

माझी जबाबदारी : ऑनलाइन पोस्टर स्पर्धा २०२१ (खुला गट)

Shri BalaSaheb Mane Shikshan Prasarak Mandal's

ASHOKRAO MANE GROUP OF INSTITUTIONS

Vathar Tarf Vadgaon, Tal.: Hatkanangale, Dist. Kolhapur - 416 112 (MS)



ऑनलाइन पोस्टर स्पर्धा 2021

माझी जबाबदारी



तू चाल पुढे च्या उदंड प्रतिसादानंतर यावर्षी आम्ही घेऊन येत आहोत एक अभिनव प्रतियोगिता माझी जबाबदारी. या प्रतियोगीतेचा हेतू सामाजिक प्रबोधन असून तुम्हाला तुमचे विचार व कल्पना पोस्टरच्या माध्यमातून मांडण्याची संधी उपलब्ध होत आहे. तर चला मग आजच बनवा तुमची सर्वोत्कृष्ट कलाकृती जी सांगेल काय आहे माझी खरी जबाबदारी.

विषय

- | | | | |
|--------------------|---------------------|-----------------------|-------------------------|
| 01 कोराना नियंत्रण | 02 पर्यावरण सुरक्षा | 03 महिला सबलीकरण | 04 स्वच्छ भारत |
| 05 रस्ते सुरक्षा | 06 पाणीबचत | 07 अन्न भेसळ नियंत्रण | 08 भ्रष्टाचार मुक्त देश |

(कोणताही एक विषय अथवा एकत्रित विषय निवडू शकता)

गट, वयोमर्यादा व बक्षिसे

शालेय गट

वयोमर्यादा: 16 वर्ष

प्रथम क्रमांक: 2000 रुपये

व विशेष प्रमाणपत्र

द्वितीय क्रमांक: 1000 रुपये

व विशेष प्रमाणपत्र

तज्ञ निवड:

निवडक 10 क्रमांकांना विशेष प्रमाणपत्र

खुला गट

वयोमर्यादा: नाही

प्रथम क्रमांक: 2000 रुपये

व विशेष प्रमाणपत्र

द्वितीय क्रमांक: 1000 रुपये

व विशेष प्रमाणपत्र

तज्ञ निवड:

निवडक 10 क्रमांकांना विशेष प्रमाणपत्र

नियम व अटी

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- स्पर्धेचा निकाल दिनांक 1 मे रोजी जाहीर करण्यात येईल.

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संयोजक

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समन्वयक

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मुख्य समन्वयक

प्रा. पी. बी. घेवारी
इनचार्ज डायरेक्टर

अंतिम तारीख
28 एप्रिल 2021

अशोकराव माने ग्रुप ऑफ इन्स्टिट्यूशन्स, वाठार

प्रेरणा

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Swapnil Vinayak Dhavale



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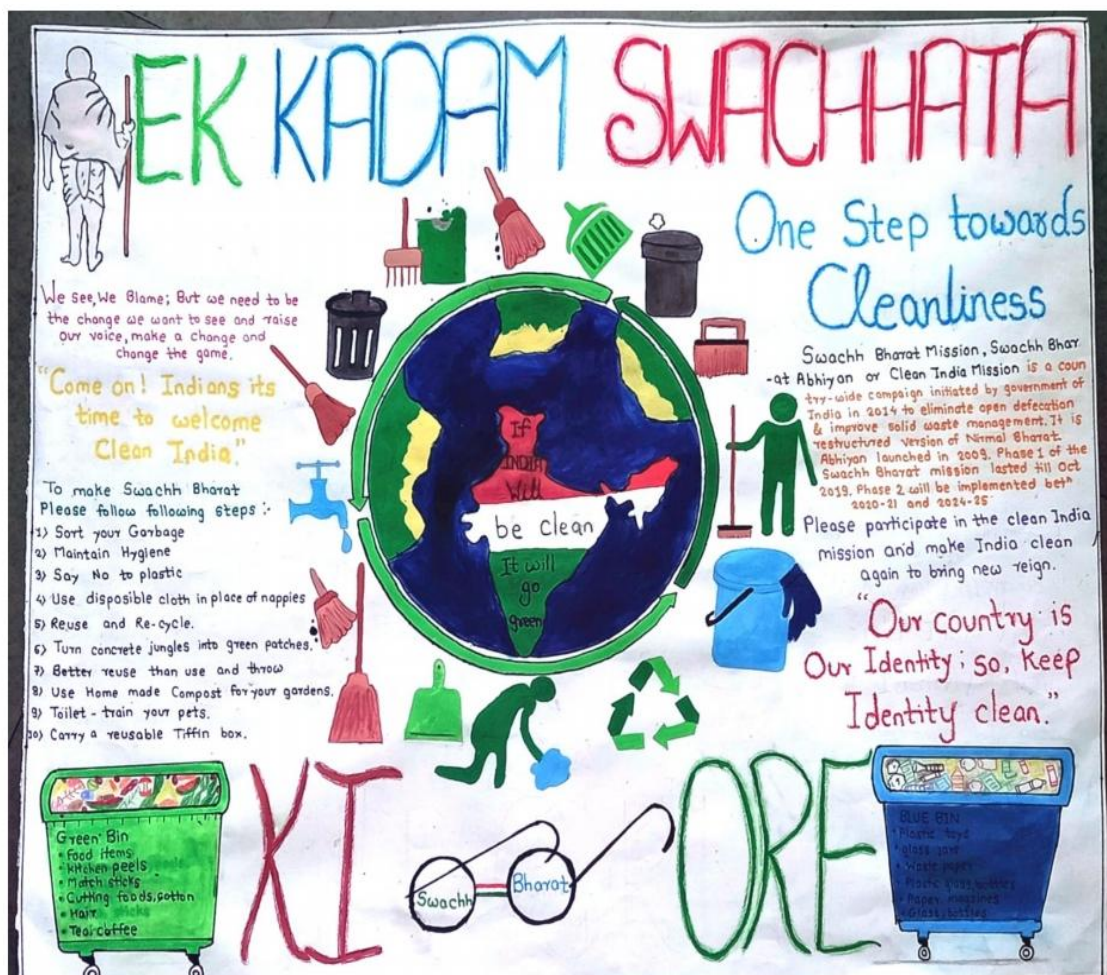
Aishwarya Mahaveer Ingrole



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दिनेश शशिकांत परब



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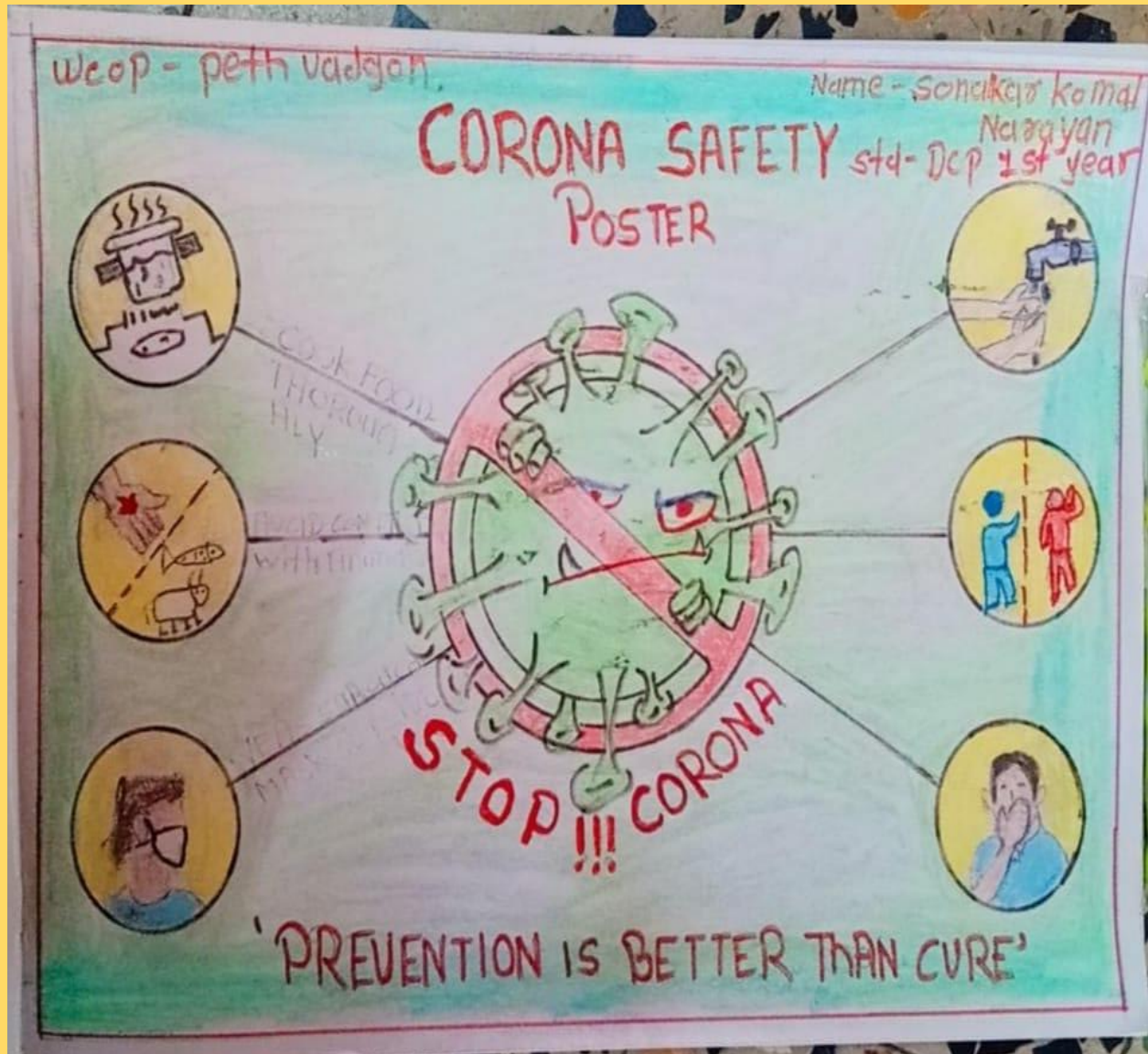
Harshada Vikas Reke



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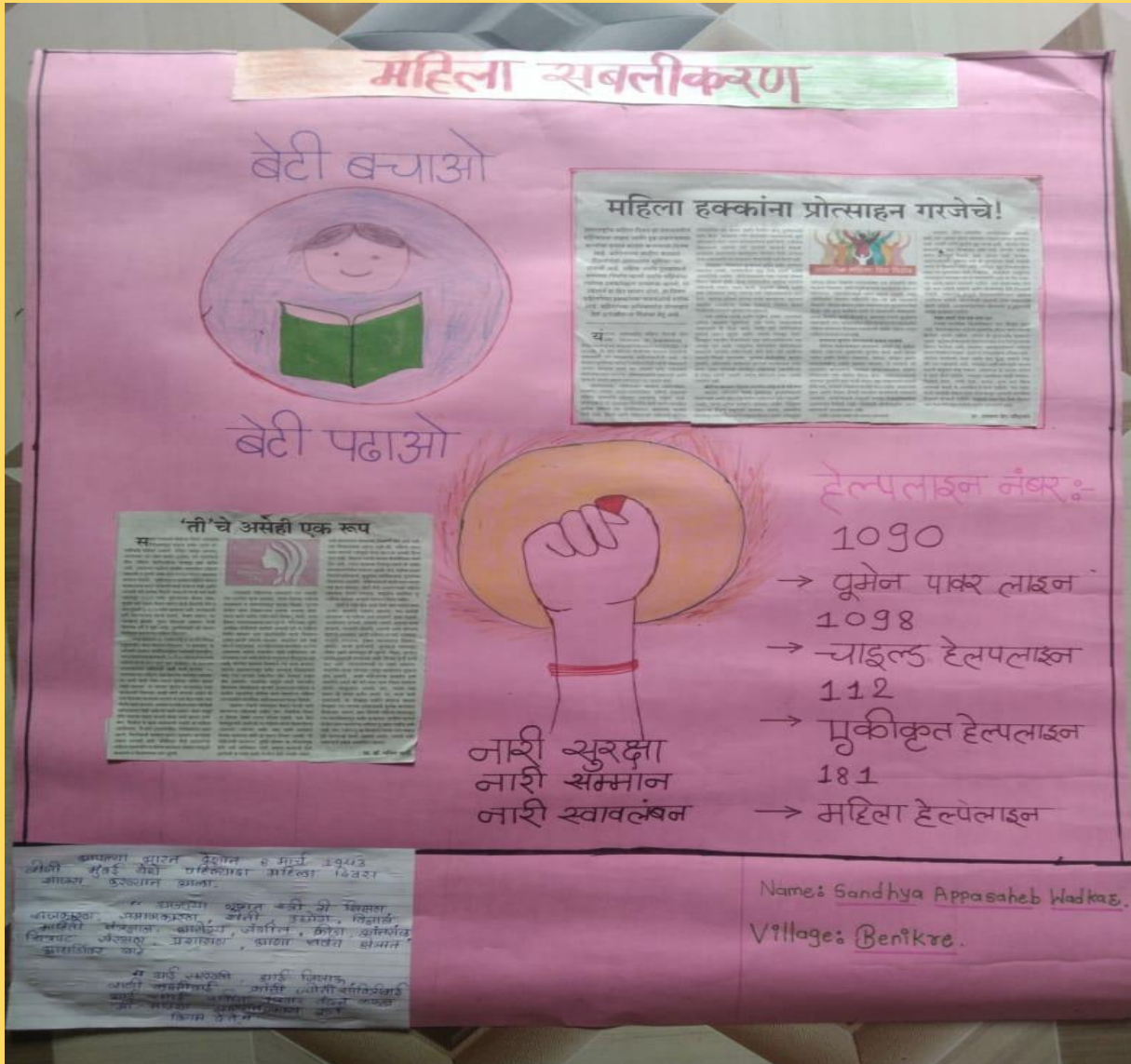
Komal Narayan Sonalkar



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Sandhya Wadkar



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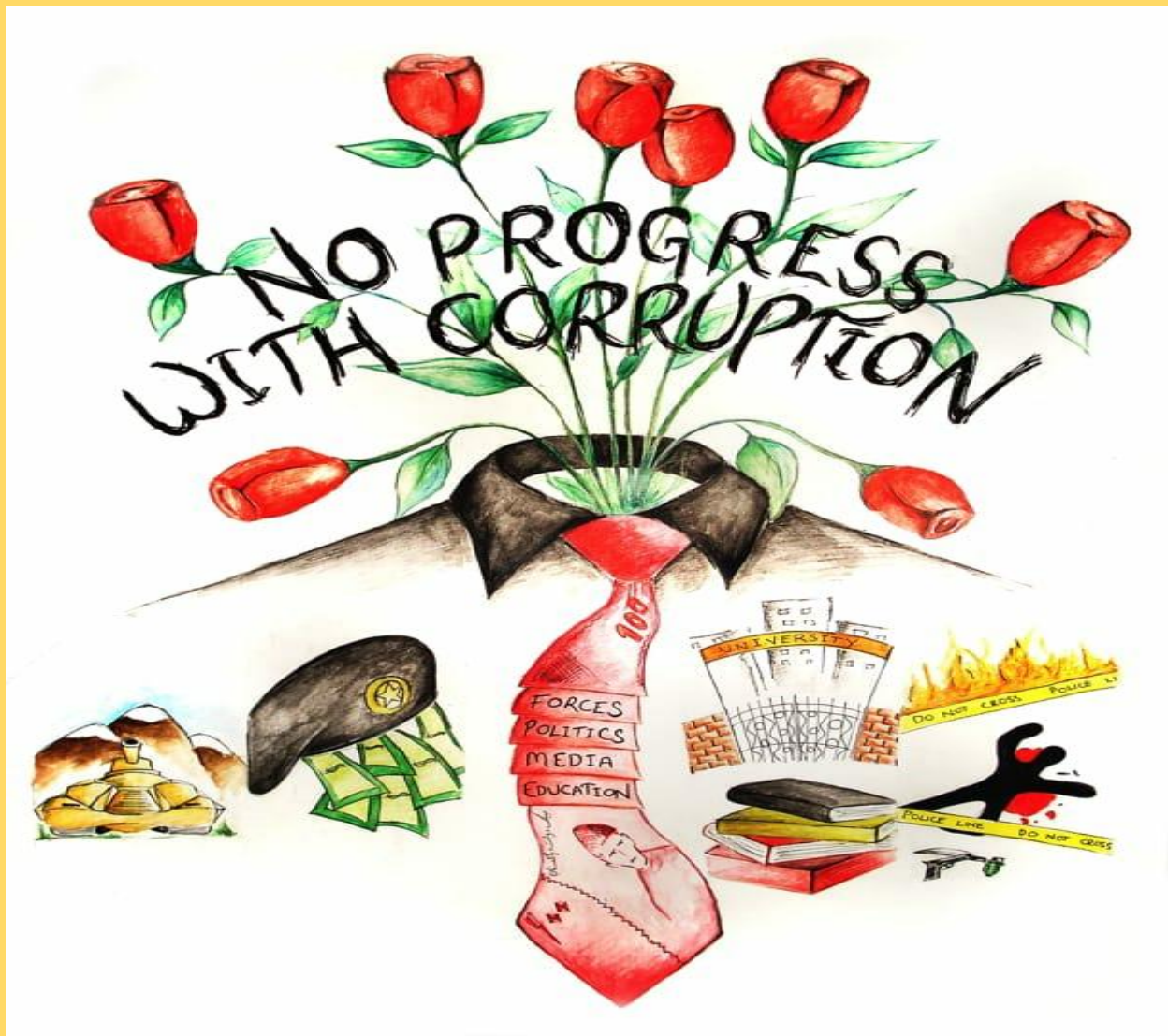
Vardhan Vitthal Ajgaonkar



