

Training on COVID-19 for Education Department, Himachal Pradesh

A Report

Date 24-06-2021

A Training Programme on COVID-19 for the colleges of five districts viz. Bilaspur, Kullu, Lahul & Spiti, Chamba and Kinnaur was organised on 24th June, 2021 from 11am to 1 pm under the webinar series on COVID-19 by the Department of Higher education with the support of the NHM, H.P. Govt. State Red Cross Society & the State Institute of Health & Family Welfare, Pari Mahal, Shimla. A total number of 21 teachers including **Dr. Mandeep Sharma**, the Principal, participated from Govt. College Banjar Distt. Kullu.

The objective of the programme was to sensitize the teachers with the role of the nutrition for staying healthy, COVID appropriate behaviour, and psychosocial care in the COVID-19 pandemic as well as to acquaint them with the myths and facts related to Covid Vaccination and give them a chance to seek answers to their queries with a view that the teachers will disseminate information to their students and society at large.

During the preliminaries **Dr. Anju Sharma**, OSD, **Dr. Ashith Kumar**, Joint Director, Higher Education, HP, **Prof. Vasundhara Rajan**, Principal, Govt College Bilaspur and Nodal Officer appointed for participating colleges of five districts talked about the schedule, the objectives as well as Self-assessment & Feedback forms to be filled & submitted at the end of the programme.

After that, the first resource person **Dr. Harsharan Kaur**, Principal SIHEN spoke on the **Role of Nutrition** for staying healthy. She talked about the food and the meal plan for the day which promote health and protect from diseases by boosting our immunity.

The second resource person, **Dr. Rakhi Sharma** talked about **COVID Appropriate Behaviour** and stressed the need of understanding new normal during the pandemic. She spoke about 15 points of COVID appropriate behaviour that everyone needs to follow.

Dr. Sanjay Pathak, Senior MS Mental Hospital, Boileuganj and CEO State Mental Health Authority, Shimla, Himachal Pradesh, the third resource person, talked on the issue of **Psychosocial Care during COVID-19 Pandemic**. He highlighted how the Pandemic has social, economic and psychological implication thereby causing many mental health problems.

He stressed the need of providing psychosocial support through various techniques to distressed people and those already having mental health conditions

Dr. Omesh Bharti, Epidemiologist SIHFW Pari Mahal Shimla Himachal Pradesh, the 4th resource person talked about the category wise vaccination achievements of H.P, certain **Facts and Myths related to COVID-19 Vaccination Drive**, recent revisions in recommendations related to the vaccination as well as some frequently asked questions and the facts related to the impending 3rd wave. Dr. Bharti and other resource persons also answered the queries of the participants.

In the concluding part of the training program, **Dr. Vasundhara Rajan** and **Dr. Ashith Kumar** thanked the resource persons and highlighted the role of such programmes for sensitizing the society at large.

Dr. Harsharan Kaur thanked all the participants for attending the training programme and stressed the need of working together, counselling of people around us and saving our environment for the welfare of all.

The programme ended with the submission of self-assessment forms and feedback by the participants.

Reported By:

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