



Third wave of Covid -19 pandemic
- Reassurance for following Safety Measures

GSFC University
Circular

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We have been witnessing the exponential surge in the number of Covid-19 cases in last week and the same trend is expected to continue. This appears to be a third wave of Covid pandemic and likely to continue at least for period of month or two. Without doubt the spread of Covid cases is wide spread and deep. The mutated strain appears spreading fast as compared to the spread of Covid-19 virus in earlier first/second wave of pandemic which raises an alarm for all of us. We should take all possible measures to contain the further spread of Covid-19 cases.

It has been observed that student and University staff are not exhibiting the Covid appropriate behavior and at times found not wearing the mask.

Therefore, this the time for all of us to be extra vigilant while we cannot entirely avoid going out for work but at the same time we have to restrict our movement and expose ourselves to a minimum whenever it is unavoidable.

In the circumstances, to minimize the risk of Covid-19 pandemic, wearing a mask is mandatory except when we are alone and nobody is around us. We have to follow the extant Covid-19 guidelines in letter and spirit so as to save ourselves and others.

Hence, the following guideline are reiterated which may be strictly adhered to minimize the risk of COVID-19 infection.

- i. Self-discipline is most important to contain the spread of Covid-19 pandemic through social distancing (Physical distancing) of at least 6 feet and maintaining hygienic condition.
- ii. All stakeholders should wear face masks of required quality and take all preventive measures.
- iii. Frequent hand washing with soap (for at least 20-30seconds) 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. All stakeholders are advised to install 'Aarogya Setu App' in the mobile.
- vi. It is important for all stake holders to be physically and mentally fit to handle any exigencies. By remaining fit, they can take care of others also.



- vii. All stakeholders must inculcate virtues that will increase immunity-boosting mechanism which may include exercise, yoga, eating fresh fruits and healthy food (avoid fast food), sleep timely.
- viii. Discrimination of fellow students/colleagues in respect of whom there is a history of Covid-19 disease in the family be avoided.
- ix. Give support to your friends/ colleagues under stress due to Covid-19 pandemic.
- x. All stakeholders should follow the guidelines, advisories and instructions issued by the Government authorities as well as by the universities regarding health and safety measures in view of Covid-19 pandemic.

All stakeholders are advised to take note of above and adhere to the guidelines failing to which strict disciplinary actions can be taken by the University Management.

R. B. Panchal

Director (Administration)

To,
All Teaching Staff, GSFC University
All Non-Teaching Staff, GSFC University
All Students, GSFC University

Cc through e-mail to –

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