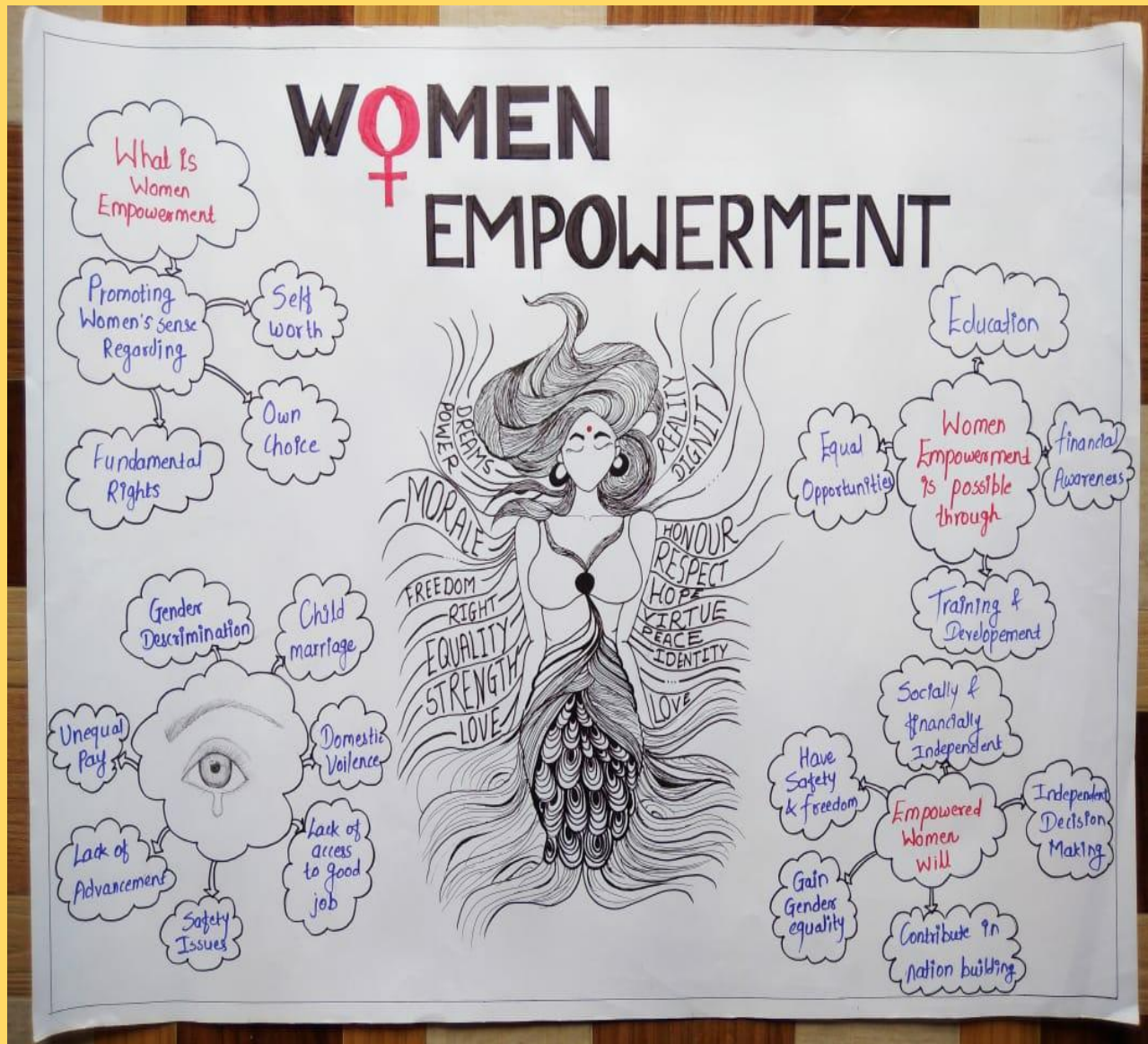
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Digvijay Balaso Barkale



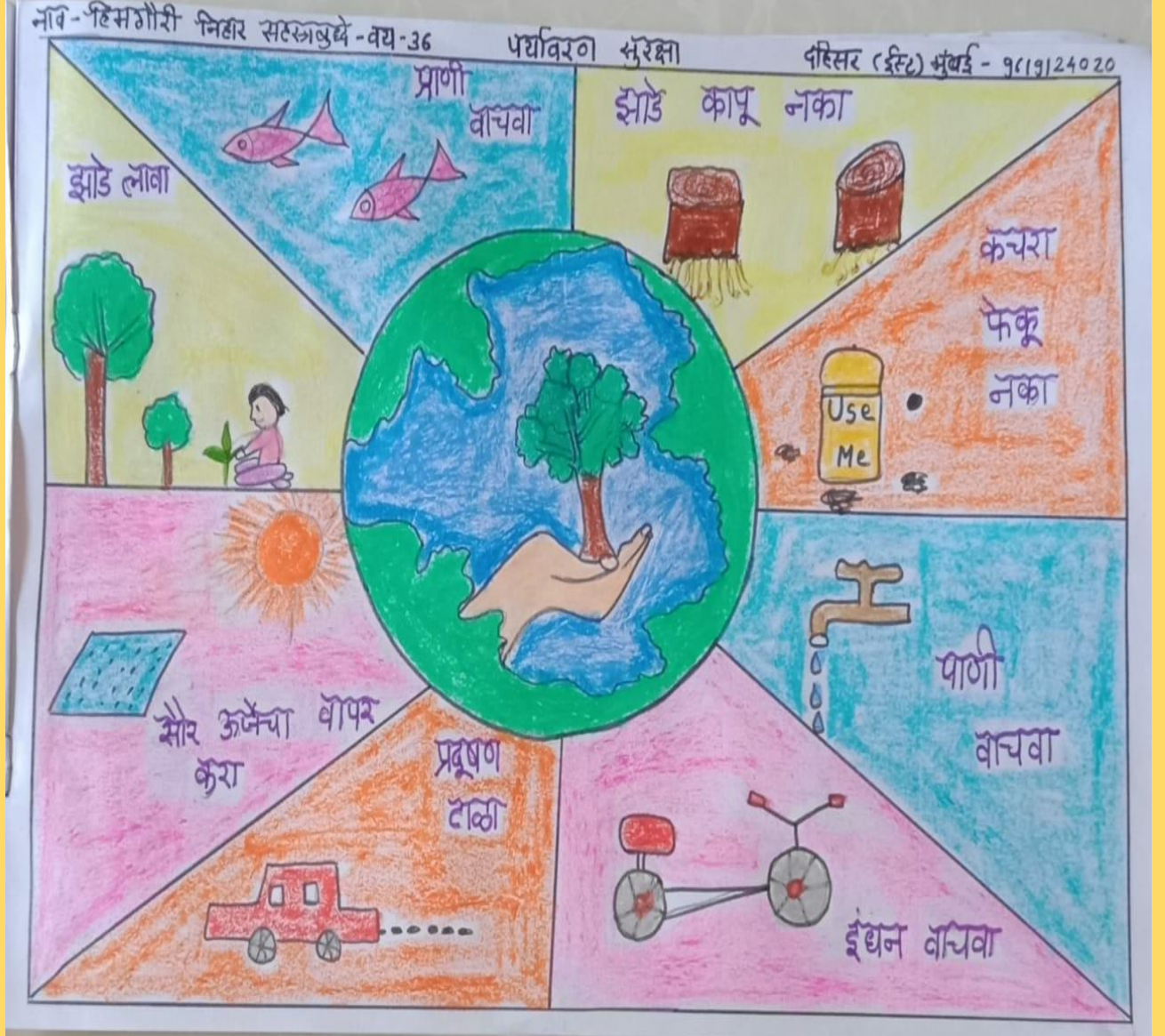
Jangam Pratik Sudhakar



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Himgauri Sahasrabuddhe



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Dhanashri Vinod Kunure



दिव्या अहिराव



Chaudhari Nikeeta Babaji



पाणी बचत



Don't you are wasting our precious water!



CONSERVE WATER, CONSERVE LIFE.

पाणी बचत कशी करावी ?



१) नळ गळती बंद केल्याने भरपूर प्रमाणात पाण्याची बचत आपण करू शकतो.



१) ज्या झाडांना कमी पाण्याची गरज आहे अशी झाडे वापरा.



२) आंघोळी साठी शॉवर ऐवजी बदली वापरा



२) दात घासताना आणि हाताला सावण लावताना पाण्याचा नळ बंद करा.



२) झाडांना जेव्हा गरज आहे आणि जितकी गरज आहे तेवढेच पाणी घाला.



२) शेतीला पाणी देण्यासाठी ठिबक सिंचनाचा वापर करा.

* पाण्याचे महत्त्व *

पाणी हा मानवी जीवनाचा मूलभूत घटक आहे. पाणी नसेल तर संपूर्ण जीवसृष्टीचे अस्तित्वच धोक्यात येईल. आपल्या दैनंदिन जीवनात पाण्याचे अपार महत्त्व आहे. अन्नपदार्थ ग्रहण करणे आणि विहिष्ट्या रूपात बाहेर टाकणे यासाठी पाण्याचाच उपयोग होतो. शारीरिक तापमान समतोल राखण्यासाठी पाण्याचा उपयोग होतो. हे शरीरातील भागासाठी वंगणाचे काम करते. पाणी अन्नाच्या प्रत्येक उष्मांकाला आवश्यक असते. म्हणजे रोजच्या १५०० ते २००० आवश्यक कॅलरीजसाठी दररोज ६ ते ८ ग्लास पाणी (१.५ ते २ लिटर) पिणे प्रत्येक दिवसाला गरजेचे असते. आपल्याला येणारा धाम, मूत्र आणि विहिष्टून पाणी शरीरातून बाहेर उत्सर्जित केले जाते. या उत्सर्जनाच्या प्रमाणात आपला पाणी पिण्याचा रोजचा कोटा असावा. त्यामुळे उन्हाळ्यात जास्त पाणी प्यावे. आपण निरोगी राहण्यासाठी पाणी तर लागतेच; पण ते स्वच्छ, शुद्ध आणि रोगजंतुविरहित असावे लागते. पिण्याच्या पाण्यामधून अनेक प्रकारचे विषाणू, जीवाणू, रोगजंतू, जंत आणि विषारी पदार्थ शरीरात जाऊन आपले आरोग्य बिघडवू शकतात. त्यामुळे पाणी शुद्ध करून पिणे जरूरी असते. त्यासाठी -पाणी गाळून घेऊन १० ते १५ मिनिटे उकळल्यास त्यातील अनावश्यक क्षार निघून जातात आणि पाण्याचा जडपणा नष्ट होतो, तसेच त्यातील बरेचसे जीवजंतू नष्ट होतात. ०.५ ग्रॅम क्लोरिनच्या गोळ्या पाण्यात टाकल्यास ते निर्जंतुक होते. बाजारात अनेक प्रकारचे पाण्याचे फिल्टर्स आणि छेटी-मोठी शुद्धिकरण उपकरणे मिळतात. आपल्या रोजच्या गरजेप्रमाणे त्याचा वापर करणे हितावह ठरू शकते.

POSTER DESIGN BY : NIKEETA CHAUDHARI

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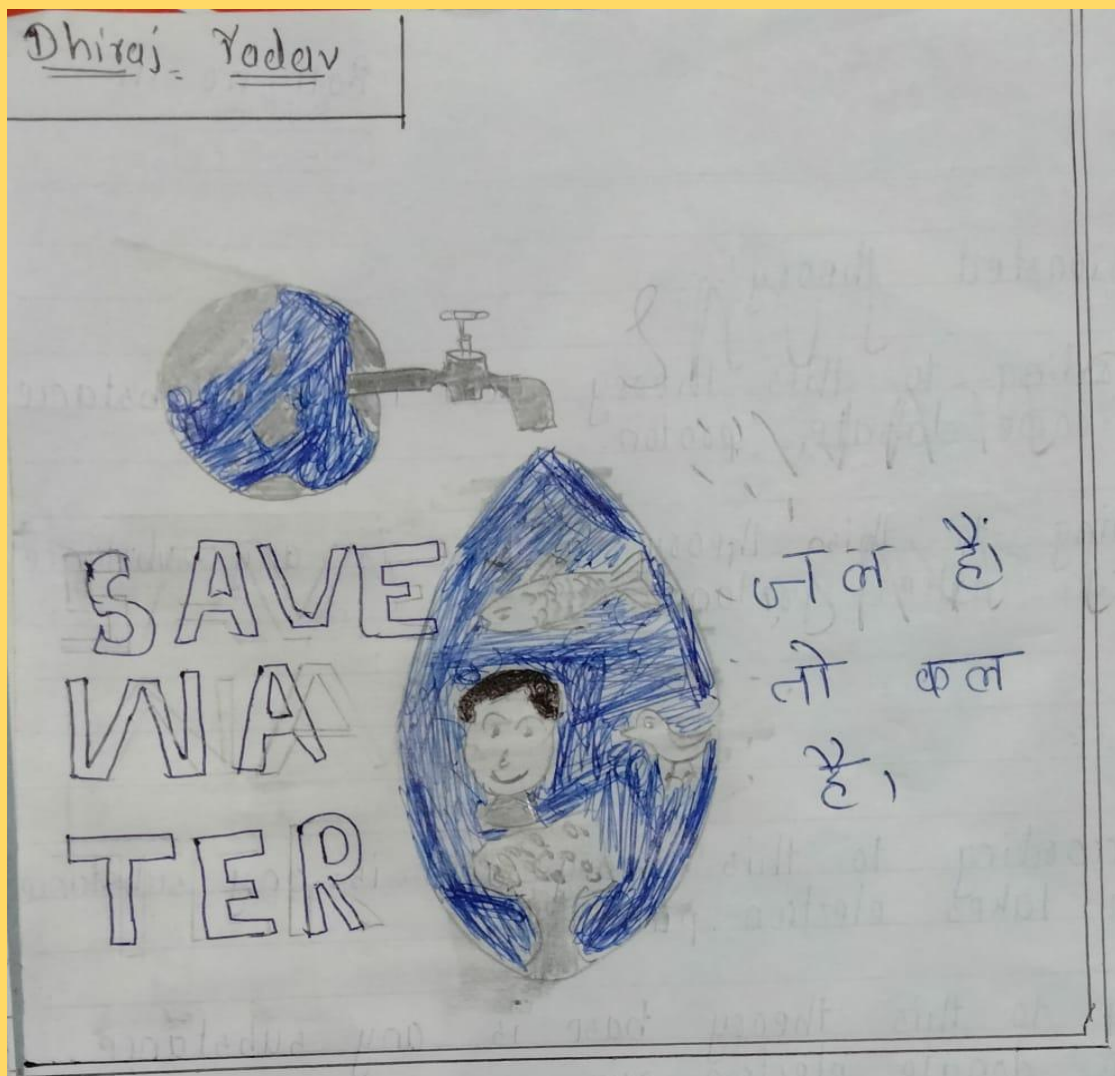
गोविंद काशिनाथ गायकी



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Dhiraj Sanjay Yadav



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Pallavi Satpute



Rishikesh Shinde

Women Empowerment


Author : Mr. Rishikesh Shinde

Appasaheb Birnale College of Pharmacy, Sangli.

ABSTRACT

Women Empowerment refers to increasing and improving the social, economic, political and legal strength of the women, and to make them confident enough to claim their rights, such as : freely live their life with a sense of self worth, respect and dignity, have complete control of their life, within and outside of their home and workplace, to make their own choices and decisions, have equal rights to participate in social, religious and public activities, have equal social status in the society, have equal rights for social and economic justice.


PROBLEMS OF WOMEN IN INDIA



WAYS TO EMPOWER WOMEN

1. Boost her self esteem and confidence
2. Providing education and training
3. Encourage political participation
4. Provide access to new technology
5. Provide clean water and sanitization facilities
6. Establish high level of leadership for women
7. Provide legal aid

NGO's




SLOGANS

- A women can do
- Be a man respect women
- Equality and equity
- Do not underestimate
- Break the silence stop the violence
- Be the change


LEGAL EMPOWERMENT

- ☐ The Prohibition Of Child Marriage Act 2006
- ☐ Special Marriage Act 1954
- ☐ Dowry Prohibition Act 1961
- ☐ Medical Termination Of Pregnancy Act 1971
- ☐ Equal Remuneration Act 1976
- ☐ The Protection Of Women From Domestic Violence Act 2005
- ☐ Sexual Harassment Of Women At Workplace Act 2013

RAPE STATISTICS IN INDIA ACCORDING TO NCRB



DOMESTIC VOILENCE CASES IN INDIA ACCORDING TO NCRB



CONCLUSION

Mahatma Gandhi very aptly said " If you educate a man you educate an individual, but if you educate a women you educate an entire family". So education is also one of the prime needs of women towards its development and empowerment in the society. Until women are given the same opportunities that men are, entire society will be destined to perform below their true potentials. The greatest need of hour is change of social attitude to women.

