी हैं भाई-भाई मिलकर सब संघर्ष करेंगे...  
लक्ष्य हमारा देश देश बचाना  
अनुशासित रहेंगे...लोक डाउन-का पालन करेंगे...हर नियम को  
मानेंगे  
हमारी रक्षा में लगे हर योद्धा के सम्मान में  
वक्त की आवाज के साथ चलेंगे हम...  
हर कदम पर जिंदगी का रुख बदलेंगे  
घर में रहकर कोरोना को खत्म करेंगे...  
हम होंगे कामयाब  
जय हिन्द, जय भारत

NSS VOLUNTEER  
SANYA SHARMA



# POETRY

(BY NSS VOLUNTEERS)

ये दिन भी एक दिन गुजर जायेंगे  
जब हम सब साथ निभाएंगे  
इस मुश्किल की घड़ी में  
अकेले ना रह पाएंगे  
ये दिन भी एक दिन गुजर जाएंगे।  
आज हर जगह सन्नाटा है  
हर कोई एक दूसरे को  
देख दूर भागता है  
समझोगे सब तो जान जाओगे  
की ये दिन भी गुजर जायेंगे।  
हर घड़ी क्यों तू डरता है बन्दे  
आज है बुरा समय  
कल अच्छा भी आएगा  
हर कोई एक दूसरे के साथ  
फिर से समय बिताएगा  
इसीलिए  
ये दिन भी गुजर जाएंगे  
वापस वही खुशी के पल आएंगे  
ये दिन भी गुजर जाएंगे।

written by- taruna  
nss volunteer



सोचते हो पर समझते नहीं  
देखते हो पर रोकते नहीं  
प्रकृति में हो रहा बदलाव  
उस रोकते क्यों नहीं



तुम्हारे दुष्कर्मों का परिणाम यही  
देश झेल रहा महामारी बड़ी  
जितना तुम प्रकृति को छोड़ोगे  
उतना ही प्रकृति तुमको तोड़ेगी



महामारी के इस संकट में,  
आओ हम सब साथ चले,  
इस महामारी को हम जड़ से मिटाएंगे  
बार-बार हाथ हम धोते जाएंगे

सोशल डिस्टन्सिंग का पालन करना होगा  
इस महामारी को दूर भगाना होगा  
प्रकृति में फिर से संतुलन लाना होगा  
अपनी प्राचीन सभ्यताओं को आओ हम सब फिर याद करें  
आओ हम सब मिलकर एक कदम बढ़ाए  
प्रकृति को फिर से संतुलन में लाएं

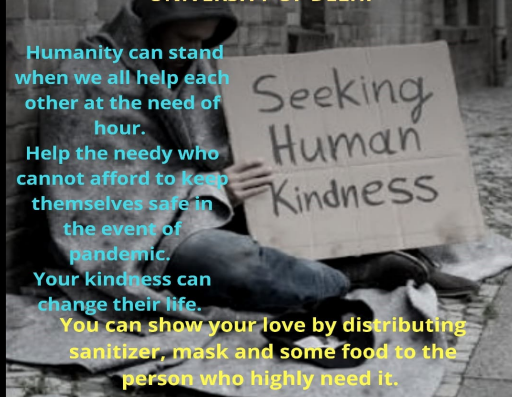
VINITA GOYAL NSS VOLUNTEER



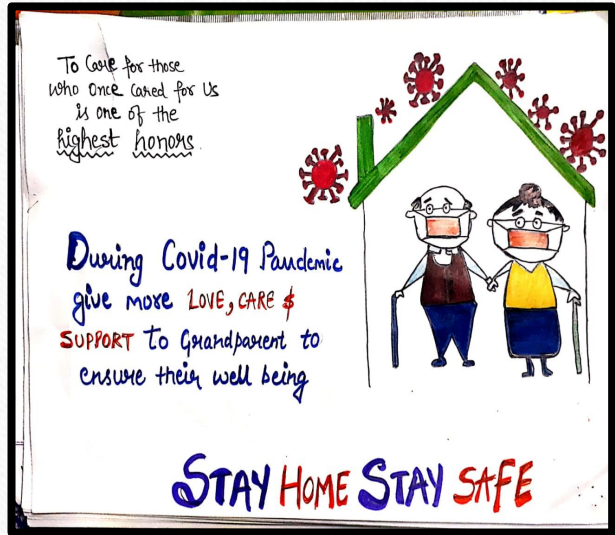



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Humanity can stand when we all help each other at the need of hour.  
 Help the needy who cannot afford to keep themselves safe in the event of pandemic.  
 Your kindness can change their life.  
 You can show your love by distributing sanitizer, mask and some food to the person who highly need it.



