



# Adarsh Mahila Mahavidyalaya

Affiliated to Chaudhary Bansi Lal University, Bhiwani

Hansi Gate, Bhiwani - 127021 (Hr.)

Phone No. 01664-242414 & 240422

Email: [principal.ammb@gmail.com](mailto:principal.ammb@gmail.com)

Email: [info@adarshcollegebhiwani.com](mailto:info@adarshcollegebhiwani.com)

Website: [www.ammb.ac.in](http://www.ammb.ac.in)

Website: [www.adarshcollegebhiwani.com](http://www.adarshcollegebhiwani.com)

Ref. No. **AMMB/**

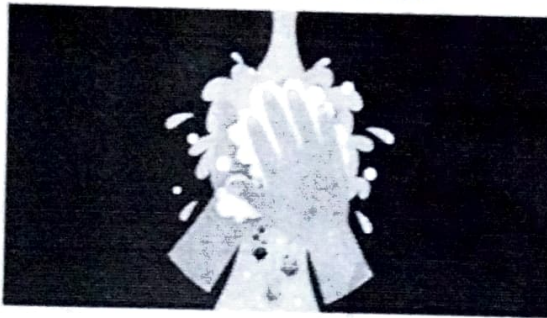
Dated 13/8/21

Code of conduct 2021-2022

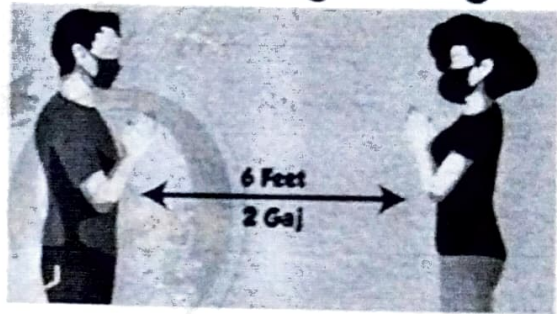
COVID-19 Appropriate Behaviour

## FOLLOW COVID Appropriate Behaviours

### Hand wash



### Hands-free greetings



- i. Physical distancing of at least 6 feet to be followed as far as feasible
- ii. Use of face covers/masks to be made mandatory.



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Email : principal@adarshcollegebhiwani.com

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iii. Frequent hand washing with soap (for at least 40-60 seconds) even when hands are not visibly dirty. Use of alcohol-based hand sanitizers (for at least 20 seconds) can be done wherever feasible.

iv. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing of used tissues properly.

v. Self-monitoring of health by all and reporting any illness at the earliest.

vi. Spitting shall be strictly prohibited.

vii. Students should be told to regularly sanitize their laptops, audio, video and other media accessories.

Viii. Sharing of books, other learning material and eatables are discouraged.

ix. Self-discipline is most important to contain the spread of COVID-19 pandemic through social distancing and maintaining hygienic conditions.

X. The students must inculcate activities that will increase immunity-boosting mechanisms which may include exercise, yoga, eating fresh fruits and healthy food (avoid fast food), and sleep timely.

xi. Discrimination of fellow students in respect of whom there is a history of COVID-19 disease in the family be avoided.

Xii. Give support to your friends under stress due to COVID-19 pandemic.

Xii. The students should get vaccinated and also motivate others.





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## A set of 15 promises, we need to follow, as part of COVID APPROPRIATE BEHAVIOUR

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Greet without physical contact
- 

Maintain physical distance
- 

Wear reusable hand-made face-cover or mask, at all times
- 

Avoid touching eyes, nose and mouth
- 

Maintain respiratory hygiene
- 

Wash hands frequently and thoroughly
- 

Regularly clean and disinfect frequently touched surfaces
- 

Do not spit in the open
- 

Avoid unnecessary travel
- 

Do not discriminate against anyone
- 

Discourage crowd - Encourage Safety
- 

Do not circulate social media posts which carry unverified or negative information
- 

Seek information on COVID-19 from credible sources
- 

Call National Toll-free helpline 1075 or State helpline numbers for any queries
- 

Seek psychosocial support for any stress or anxiety

# COVID-19

## Let's Get Vaccinated



*[Signature]*  
Principal  
Adarsh Mahila Mahavidyalaya  
Bhiwani.  
*[Signature]*