REFERENCES

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2. https://en.wikipedia.org/wiki/Women%27s_empowerment
3. Women Empowerment in India: Rationale and Present State (International Journal of Emerging Research in Management & Technology ISSN: 2278-9359 (Volume-6, Issue-9))

Sneha Sarjerao Patil



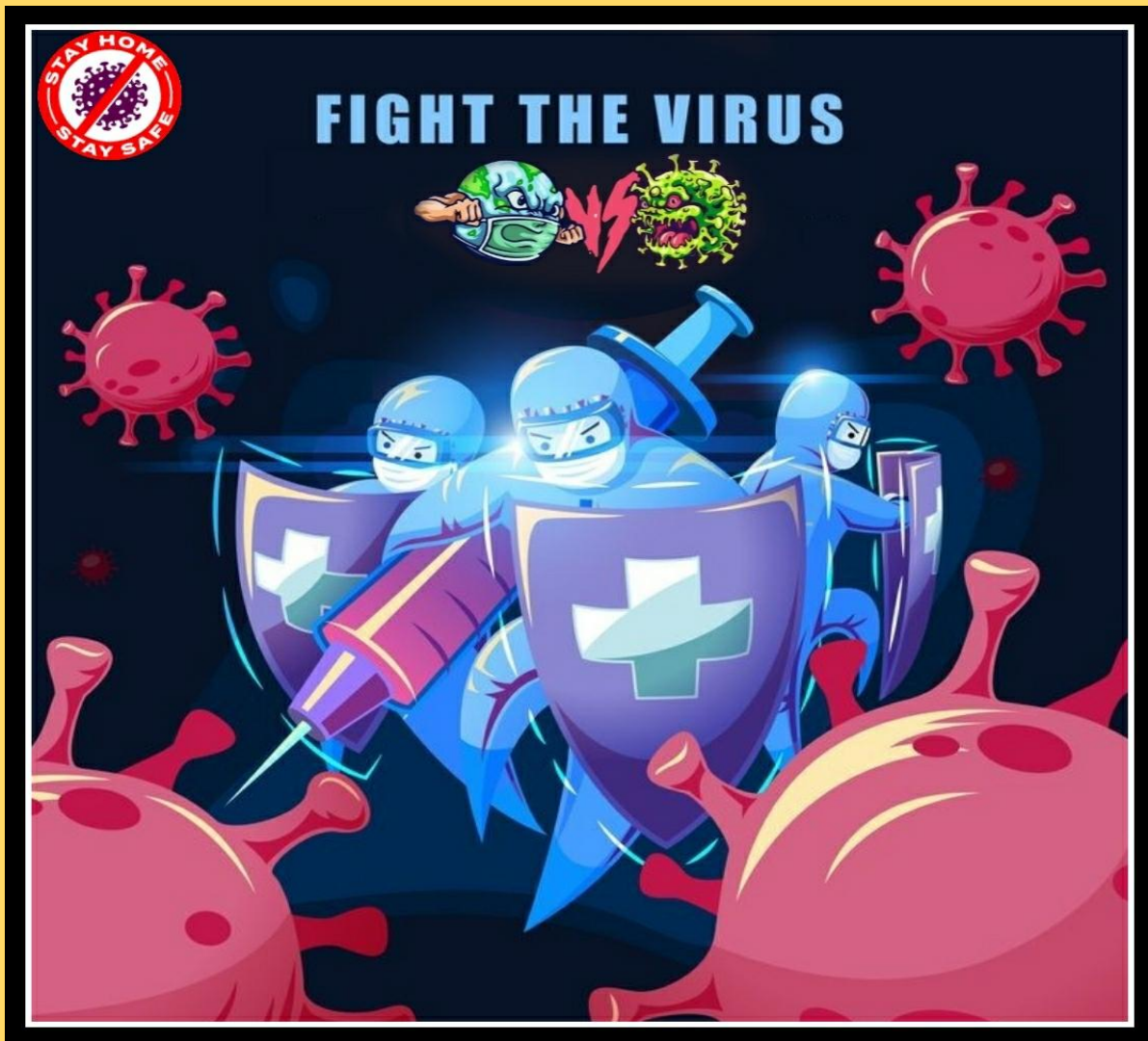
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Priyanka Sattyappa Kamble



Rushikesh Vasakalle



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Ujwala Nikam



Muskan Murad Mujawar



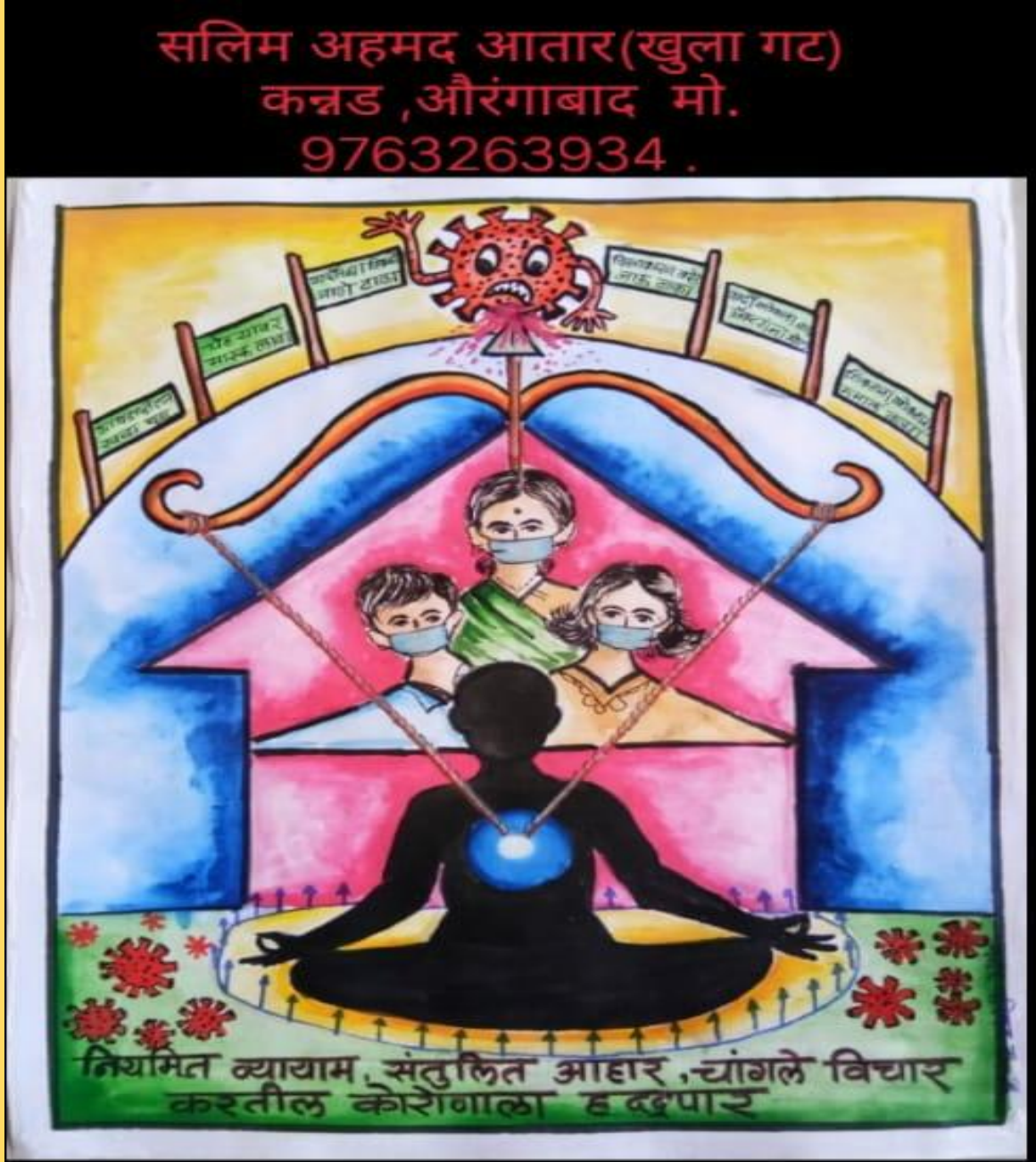
Sweety Chile



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Salim Aatar



Shubham Vilas Dhondwad

PREVENTION OF COVID (कोरोना नियंत्रण)

Name – Dhondwad Shubham Vilas

College Name- YSPM'S YTC, Satara

INTRODUCTION -

➤Coronavirus disease is basically a respiratory infection caused by a group of viruses infecting respiratory pathway, lungs and it can spread from animal to person, person to person while sneezing or physical contact.

➤Its common symptoms includes cough, cold, fever and sore throat.

➤Herbal medicine is a class of medicine originating from nature hence causing less side effects because of less use of additives, preservatives or excipients.

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graph LR
    A[Natural Herbs] --> B[Screening for antiviral activity]
    C[Natural products with antiviral properties] --> B
    B --> D[In Silico assessment]
    D --> E[Docking analysis]
    E --> F[Natural products emerging as potential COVID-19 main protease inhibitors]
    
