



TKM INSTITUTE OF TECHNOLOGY



INSTRUCTIONS TO STUDENTS

- Wearing face mask is a must at all times and at all places inside the campus.
- Frequently wash your hands with soap for at least 40-60 seconds.
- Use hand sanitizers frequently
- Maintain hygienic conditions and physical distance of at least 6 feet.
- Students will be allowed in campus only after thermal scanning, sanitization of their hands, wearing of face masks
- Do not share books, other learning materials and eatables
- Please avoid spitting
- Strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow.
- Self-monitor your health and report any illness at the earliest
- The students and staff living in containment zones shall not attend college
- Symptomatic persons shall not attend the college
- Persons with fever shall not attend the college
- Feel sick? Stay home.

INSTRUCTIONS TO HOSTELERS

- Sharing of room is not allowed.
- Symptomatic students will not be permitted to stay in the hostels
- No crowding in hostel areas like dining hall, kitchen, bathrooms etc.
- Cleanliness is to be maintained in dining areas, rooms and personal utensils.
- Spitting, throwing wastes and garbage in rooms and hostel are strictly prohibited.
- Meals will be served in small batches
- Wearing of face covers/ masks and proper sanitization of hands is mandatory.
- Resident students and staff should avoid or limit visiting the markets.
- If you have any symptoms of ill health, inform hostel authorities.

Counselling and Guidance for mental health

- 1 “Manodarpan” – created on the Ministry of Education provide psychosocial support for Mental Health & Well-being during the COVID –19 outbreak and beyond. National Toll Free Helpline (8445440632)
- 2 <https://www.youtube.com/watch?v=uHB3WJsLJ8s&feature=youtube>
Practical tips to take care of your Mental Health during the Stay
- 3 <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>
Minding our minds during the COVID-19
- 4 <https://www.youtube.com/watch?v=iuKhtSehp24&feature=youtu>
Various Health Experts on how to manage Mental health & Well Being during COVID-19
- 5 Behavioural Health: Psycho-Social toll free helpline – 0804611007