# CARE FOR ELDERLY



Mata Sundri College for Women  
 NSS UNIT *calls for*  
*Giving more care to Grandparents & Ensuring their well-being during COVID 19 pandemic.*  
**STAY HOME STAY SAFE**



by Deepali  
 NSS Volunteer

Sometimes our Grandma's and Grandpaa's are like **GRAND-ANGELS**, so protect your angels, love them, guide them, support them, keep them happy in this outbreak, keep their hopes alive, because everything will be alright soon.  
 During this pandemic hug your grandparents and don't let them go outside.



## IMPORTANCE OF HANDWASH



**NSS Volunteers also focused on the importance of handwash. We gave sessions on how to make sanitizer at home. NSS Volunteers explained the need of washing hands frequently in a day and how it is related to your health.**



# BE AWARE OF SCAMS

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## COMMON SCAMS TO AVOID DURING COVID -19

- 1. STEALING YOUR PERSONAL DATA**   
Scammers who ask for too much information, such as your address, bank account details or even PIN number to "fix" your insurance policy or conduct fake contact tracing.
- 2. FAKE OFFERS OF GOODS AND SERVICES**   
Massive discounts on masks or subscriptions to online entertainment services from unknown third parties.
- 3. IMPERSONATION OF AUTHORITIES**   
Impersonation of government organisations like Ministry of Health and Family Welfare (MoHFW) and Indian Council of Medical Research (ICMR) offering COVID-19 information
- 4. FRAUDULENT MEDICAL OFFERS**   
Offers of cures, test kits, hand sanitiser or face masks that never arrive.
- 5. FAKE REQUESTS FOR CHARITABLE DONATIONS**   
Donations to support COVID-19 relief from non-profits, hospitals, or other organizations should be carefully checked

- The fight against coronavirus stands or falls on whether authentic information about it is provided to citizens.
- 'Information hygiene' was required to be followed.
- NSS Unit has increased awareness about this need through various posters and videos.



# HELP US TO HELP YOU

We have spread the toll free number of National Health Services(NHS) through our social media to provide easy reach to the service.



MINISTRY OF HEALTH AND FAMILY  
WELFARE GOVERNMENT OF INDIA



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**"WE ONLY HAVE WHAT WE GIVE".**



**24x7 National Helpline  
Numbers**

**TOLL FREE  
1075**

**011-23978046**



# TRIBUTE TO MEDICAL STAFF



NSS Unit gave a grand salute and expressed their gratitude to all the doctors, nurses and all other medical staff who are battling the deadly virus every day tirelessly.

12<sup>th</sup> May 2020



## PM MODI'S ADDRESS – ATMANIRBHAR BHARAT ABHIYAN

- Special economic package announcement by government over COVID-19.
- Total package of INR 20 lakh crore which includes previously announced relief packages.
- This is 10.0 percent of India's GDP.
- PM Modi encouraged the citizens to buy swadeshi products and make India an 'Atmanirbhar' nation.
- PM Modi re-emphasized over the importance of safety measures to be taken by each individual as the lockdown eases.
- Lockdown 4.0 rules to be announced before 18<sup>th</sup> May.



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**LOCKDOWN 4.0**



- 1. ECONOMY, INFRA, SYSTEM, DEMOGRAPHY DEMAND – " 5 PILLARS OF SELF RELIANT INDIA".**
- 2. WE'VE TO SAVE OURSELVES AND ALSO PROCEED FURTHER.**
- 3. SELF-RELIANT INDIA IS THE ONLY SOLUTION TO DEAL WITH CORONA PANDEMIC.**
- 4. INDIANS HAVE TO BECOME "VOCAL" FOR LOCAL PRODUCTS.**
- 5. WE MUST ALL PLAN FOR NEW REALITY "JAAN SE LEKAR JAG TAK" PRINCIPLE.**
- 6. LOCKDOWN 4.0 WILL BE WITH DIFFERENT RULES , WILL BE INFORMED BEFORE MAY 18TH.**
- 7. PM ANNOUNCES RS. 20 LAKH CRORE ECONOMIC PACKAGE WORTH 10% OF INDIA'S GDP.**



# PARIVARTAN

NSS unit of MSC is doing everything they can do for protecting the society from the COVID-19 and will keep doing till the end of this outbreak.

**"Not me , but you".  
The sole meaning of life is to serve humanity.**

FOLLOW US ON INSTAGRAM  @NSS\_MSC