```

Recognition of Natural Products as Potential Inhibitors of COVID

HERBAL REMEDIES -

AVAILABLE ALLOPATHIC TREATMENTS -

- Drink warm water throughout the day.
- Drink milk with turmeric powder (half teaspoon in 150 ml hot milk) twice a day.
- Once a day inhale steam infused with Mint leaves or Caraway seeds.
- Once or twice a day drink Herbal tea / Kadha made using Basil (Tulsi), Cinnamon (Dalchini), Black pepper, Dry Ginger, Munakka (Raisin) and
- Jaggery or Lemon juice.
- Take one tablespoon of Sesame seed or Coconut oil and swish in the mouth for 2-3 minutes, spit it out and rinse the mouth with warm water.
- Practice Yoga, Pranayama and Meditation.

- Combination of Lopinavir & Ritonavir
- Hydroxychloroquine
- Covifor & Cipremi (Remdesivir)
- Fabiflu (Favipiravir)
- Methylprednisolone
- Vitamin B complex tablets
- Actemra (Tocilizumab injection)
- Alzumab (Italizumab injection)

Available vaccines –

- SII Covishield
- Bharat Biotech Covaxin
- Pfizer-BioNTech
- Moderna
- Johnson & Johnson/Janssen

REFERENCE- WHO guidelines of safety monitoring of herbal medicines.

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दिलीप भास्कर सावंत



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Ashvini Parasharam Sutar



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Preeti Rajendra Karande



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Baliram Darve



Sagar Ambhore

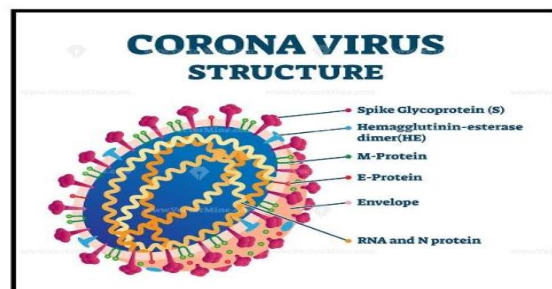


Gaikwad Swaranjali Nagnath

SAHYADRI COLLEGE OF PHARMACY, M. ETHWADE CONTROL ON CORONA Swaranjali Nagnath Gaikwad B-Pharm Final Year

ABSTRACT-Coronavirus disease 2019 (COVID-19), also known as **the coronavirus** or **COVID**, is a contagious disease caused by severe acute respiratory syndrome coronavirus (SARS-CoV-2). The first known case was identified in Wuhan, China, in December 2019. The disease has since spread worldwide, leading to an ongoing pandemic.

INTRODUCTION- The official names COVID-19 and SARS-CoV-2 were issued by the WHO on 11 February 2020. Tedros Adhanom explained: C for *corona*, V for *virus*, D for *disease* and 19 for when the outbreak was first identified (31 December 2019). The WHO additionally uses "the COVID-19 virus" and "the virus responsible for COVID-19" in public communications. Symptoms of COVID-19 are highly variable, ranging from none to life-threateningly severe. Transmission of COVID-19 occurs mainly when an infected person is in close contact with another person. Small droplets containing the virus leave an infected person as they breathe, cough, sneeze, or speak and enter another person via their mouth, nose, or eyes. Less commonly, the virus may spread via contaminated surfaces.



Covid-19 Testing: 1) RT-PCR (Reverse Transcriptase polymerase chain reaction) 2) Chest CT Scan 3) Rapid antigen test

REFERENCE- Symptoms of covid-19 U.S. Centers for Disease Control and Prevention (CDC). 13 May 2020. Archived from the original on 17 June 2020. Retrieved 18 June 2020.

Bhakti Rajshekhar Wali



PROTECT NATURE : IT WILL PROTECT US.

- Presented by- BHAKTI RAJSHEKHAR WALI
Ashokrao Mane Institute of Pharmacy, Ambap.

Abstract : This poster gives information about Our Responsibilities for protect the nature and also saves the natural resources. As we observed we faces problems like pollution, climate changes, global warming, etc. **Environment - Water - Cleanliness** this three things are depended as well as related to each other . The conservation of environment ,water and clean cities are most imp factors for our healthy life.For this purpose this poster in presented in which ideas are given for What We Can Do? So, **"WE RESPONSIBLE"** to protect nature as well as natural resources.



What We Can Do :

- i] Reduce, Reuse, Recycle.
- ii] Plant more trees.
- iii] Buy less plastic.
- iv]Support eco-friendly Orgnizations.
- v]Conserve Water.
- vi]Don't Waste Water.
- vii]Turn off taps after use.
- viii]Rain water Harvesting.

If we will not protect nature, nature will not protect us.

Objectives of Swachh Bharat Abhiyan:

- To solve the problems of sanitation and waste management in india.
- To Improve hygiene in all states as well as cities.

Make an initiative of establishing an accountable mechanism of monitoring latrine use.

Reference:- www.environmentalprotection.com www.Swachh Bharat abhiyan.com www.save and conservation of water.com

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Shreyas Bajirao Patil



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J Anisha



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Vaishali Jadhav



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श्रेयस मेघ:शाम सर्वेकर



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Mangalpawar Mukund Pandharinath



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Manoj Pandharinath Mangalpawar

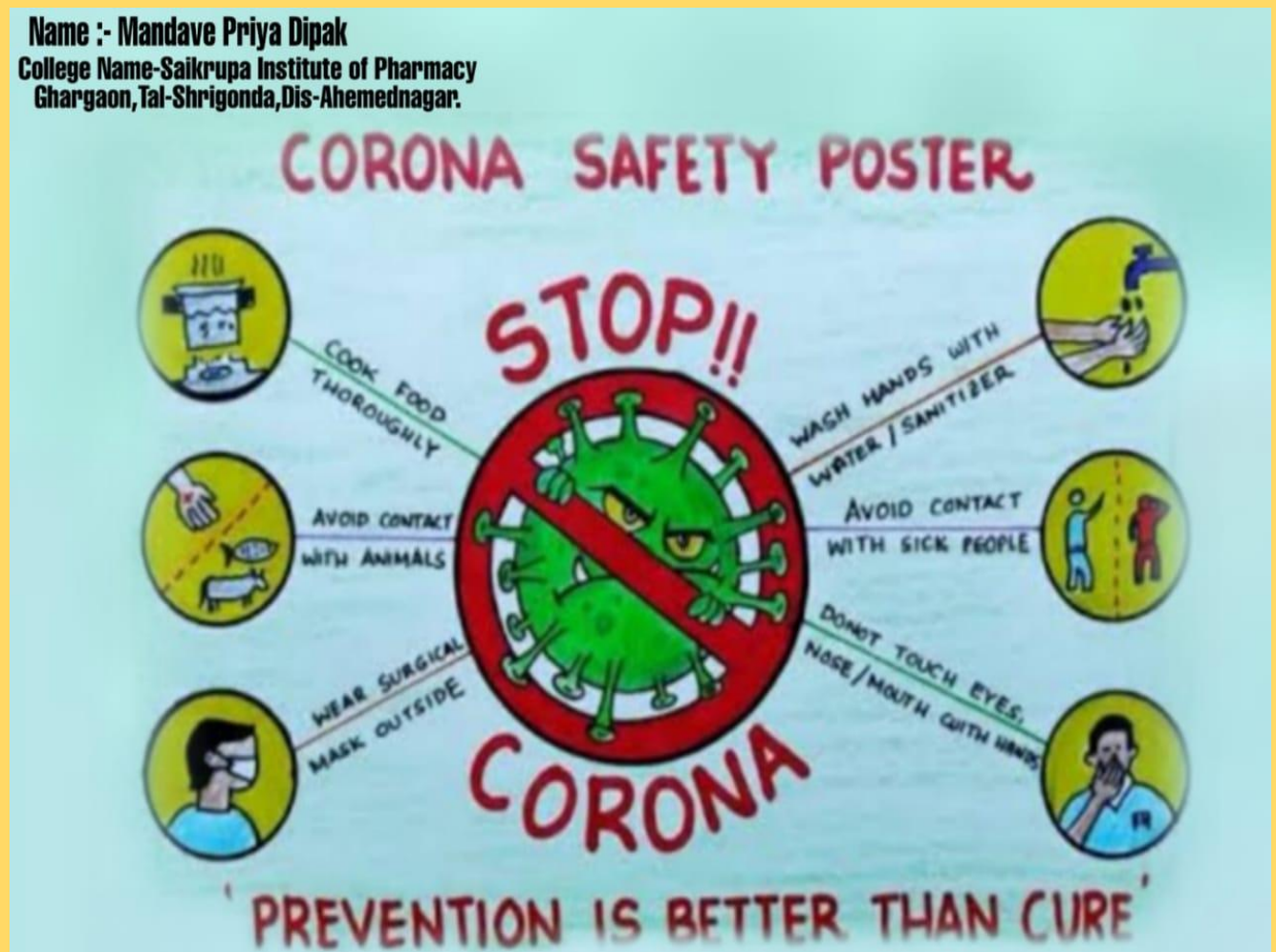


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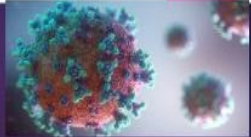
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Shraddha Dattaram Malavankar



GALGE ASHUTOSH GANGADHAR

Corona Control




Prevention of Corona Virus :

1. Wash hands often with soap and water.
2. Stay at least 6 feet away from others.
3. Wear a cloth face mask.
4. Clean and disinfect frequently touched surface and object at least daily such as doorknobs, phones.
5. Stay home and stay isolated.

Get Vaccinated

- Authorized COVID-19 vaccines can help protect you from COVID-19.
- You should get a COVID-19 vaccine when it is available to you.

Once you are fully vaccinated, you may be able to start doing some things that you had stopped doing because of the



Reduce the spread of infection:

- If you have any symptoms even if mild, stay home and seek medical advice. Follow local guidelines.
- Wash your hands frequently. Use alcohol-based hand sanitiser when soap and water are not available.
- Cough and sneeze into your elbow, not your hands.
- Avoid touching your face (eyes, nose and mouth) – especially if you have touched shared objects (such as handrails, door handles).
- Do not share food, drinks and personal items including mobile phones.
- Clean and disinfect frequently touched surfaces regularly.
- Do not travel if you are sick.

Avoid potential exposure:

- Stay home as much as practical.
- In public, try to maintain a distance of 1-2 metres (3-6 feet) from others. Avoid crowded places.
- Do not hug, kiss or shake hands to greet people.
- Keep face-to-face interactions brief.
- Minimise gatherings with friends and family.
- Maintain distance from sick people. Don't let them cough or sneeze on you.
- Avoid health facilities unless you need medical care.
- As far as possible, use private transport.

Do exercise for better health condition mainly for breathing Related problems (ex: Do Proning)

Proning :
PRONING is the process of turning a patient with precise, safe motions, from their back onto their abdomen, so individual is lying face down.

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Prashant Shantaram Paudwal



Aarati Mangave



FOOD ADULTERATION

Miss.Aarati Mangave

Appasaheb Birnale College Of Pharmacy, Sangli



Introduction:-

Food is the basic necessity of life. The quality and safety aspects of food are paramount significance, but the major problem we face is food adulteration . Adulteration is the process by which quality or nature of any substance is reduced through several methods. It is done either addition of foreign , inferior substance, removal of a vital element. Simply it is mixing the food adulteration involving the infusion of unsold harmful, unnecessary substance of food which decreases the quality of food. The problems of adulteration makes the food items used in our daily life unsafe and unhygienic for use due to poor handling. It causes tremendous effect on health without our knowledge. If we tend to actively participate in these changes then we can bring about a healthy and non venture future for the upcoming generation.



Types of adulteration

- Quantitative
- Informational
- Qualitative



Health hazards

Reasons for food adulteration

- To earn more profits.
- To increase the weight, adulterant is added.
- To increase volume of trade by showing lower prices.
- When supply is less than demands.
- Lack of awareness and updation of the information on the adulteration related food safety outbreaks.
- Shortage of authentic ingredients at affordable prices.

Adulteration in food stuffs

Food stuffs	Adulterants
Cereal	Soil, pieces of stone, infested cereal
Ghee	Vegetable ghee, animal fat
Milk	Water
Turmeric	Yellow soil
Honey	Sugar, water

Control approach

Consumers/and users:

- ❖ Proper understanding of the adulteration issues.
- ❖ To know difference between the natural and aesthetics attributes of food and accepting the natural ones to the extent possible.
- ❖ It is better to avoid adulterated cool drinks, instead you can have any fresh fruit juice and tender coconut.

Food safety



Food Safety and Standards Authority of India

Conclusion:
 Bethenny frankel says:-"Your diet is a bank account. Good food choices are good investment". Selection of wholesome and non-adulterates food is essential for daily life to make sure that such foods do not cause any health hazard. The consumers should avoid taking food from unhygienic place and food being prepared under unhygienic condition. It always better to buy certified food from reputed shop.

Reference:
 1. https://en.wikipedia.org/wiki/Adulterated_food ,2. <https://www.longdom.org/scholarly/food-adulteration-journals-articles-ppts-list-3280.html> 3. <https://www.slideshare.net/enigmisha/food-adulteration-52244831>

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Vijay Pakhale



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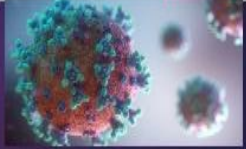
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Diya Ganapat Bhayaje



Ashutosh Galge

Corona Control




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Pranab Bendgude

WHAT IS CORONAVIRUS?

A coronavirus is a virus that is found in animals and, rarely, can be transmitted from animals to humans and then spread person to person.

COVID-19 symptoms range from mild to severe. It takes 2-14 days after exposure for symptoms to develop. Symptoms may include:

**FEVER**

**COUGH**

**SHORTNESS OF BREATH**

- AVOID PEOPLE WHO ARE SICK
- AVOID MEETING IN LARGE GROUPS
- COVER YOUR COUGH
- WASH YOUR HANDS WITH SOAP AND WATER
- STAY HOME IF YOU CAN

Those with weakened immune systems may develop more serious symptoms, like pneumonia or bronchitis. You may never develop symptoms after being exposed to COVID-19.

MORE INFO: <https://familydoctor.org/condition/coronavirus/>

Your Logo Covid-19

STAY HOME, STAY HEALTHY.

You can reduce the risk of spreading corona virus that causes covid-19 by taking the same steps you'd take to avoid a cold.

Protect yourself and others

 Frequently wash hands with soap

 Wear a mask when going outside

 Avoid human contact

REDUCE YOUR RISK OF COVID-19 INFECTION

**WASH HANDS**

Wash your hands with soap or use a hand sanitiser

**COVER A COUGH OR SNEEZE**

Cover your cough or sneeze with your sleeves or tissues. Dispose the tissue and wash hands afterwards

**SOCIAL DISTANCING**

Keep a distance of around 1 meter away from others in public

**STAY AT HOME**

Always stay home unless you have an important reason to leave the house

FACE MASK



IS REQUIRED AT ALL TIMES

THANK YOU!

Name: Prerana Dnyaneshwar Bendgude

विषय: कोरोना नियंत्रण

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Pranal Nitin Salunkhe



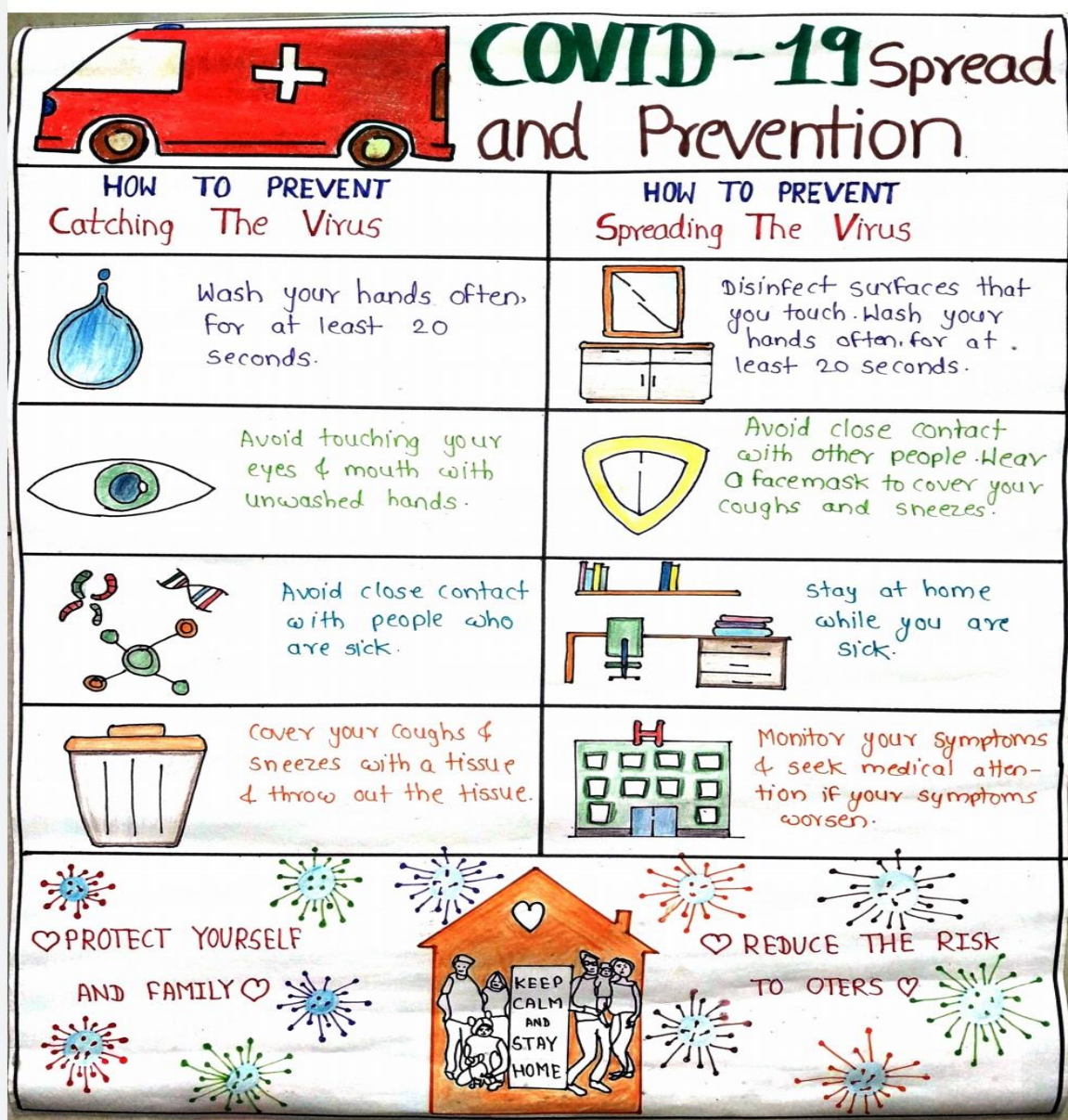
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Durgadevi Dattatraya Sargar



Trupti Shinde



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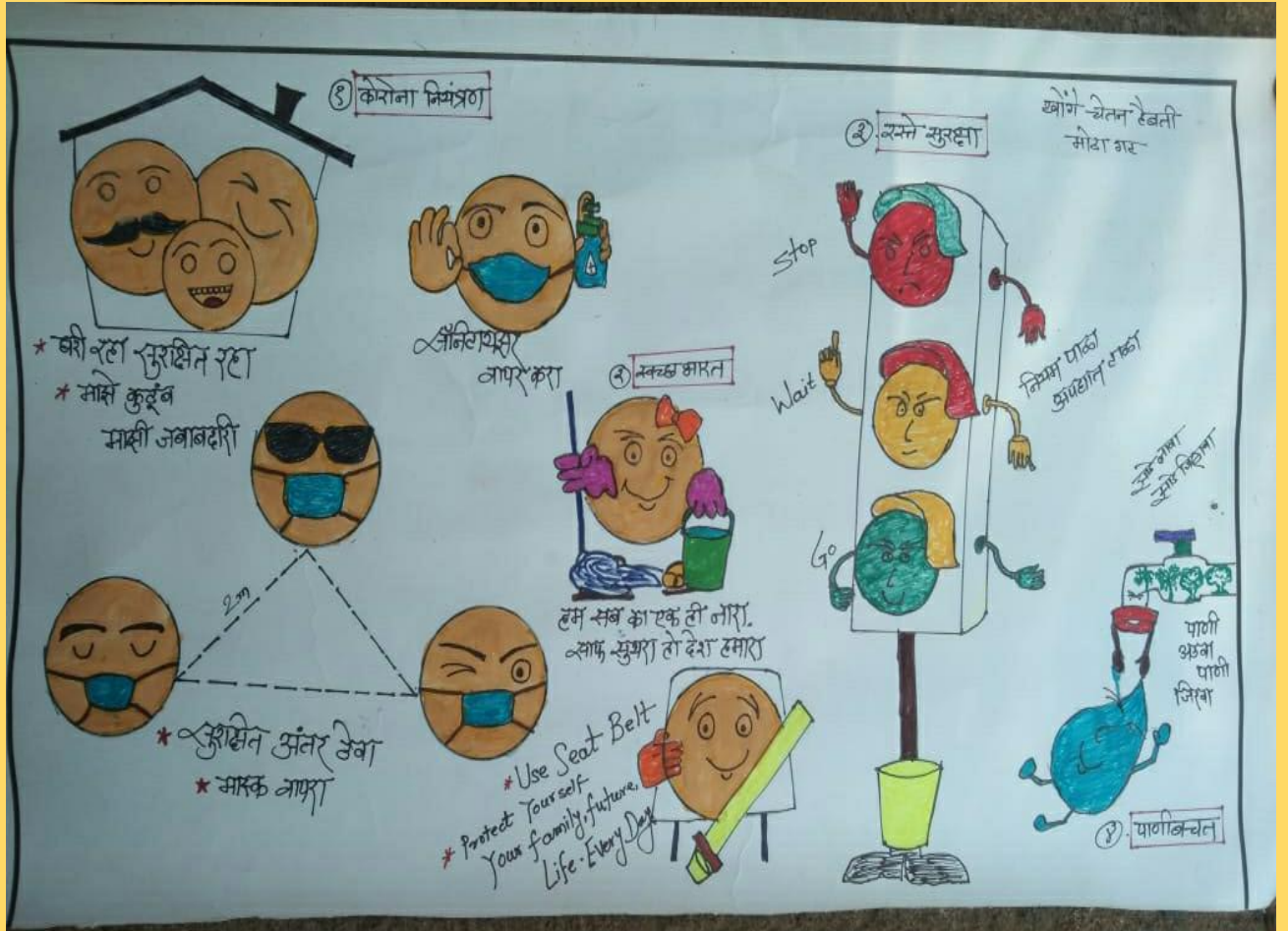
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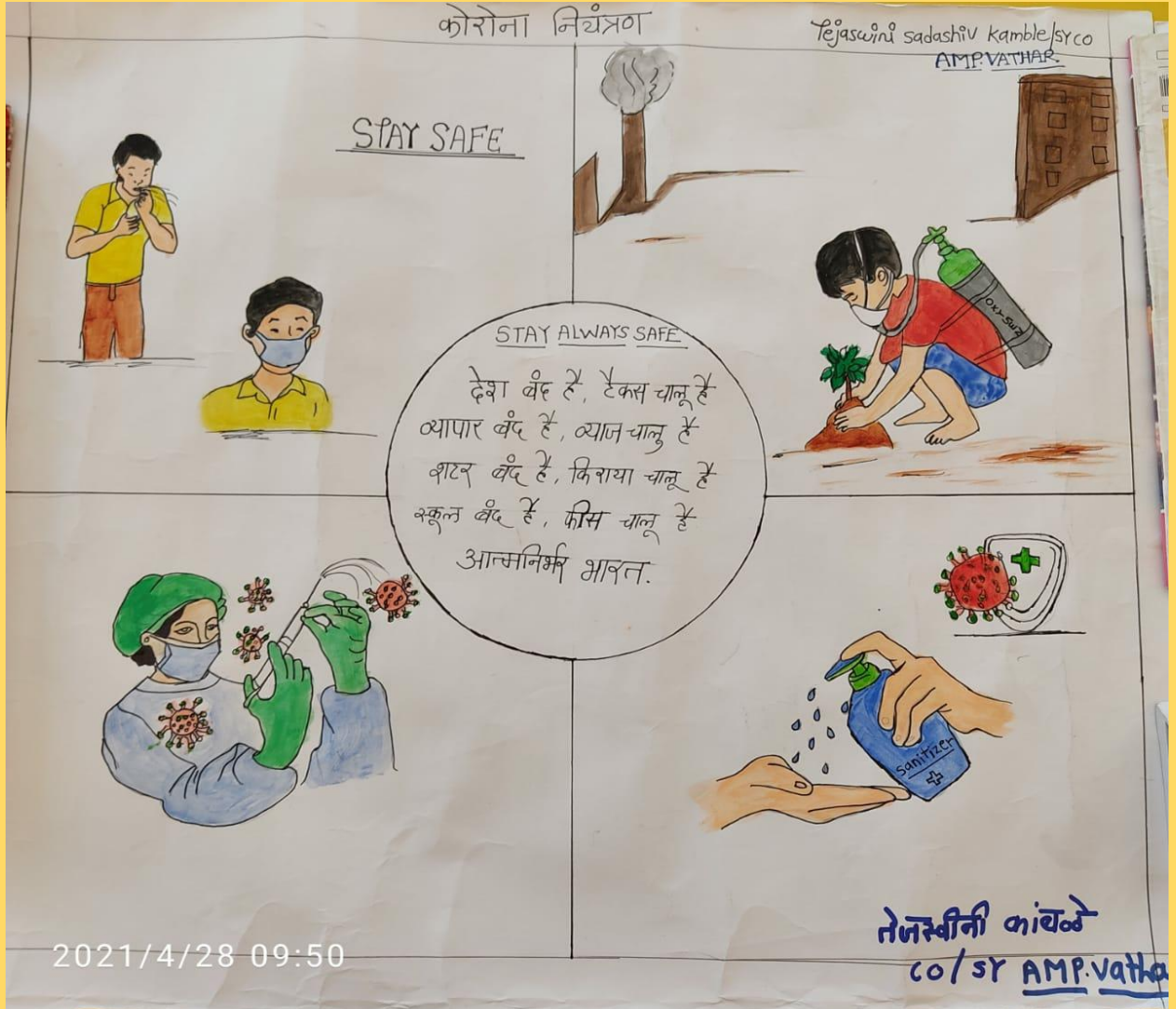
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Tejaswini Sadashiv Kamble



Sanket Patil



SCPM

COVID-19 CONTROL: IMMUNITY BOOSTING MEASURES

SANKET PATIL* S. M. MALI
SAHYADRI COLLEGE OF PHARMACY, METHWADE



TIPS TO IMPROVE IMMUNITY TO FIGHT COVID-19

Abstract

Identifying the mechanism of action of the virus and its interaction with the immune system will help prevent and treat the disease. In other words, understanding the disease and its effect on the immune system will improve disease management. The immune system has a fundamental protective function against most infectious diseases such as SARS-CoV-2. Hence, it is must we have to boost our immune system over to combat COVID-19 infection. The resistance offered by host to harmful effects of pathogenic microbial infection is called immunity. This study investigates the effectiveness of Complementary and Alternative Medicines (CAMs) and Ayurveda in boosting immune response against infection diseases. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

Keywords: COVID-19 infection, Immune system, CAMs, Immune boosting, Ayurveda.

Introduction

The Immunity is the ability of an organism to resist disease, either through the activities of specialised blood cells or antibodies produced by them in response to natural exposure or inoculation. In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health. We all know that prevention is better than cure.

Immunity boosting supplements

Supplements in a tablet form of vitamins, minerals and other antioxidants that your body uses daily. Sometimes you might need to take a tablet form of a certain nutrient if you cannot get enough from food. However, usually you will get enough nutrients from the food you eat. You may have heard of the following supplements:

Vitamin C is important as our body doesn't store it and our bodies need it daily. We can get enough from our food when we are eating a variety of fruit and vegetables. This includes fresh, canned and frozen fruits and vegetables.

If you are eating lots of fruits and vegetables, it is best to avoid taking vitamin C supplements in bulk as you will be flushing your money down the drain. Scientists in China have been looking to see whether ultrahigh doses of vitamin C can help COVID-19 patients both fight infection and reduce the symptoms of the disease.

Vitamin D is the 'sunshine vitamin', as we get most of it from the sun and it gives the body what it needs to produce vitamin D. Unless your vitamin D levels are low, usually shown by a blood test showing vitamin D deficiency, then a vitamin D supplement is not necessary.

Probiotic supplement are often taken to help boost the good gut bacteria mentioned above. The evidence is unconvincing right now as to whether you will get any extra benefit from a probiotic supplement over and above eating a healthy, well balanced diet. There is no evidence to suggest that supplements labelled as 'immune-boosting' such as green tea, zinc, elderberry or echinacea will provide protection against COVID-19. It's more important to have a healthy lifestyle overall.

Ayurveda's immunity boosting measures for self care during COVID-19 by Ministry of AYUSH, Government of India.

GENERAL MEASURES TO ENHANCE THE BODY'S NATURAL DEFENCE SYSTEM

1. Drink warm water throughout the day
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes
3. Use Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking

AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

MEASURES TO PROMOTE IMMUNITY

1. Take Chyavanprash 10 gm (1 tsp) in the morning.
Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dashina (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Musakka (Raisin) - once or twice a day. (Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed)
2. Golden Milk- Half teaspoon Haldi (turmeric) powder in 150 ml hot milk, once or twice a day

AYURVEDA'S IMMUNITY BOOSTING MEASURES FOR SELF CARE DURING COVID 19 CRISIS

SIMPLE AYURVEDIC PROCEDURES

1. Nasal application - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarj Nasya) in morning and evening
2. Oil pulling therapy - Take 1 tablespoon sesame or coconut oil in mouth. Do not drink, swirl in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day

Reference:

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2. <https://doi.org/10.1101/2020.04.02.20051052>
3. www.heartfoundation.org.nz/about-us/news/blogs/boost-your-immune-system-to-fight-infection
4. World Health Organization > Covid-19

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Sandesh Suresh Chede



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Jaideep Bhanudas Parab



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रुपाली रमेश पाटील



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Rina Suresh Patil



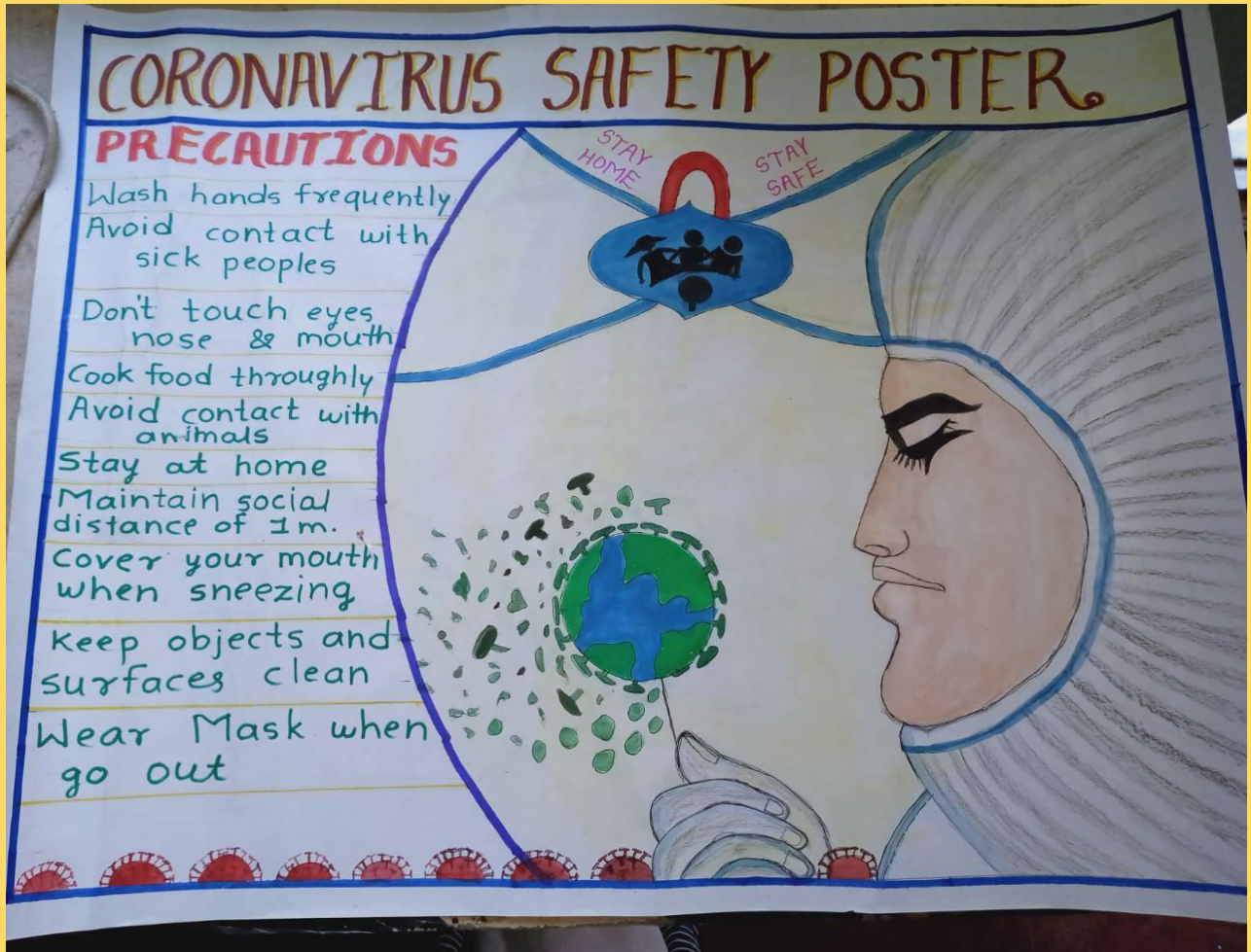
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Shreeya Vilas Atiwadkar



Ashiya Kayyum Mujawar



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निकिता शशिकांत जाधव



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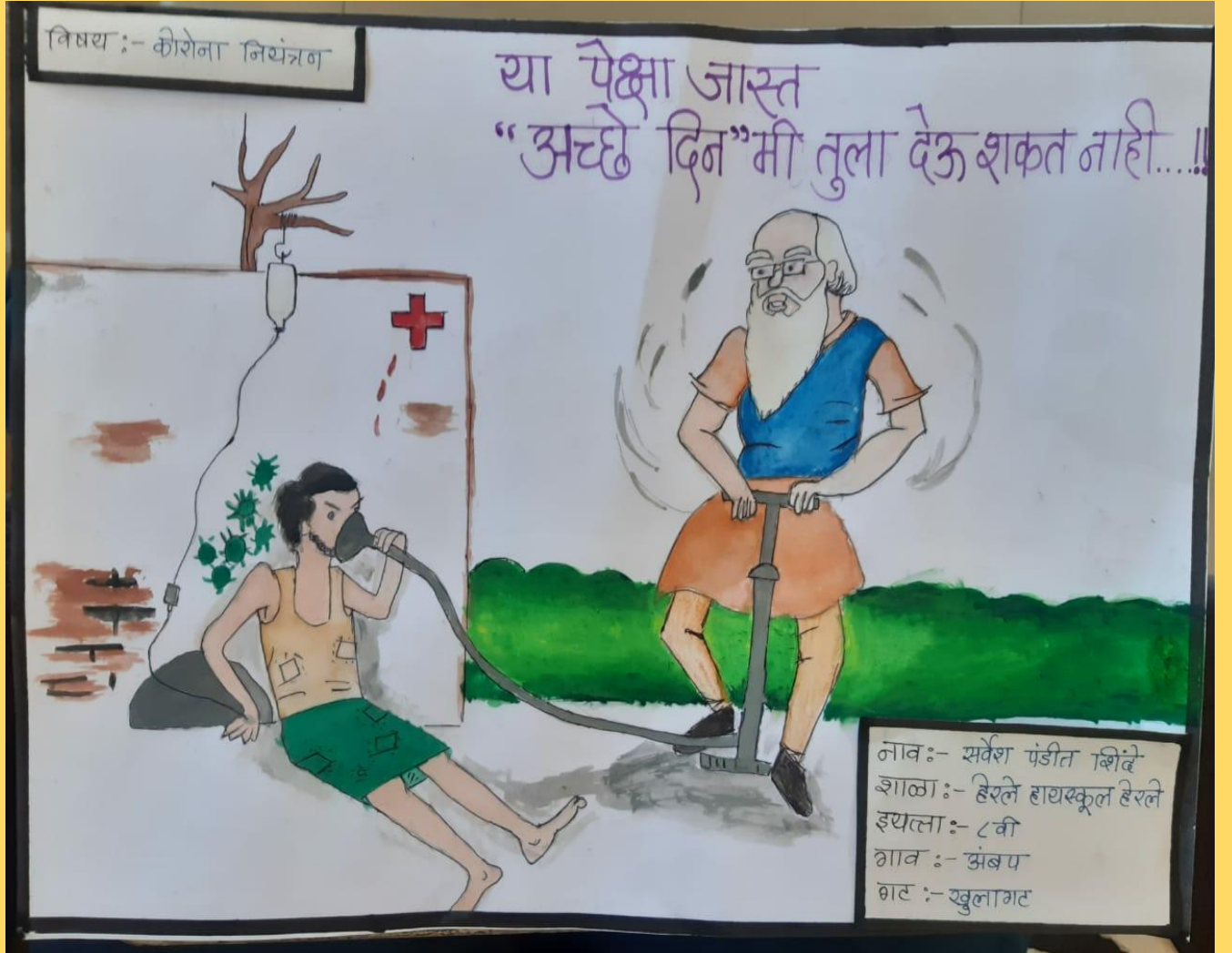
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सर्वेश पंडीत शिंदे



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College- Ramnarian Ruia Autonomous College



Topic- MAHILA SABLIKARAN
Mobile no- 9821190192 / 9870458598

Tanuja Ashish Kole



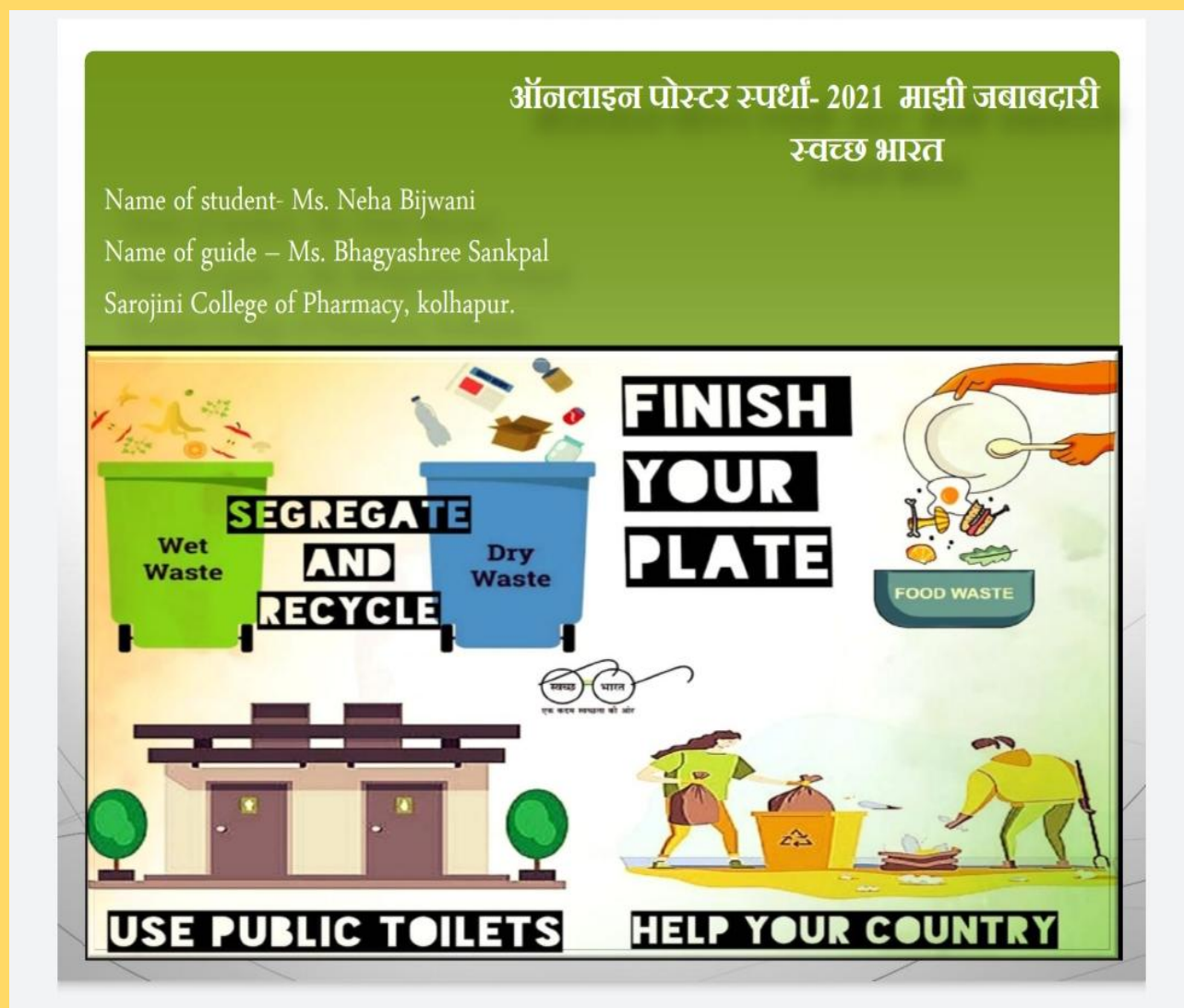
Sakshi Patil



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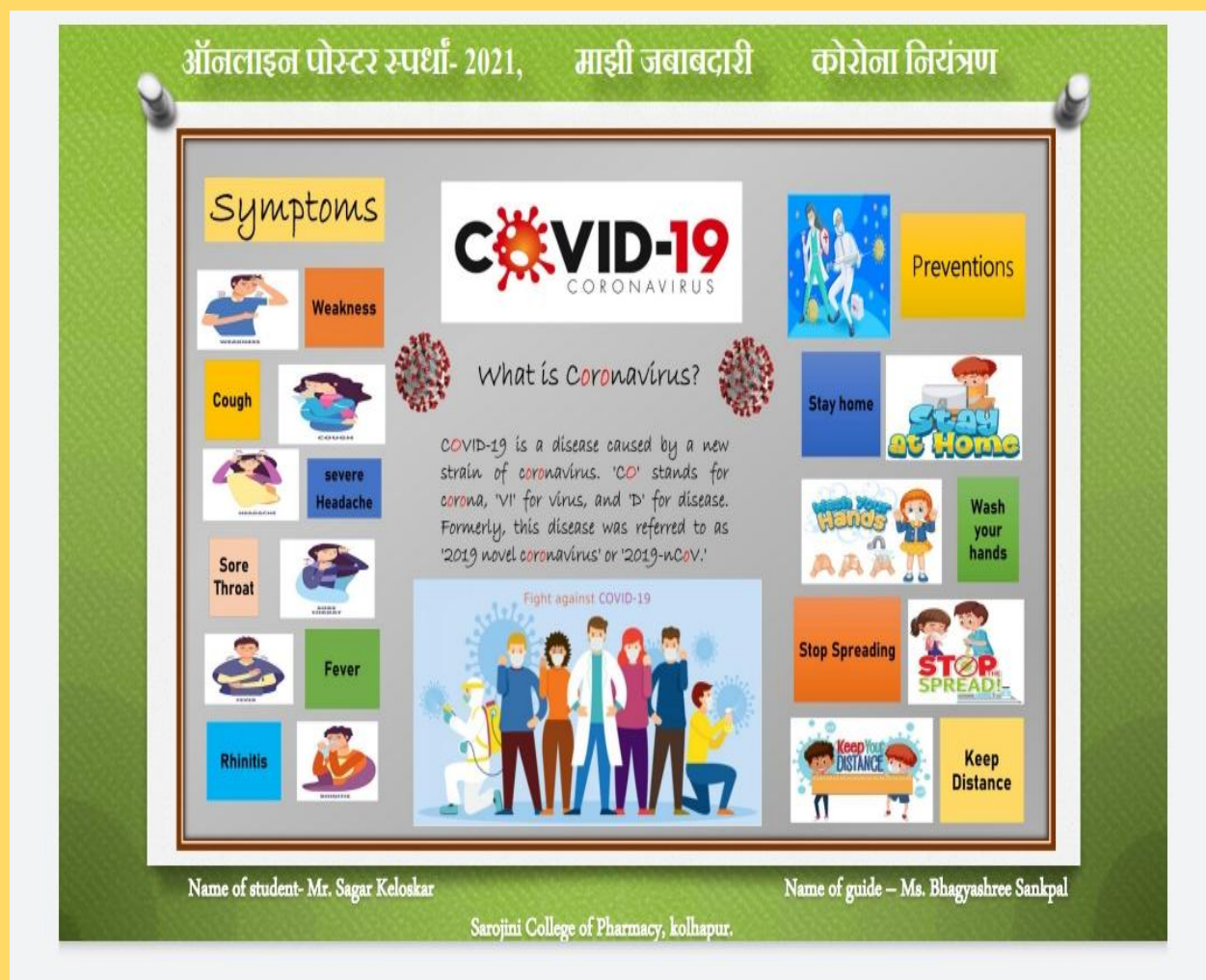
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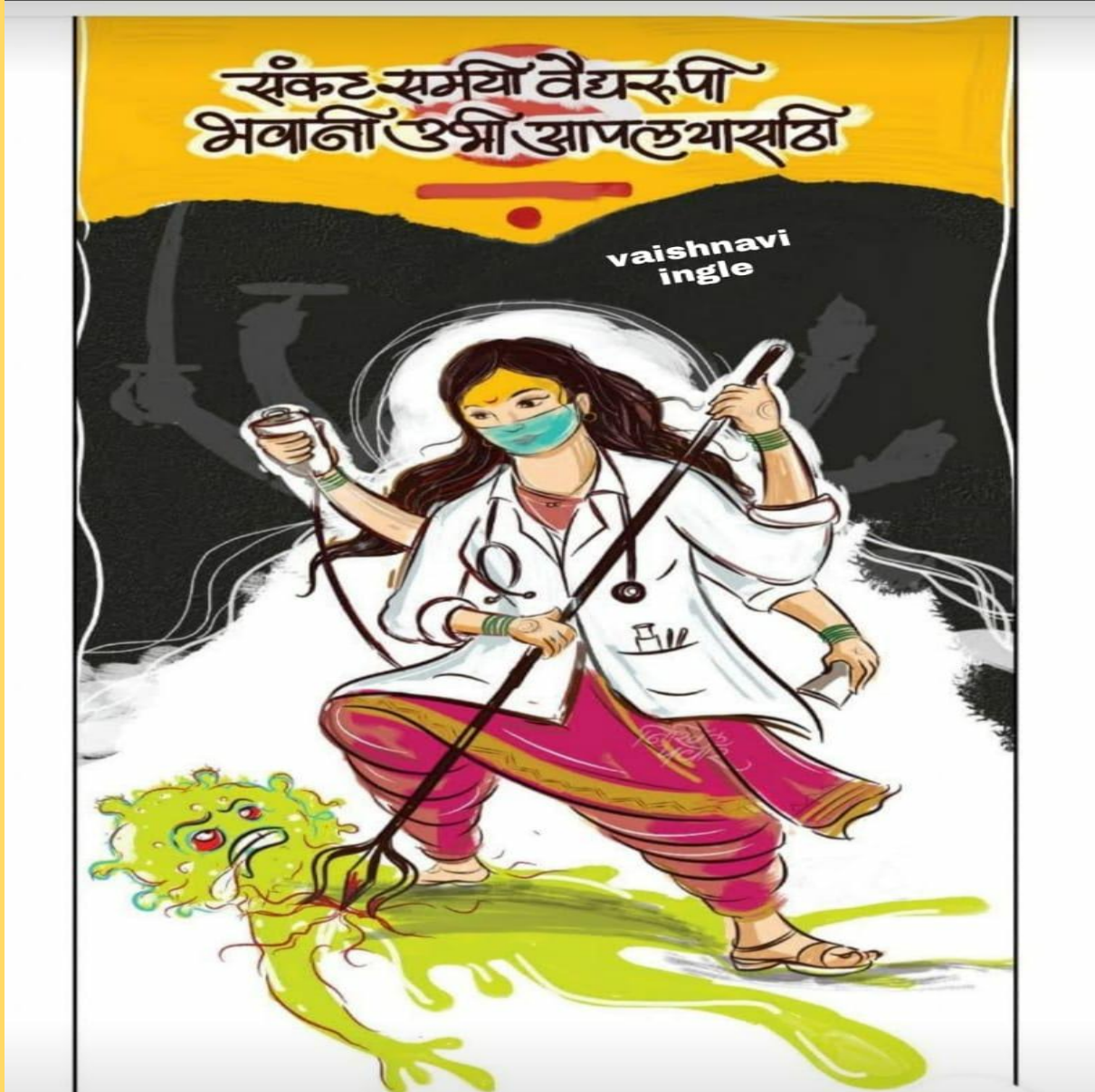
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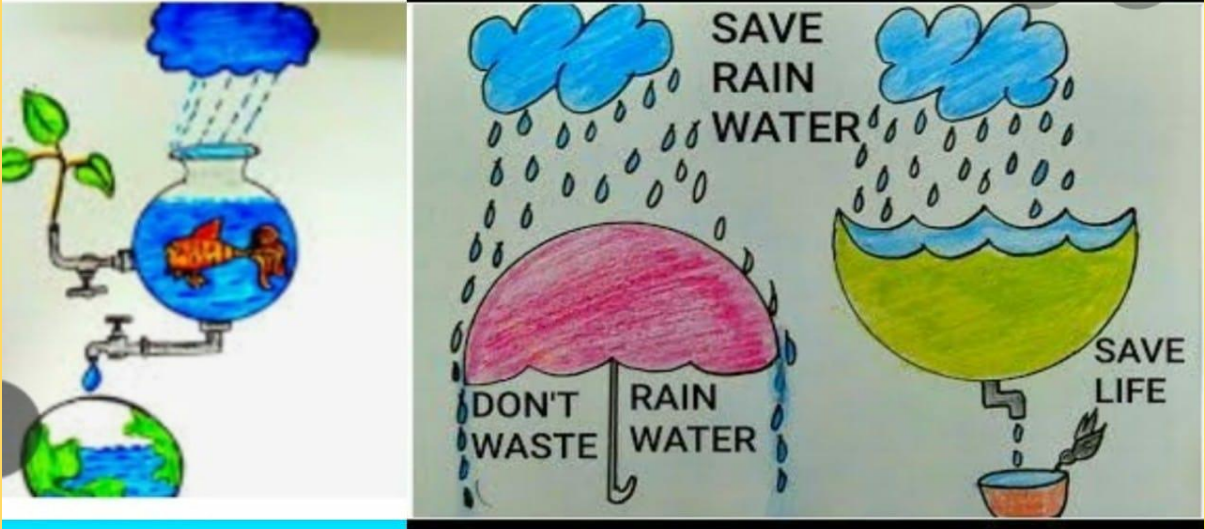
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वंदना प्रकाश गुंडावार

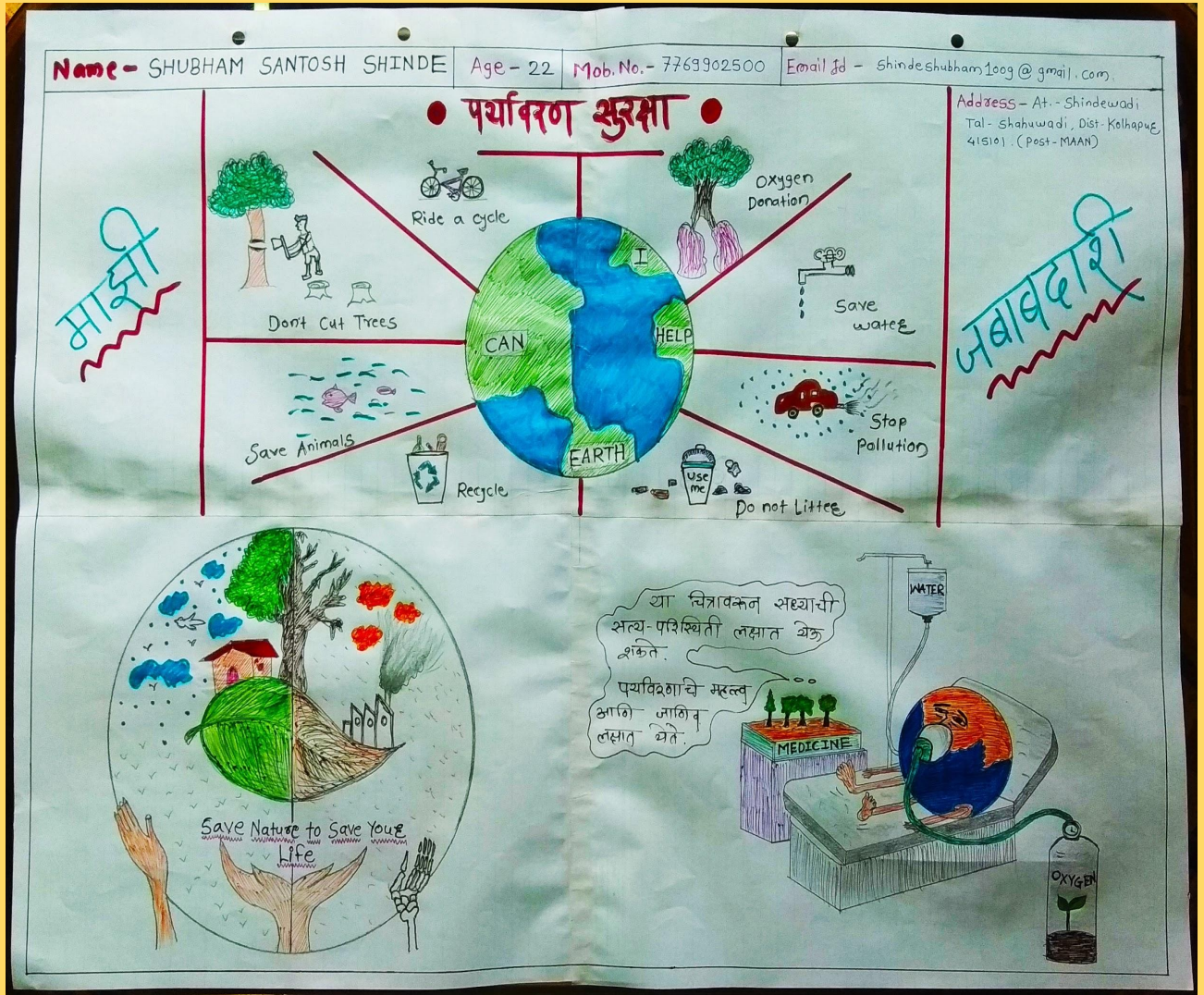


पाण्याविना
जीवन नाही
पाणीबचती शिवाय
पर्याय नाही

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Shubham Santosh Shinde





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Kalpesh Karn Shelake





ABSTRACT

Novel corona virus causes (SARS CoV 2) causes COVID 19, originated from China in late December 2019 and become a matter of international public health concern. Modes of transmission in human are respiratory droplets, surface contact and faecal-oral transmission. Asymptomatic patients, higher values of reproductive order, serial interval and rapid mutation than earlier coronavirus are the major hurdles in control of COVID 19. It causes serious responses like respiratory collapse, coronary artery injury or instability, stroke, hypertensive crises, multi-organ failure and death of patient. Hence, the protection to all age group people, frontline health professionals and patients with chronic diseases is the priority. Today, globally used strategy of 'prevention is better than treatment' is most accepted because few drugs or vaccines are available for specific treatment and prophylaxis of COVID 19. Also, need to increase resources for supportive treatment and medical facilities. Rapid diagnosis, isolation, early vaccination, adopting healthy habits, balanced food, physical exercise, mental calmness and following timely guidelines published by WHO and Government are the major key to stop spread of disease.

Therefore, the present e-poster explore epidemiology, pathophysiology, prevention, control, diagnosis, treatment of COVID 19.

Keywords: Reproductive order, Serial interval, Asymptomatic, Mutant, Variant

ORGANIZER

ASHOKRAO MANE GROUP OF INSTITUTIONS
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CURRENT UPDATES IN PREVENTION AND CONTROL OF CORONA VIRUS DISEASE 19

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INTRODUCTION

- COVID 19 is caused by severe respiratory syndrome corona virus (SARS CoV 2).
- Corona viruses are enveloped, positive sense, single stranded RNA viruses ~ 30 kb.
- Modes of transmission in human via respiratory droplets, surface contact & faecal-oral.
- India triple mutant variant of B.1.617 has hallmarks of all dangerous virus (21 Apr 2021).
- It was spread in 13 countries of different continents.
- UK, Brazil, South Africa, California and more variants are spreading rapidly than earlier.
- Increased potential of patient hospitalization and deaths at capacity healthcare system.
- Few vaccines and drugs are available for the prophylaxis and treatment of COVID 19.^{1,4}
- Globally followed strategy is **'PREVENTION IS BETTER THAN TREATMENT'**.
- To prevent COVID-19, it is necessary to understand and update information timely.
- Epidemiology is the science which deals about estimation of pattern of occurrence of epidemic, frequency, distribution, determinants, its control and disease morbidity & mortality.
- Pathophysiology is defined as the altered physiology due to disease or injury.

OBJECTIVE

To aware the society about current updates regarding prevention and control of COVID 19.

PATHOPHYSIOLOGY^{1,3}

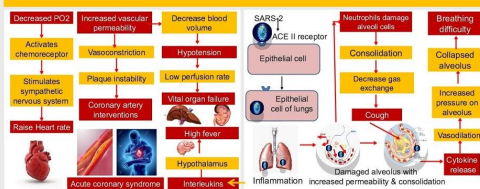


Fig. 3. Pathophysiology of COVID 19.

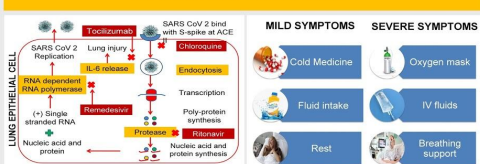
DIAGNOSIS^{2,3}

Specie	Markers
Liver	Albumin*, Alanine amino transferase (AAT), Aspartate amino transferase (AST), Bilirubin
Kidney	Creatinine, Creatinine kinase, Creatinine kinase MB, Blood urea nitrogen (BUN)
Heart	Cardiac troponin I, Myoglobin
Coagulation	Prothrombin time, D-dimer
Inflammatory	Erythrocyte sedimentation rate, Serum ferritin, C-reactive proteins, Lactate dehydrogenase (Cell permeability)

* decrease in albumin and all other markers value increase in COVID 19.

Fig. 5. Diagnostic tools for COVID 19.

TREATMENT AND PROPHYLAXIS^{1,4}



As per WHO draft, 13 vaccines are authorized by at least one regulatory body globally. About 24, 33 and 16 vaccines are in Phase I, II and III respectively of clinical research.

Fig. 6. Treatment and Prophylaxis for COVID 19.

FACTS AND FIGURES

- Genomic homology (89-96%) confirmed the major culprit of COVID 19 as bats.
- Reproductive order (RO) is number of people infected by one patient.
- RO is variable for variant strain of COVID 19. Triple mutant strain infecting all age groups.
- Serial interval (SI) is time interval during asymptomatic patient infect people at high rate.
- SI value is 5 to 7.5 in COVID 19. Incubation period for COVID19 is 2 to 14 days.
- Asymptomatic patients are more dangerous in spread of COVID 19.
- Spike 'S' protein of virus have affinity to angiotensin converting enzyme II (ACE II) site.
- SARS CoV 2 binds with ACE II and enters into epithelial cells by endocytosis (Figure 3).
- ACE-II target sites are abundant on epithelium of lungs, heart, vessels, ileum, kidney etc.
- Over expression of ACE-II are seen in diabetes, hypertension & coronary artery disease.¹
- High mortality rate was seen in elderly and patients with comorbidity.
- Prevention, control & spread of disease can be achieved by following WHO guidelines.
- Mathematical models for COVID 19 and effect of social distancing & hygiene (Fig.1A & B).

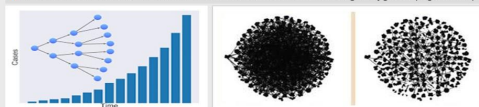


Fig. 1(A). Susceptible, Infected & Recovery (SIR) and 1 (B) Network model

PREVENTION AND CONTROL^{1,4}



Fig. 4. Prevention and control of COVID 19

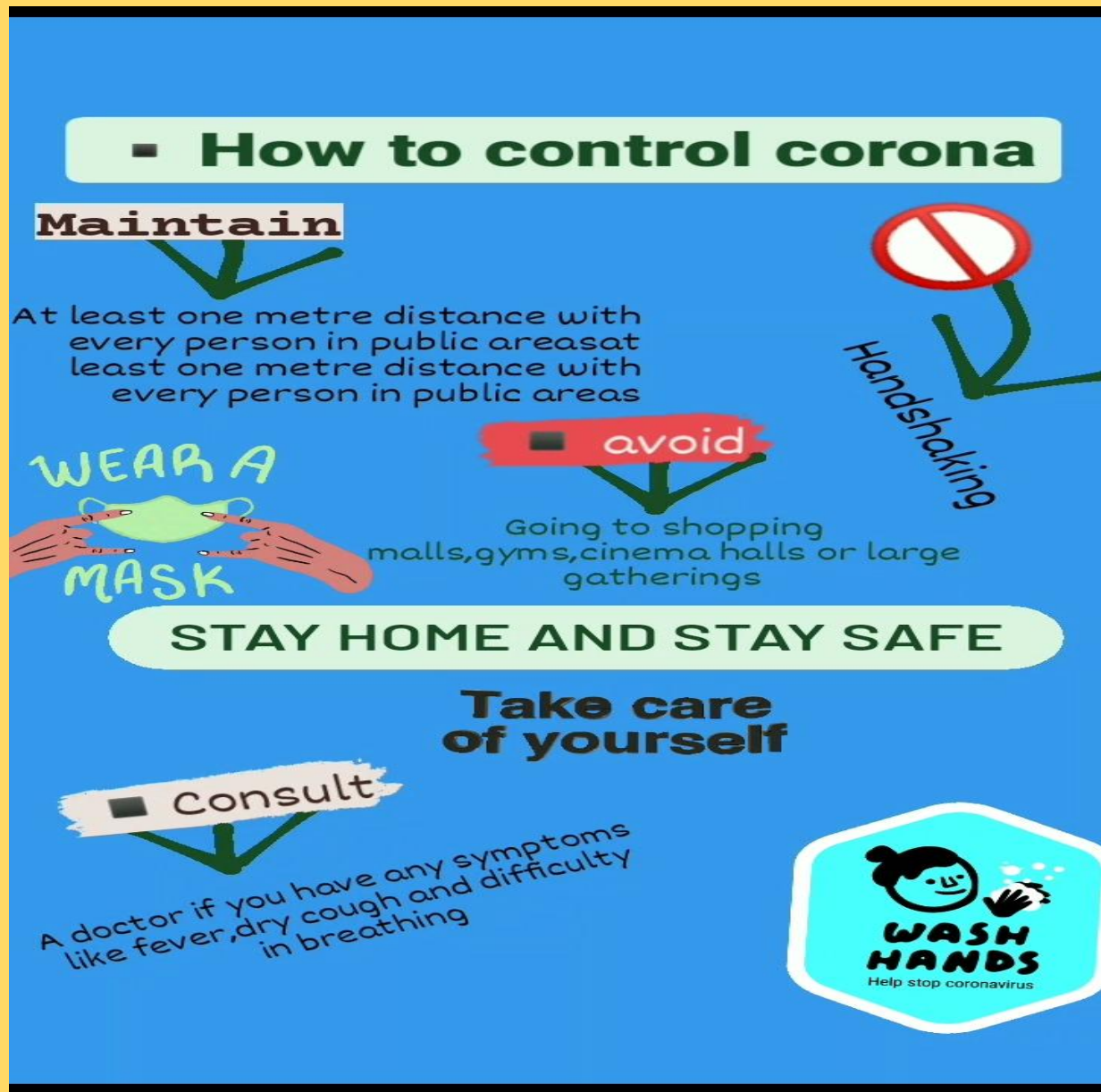
CONCLUSIONS

- SARS CoV-2 is multiple variant fastest spreading epidemic than earlier coronavirus.
- Few drugs or vaccines are available for treatment and prophylaxis of COVID19.
- Globally used strategy is **'PREVENTION IS BETTER THAN TREATMENT'**.
- Rapid diagnosis and isolation of suspect or patient decline disease spread.
- Using available drugs, antibodies and immunization can protect the people.
- Heathy habits, reducing mental stress and stopping rumor spread is need of time.
- Supportive treatment and empowered immunity can enhance survival rate.
- Protecting all age individual and people with chronic diseases is of prime importance.
- It is an alarm for world for strengthening medical research and healthcare system.

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Megha Wakode



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Dilip kothalkar





हात धुण्याच्या पद्धती

आपण सर्वजण सोप्या चरणांचे संपूर्णपणे पालन करून साबणाने व पाण्याने हात धुवून कोरोना विषाणू, कोव्हिड -१९ आणि इतर आजारांपासून स्वतःला, आपल्या कुटुंबास आणि आपल्या समुदायास निरोगी आणि सुरक्षित ठेवू शकतो. ज्याने आपले हात व हाताचा प्रत्येक भाग स्वच्छ होईल

आपण सर्व या सोप्या चरणांचे अनुसरण करू शकतो:

1

हात स्वच्छ पाण्याने ओले करून साबण लावा

2

साबणाचा फेस करून व्यवस्थित चोळून घ्या

3

तळहात, हाताचा मागचा भाग, बोटांच्या मधला भाग, अंगठ्याच्या भोवतीचा भाग, नखे व्यवस्थित चोळून घ्या २० सेकंदांपर्यंत हात घासा. हात स्वच्छ पाण्याने व्यवस्थित धुवा



4

हात स्वच्छ पाण्याने व्यवस्थित धुवा हात स्वच्छ कापडाने अथवा ड्रायरने सुकवा



लक्षात ठेवा

प्रत्येक वेळेस वरीलप्रमाणे हात धुवा आपले व आपल्या कुटुंबाचे कोरोना विषाणू आणि कोव्हिड-१९ पासून रक्षण क

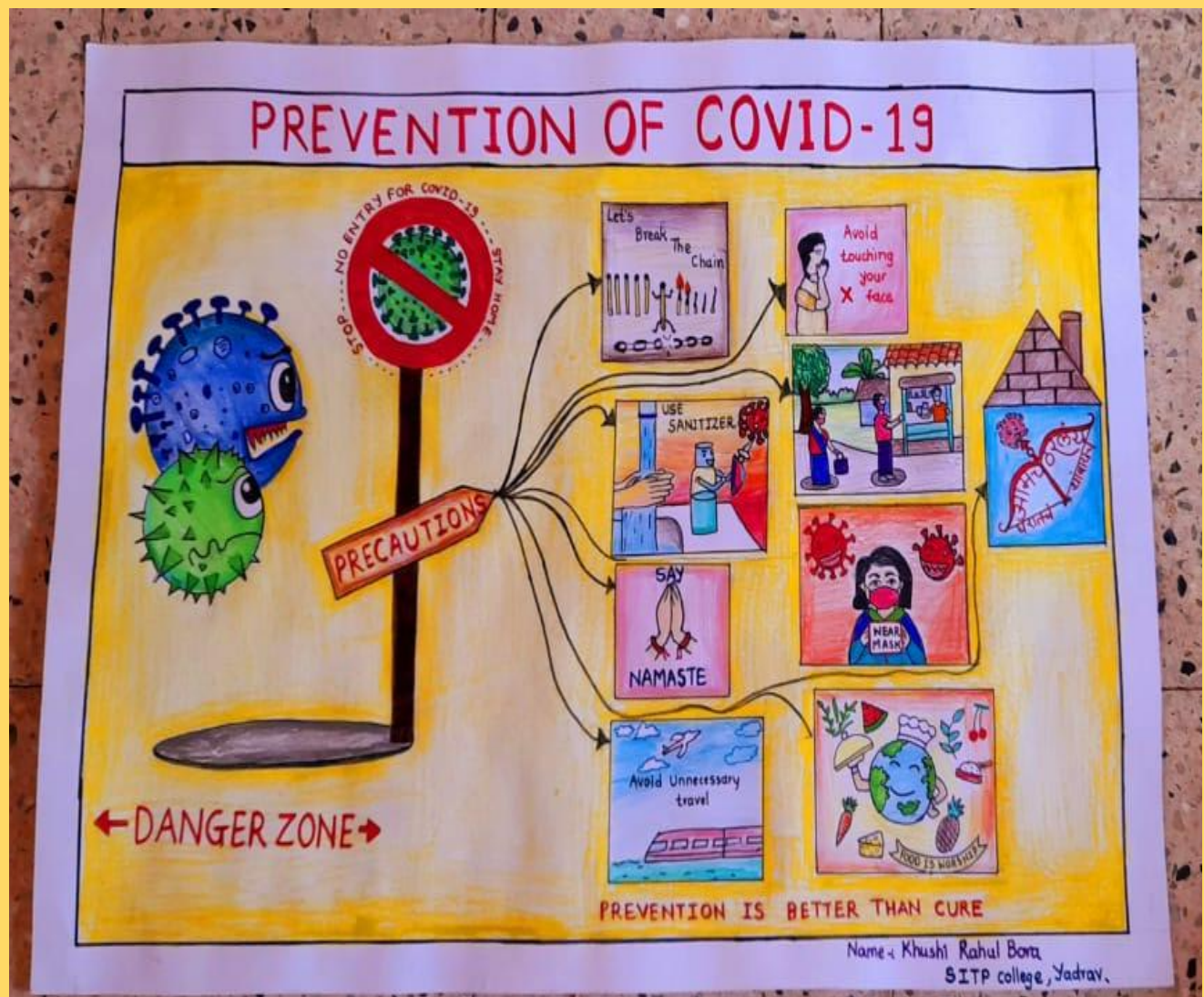
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Corona Control & Prevention

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When will coronavirus end from India?

Wash Your Hands

Protect yourself and others from getting sick


Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health Organization

Important



Clean all shared surfaces frequently




Avoid all nonessential travel



Call ahead before going to a clinic or hospital

Social Distancing

Maintain at least 1 m (3 feet) distance between yourself and anyone who is coughing or sneezing



Correct Use of Surgical mask

CORRECT



INCORRECT



Avoid Touching Eyes, Nose, Mouth



EYES, NOSE, MOUTH

Hands touch many surfaces and can pick up viruses. Avoid touching your eyes, nose or mouth. The virus can enter your body and can make you sick.

Approach Physician



IF YOU'RE SICK

If you have a flu-like illness, inform the people around you. If your illness isn't mild, seek medical care.

Covishield / Covaxin



Use Tissue While Sneezing




SNEEZING/ COUGHING ETIQUETTE

Cover your mouth when you cough or sneeze, with a tissue or the inside of your elbow

Important



Wash your hands frequently




Cough and sneeze into the elbow



Dispose of used tissues immediately



Avoid contact with others



Avoid crowds and public gatherings



Avoid touching your face

References: 1. <https://www.who.int/covid-19/information>
 2. <https://www.mohfw.gov.in/>
 Guided By – Dr Atul Baravkar, Principal, SPIPSR, Baramati

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Prashant Tanaji Kumbhar



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Priyanka Patil



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Punam Neeraj Motghare





Road safety

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Introduction

In today's world road and transport has become an integral part of every human being. The present transport system has minimized the distances but it has on the other hand increased the life risk. In India itself about eighty thousand people are killed in road crashes every year which is thirteen percent of the total fatality all over the world. Man behind the wheel plays an important role in most of the crashes. In most of the cases crashes occurs either due to carelessness or due to lack of road safety awareness of the road user. Hence, road safety educating all stakeholders, including traffic police, citizens, drivers, vehicle owners, etc. of road safety is thus crucial to save millions of lives and prevent injuries. Our aim is to provide road safety information for road users to encourage safer road user behavior among current and prospective road users and reduce the number of people killed and injured on our roads every year.

Traffic rules:-

1. •Never drink and drive
2. •Keep a safe distance from the vehicle ahead
3. •Always wear seat belt
4. •Always avoid distractions
5. •Never break red signal
6. •Always drive within speed limit

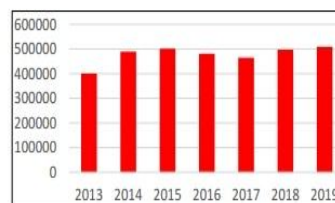
Traffic Signs



Common causes of road accident

- Over speeding
- Drunk driving
- Using mobile phones while driving
- Irresponsible driving
- Ignoring safety precaution

Road accident statistics in India according to ministry of transport and highways



First aid in road accidents



- Assess the extent of the victim's injuries
- Check if the person is breathing and has a pulse
- Call for an ambulance or rush the person to a hospital
- Perform life-saving techniques like CPR or EAR
- Suspect if there are any spinal injuries
- Treat the victim's wound

Conclusion:-

Road safety is very important nowadays as there has been too much of increase in vehicles on road and it becomes crucial that we follow the traffic rules and laws and save ourselves and our families from road accidents. Also making other people aware of road safety rules could make our roads safe

Reference:-

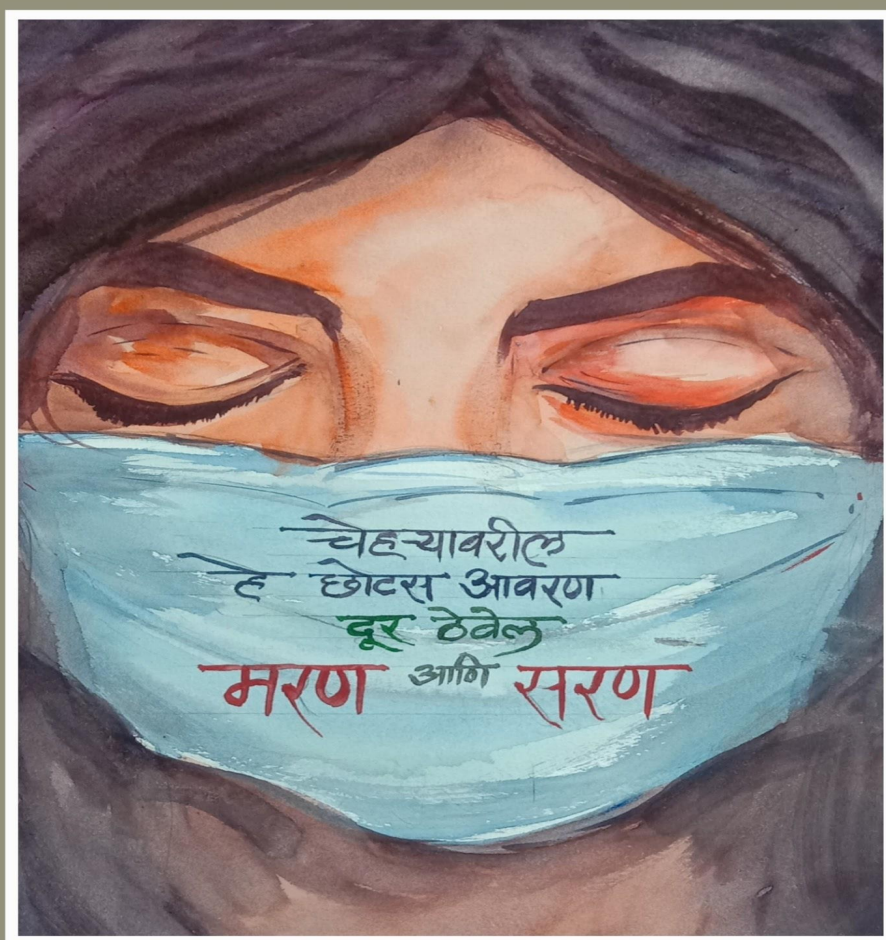
1. <https://morth.nic.in/national-road-safety-policy-1>
2. <https://iasgatewavvy.com/>
3. http://megtransport.gov.in/road_safety.html

"Please do not be a fool and respect road safety rules"

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Onkar Shirguppe



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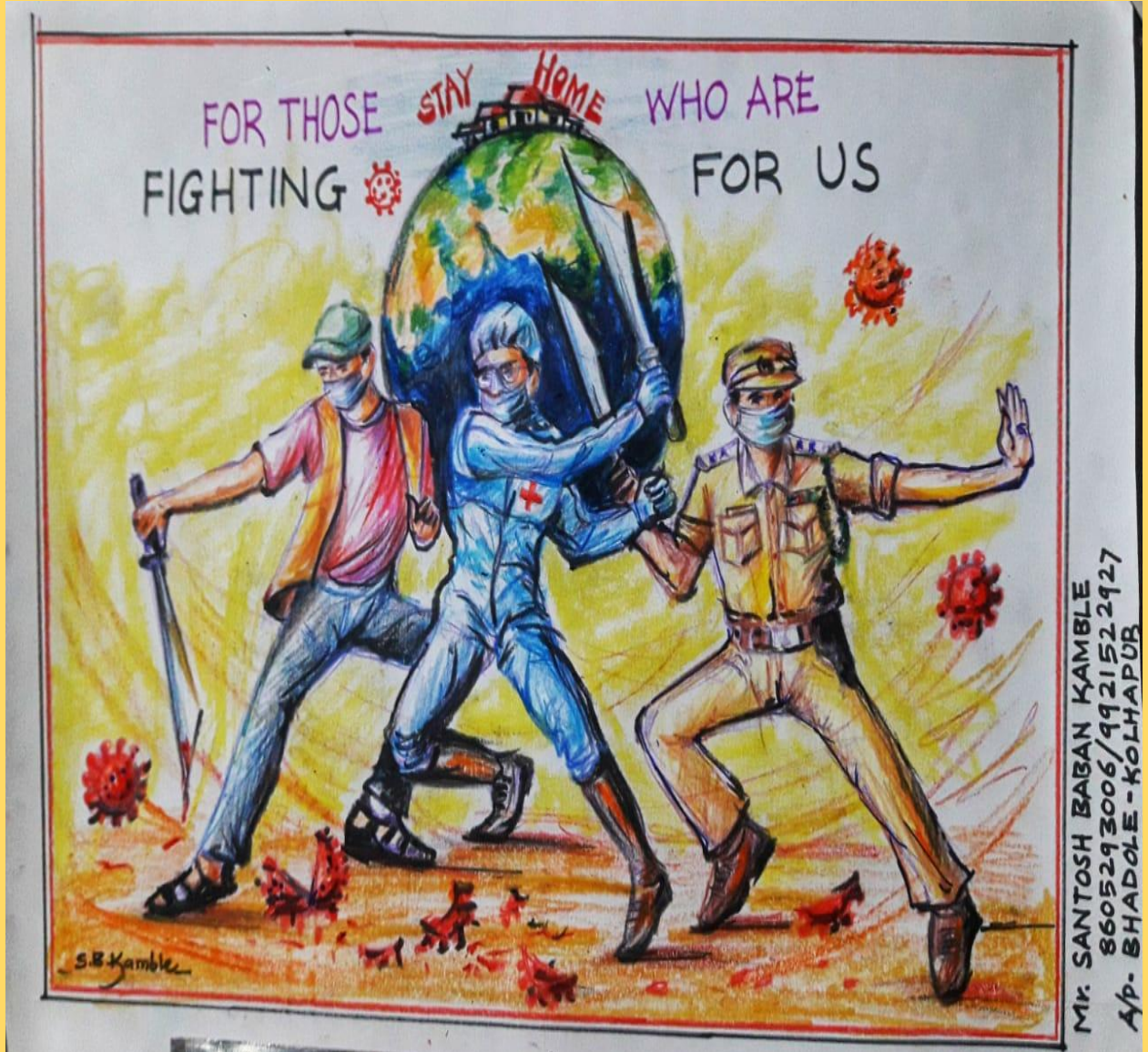
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संतोष बबन कांबळे



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Mansi Balasaheb Bhalerao



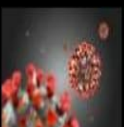
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Ways to Control Covid-19

Abstract: Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

These are the certain ways that can be used to control covid-19:-

Get Vaccinated

- Authorized COVID-19 vaccines can help protect you from COVID-19.
- You should get a [COVID-19 vaccine](#) when it is available to you.
- Once you are fully vaccinated, you may be able to start doing some things that you had stopped doing because of the pandemic.

Put 6 feet of distance between yourself and people who don't live in your household.

Remember that some people without symptoms may be able to spread virus.

[Stay at least 6 feet \(about 2 arm lengths\) from other people.](#)

Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Ways to Control Covid-19

Avoid crowds and poorly ventilated spaces

- Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in fresh air by opening windows and doors, if possible.

Wear mask

Steps to Wash Hands Properly

1. Rub Palm to Palm.
2. Rub palm over back of hand, fingers interlaced.
3. Palm to Palm, fingers interlaced.
4. Fingers interlocked into palms.
5. Rotational rubbing of thumb clasped into palm.
6. Rotational rubbing of clasped finger into palm.

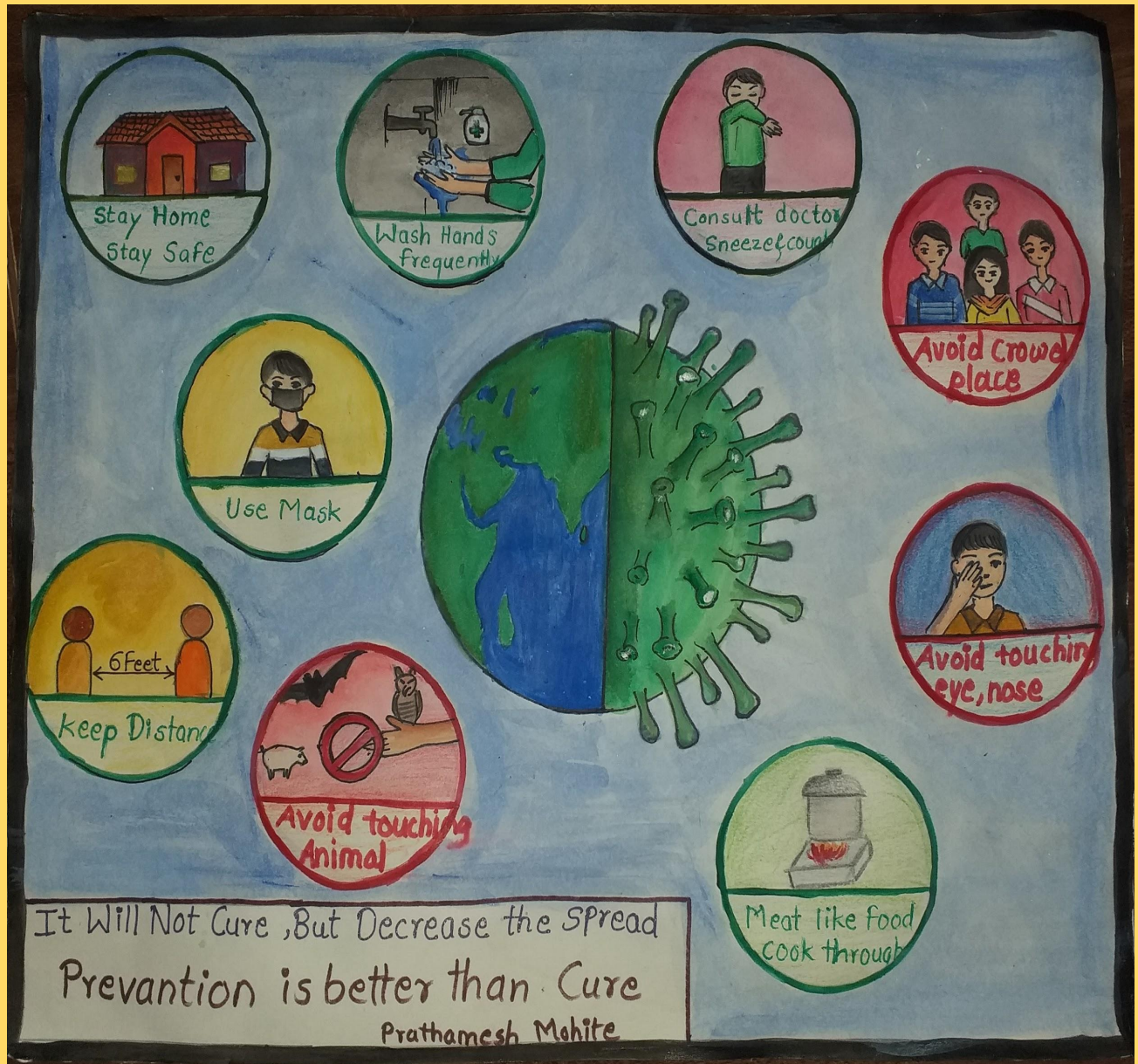
Reference:-<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

To: Ashokrao Mane group of Institutions, Kolhapur

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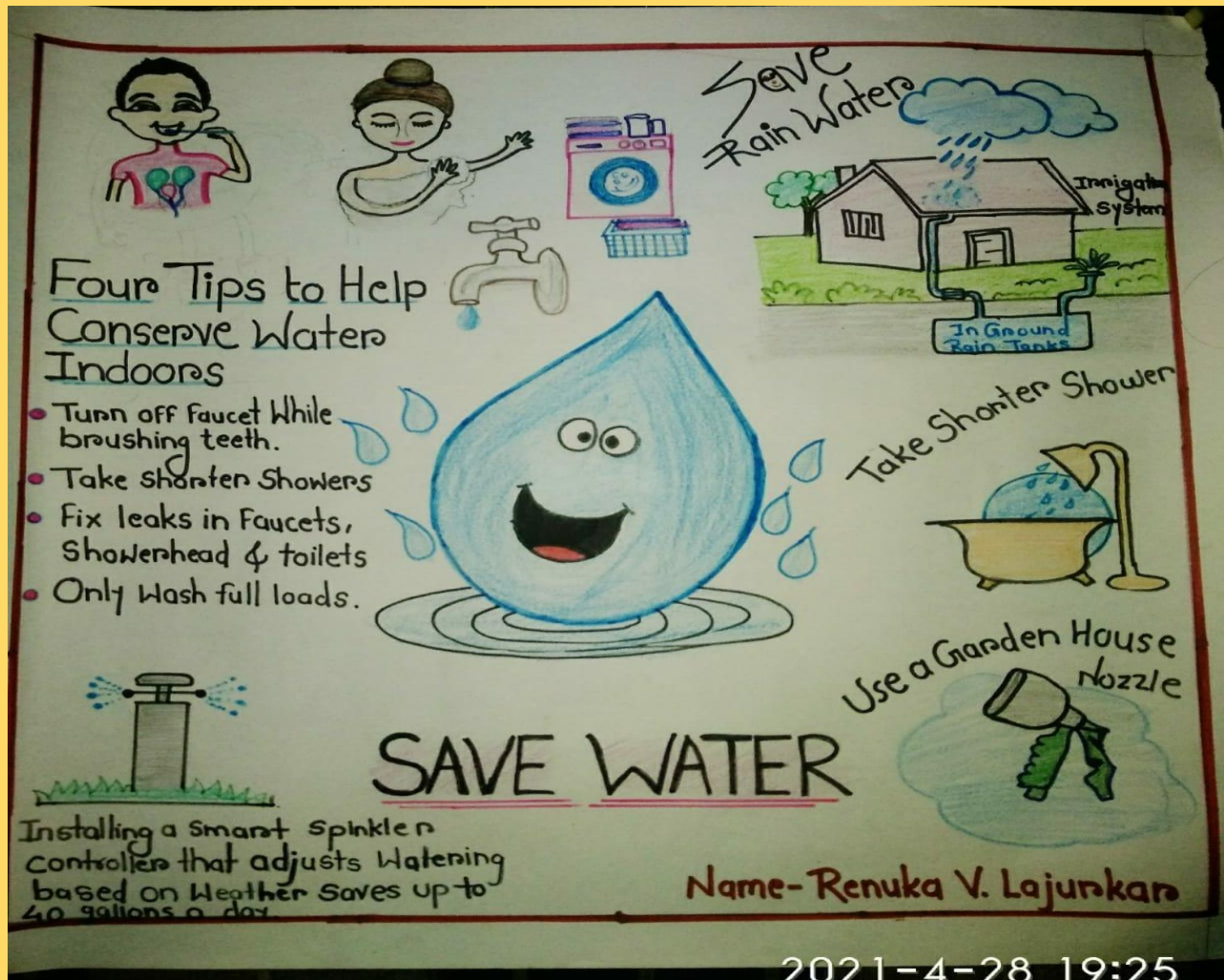
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Sandeep Suneriya



Sandeep Suneriya

Save Environmental

20x26 in

Poster Colour

2021

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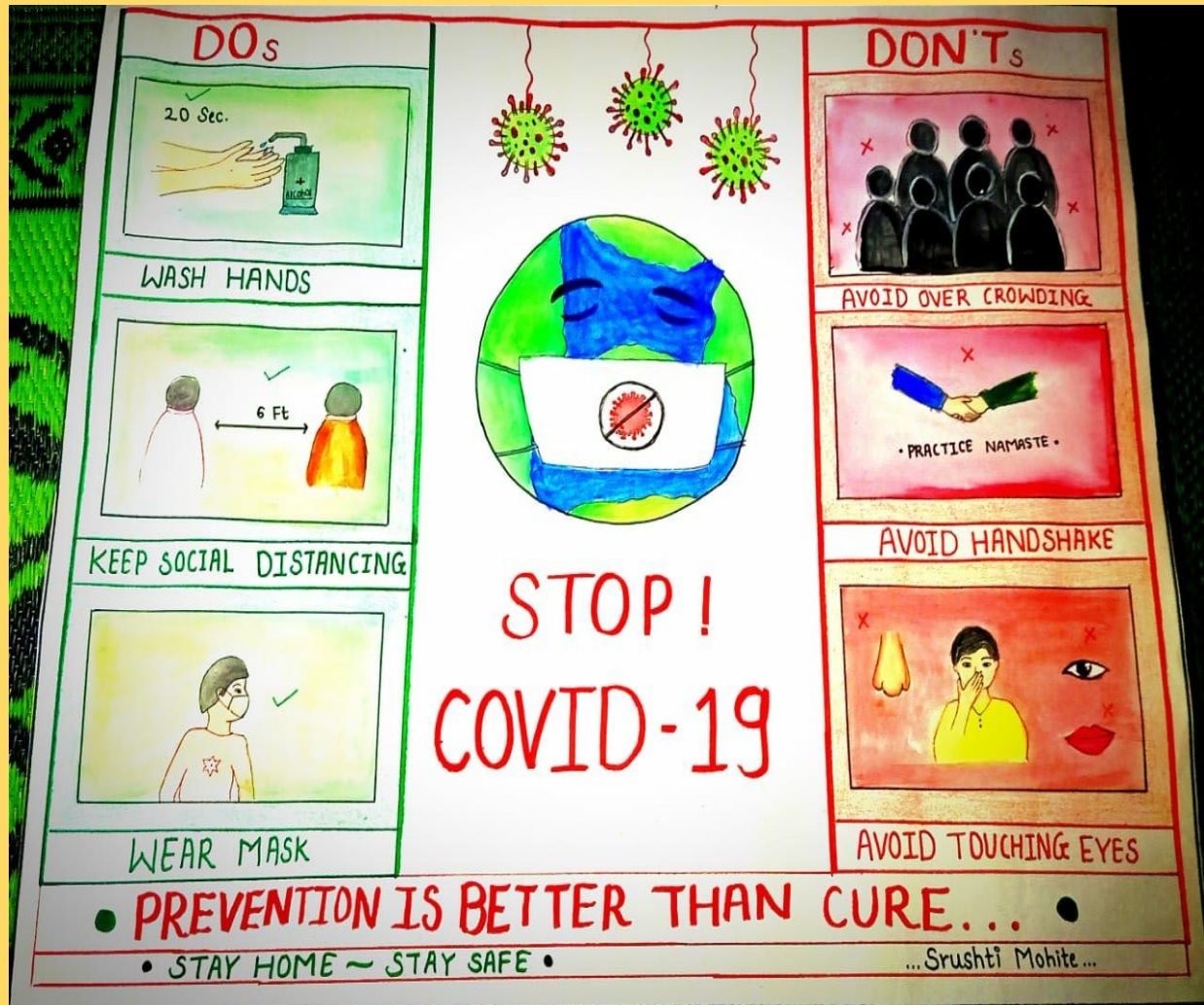
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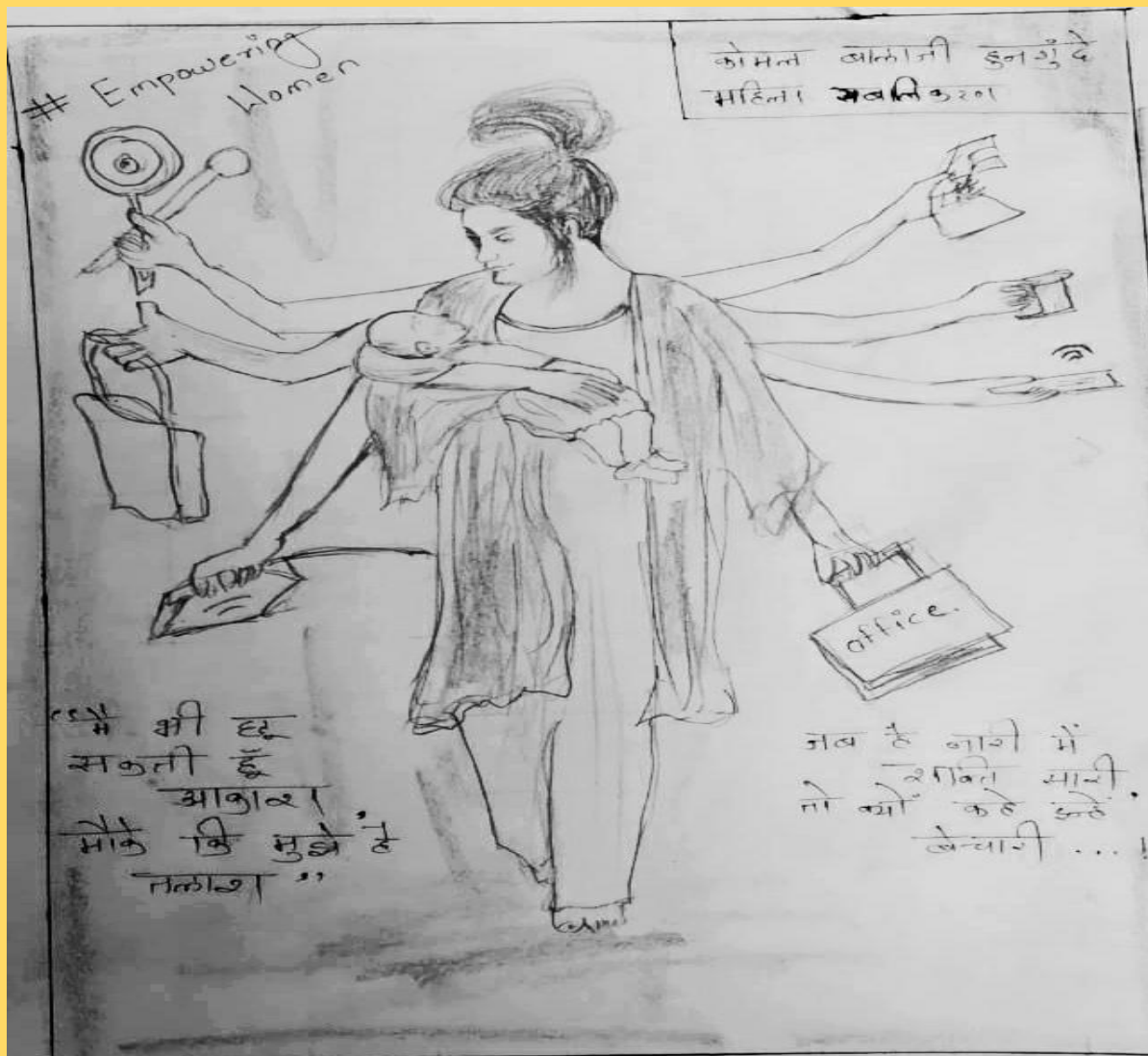
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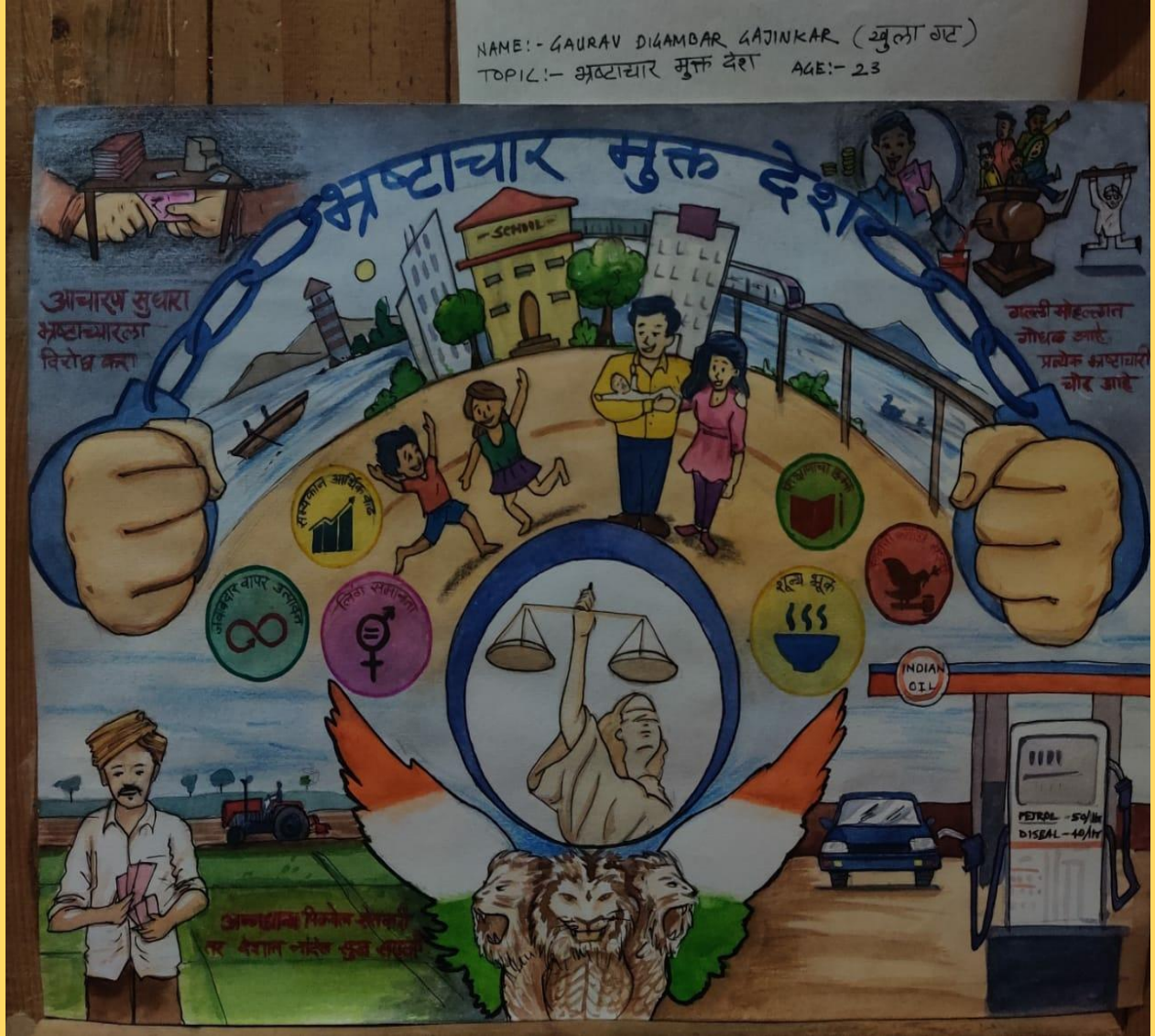




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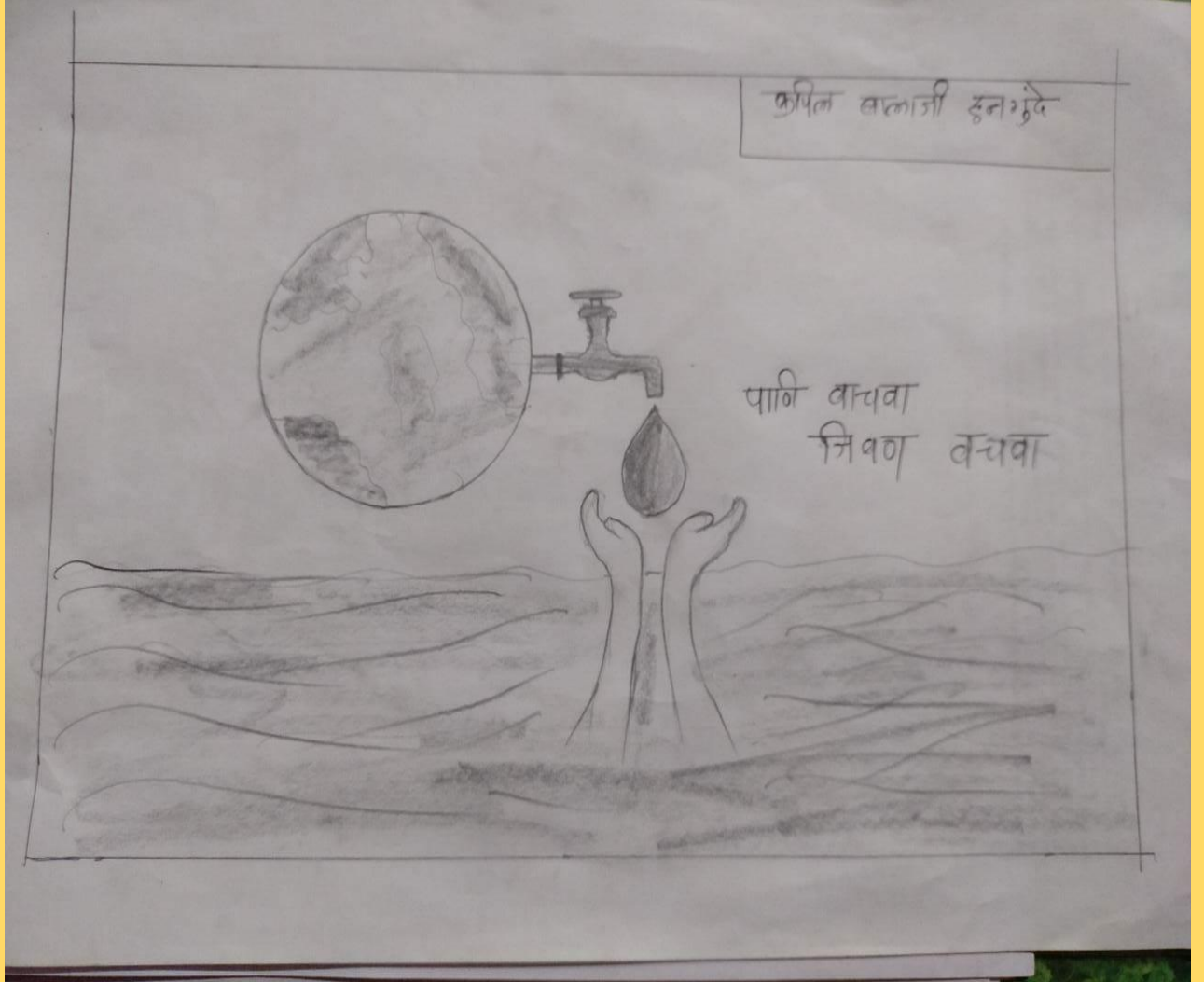
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कपिल बालाजी हुनगुंदे



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