

# SOP FOR COVID-19 CONTAINMENT AT ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA, NAGALAND



As per the order of the Govt. of India, Ministry of Home Affairs No. 40-3/2020-DM-I(A), dated 27<sup>th</sup> January, 2021 and the order of the Government of Nagaland No. CSO/GAB-I/COM/GEN-I/2020, Kohima, dated, the 19<sup>th</sup> Feb. 2021, St. Joseph's College (Autonomous), Jakhama put up the COVI-19 SOP Flex banners in the Arts, Science, PG Blocks, Hostels and around the campus for precautions and safety of the students and staff. St. Joseph's College (Autonomous), Jakhama issues the following rules and guidelines for strict compliance in the college campus.

## DOs

- ❖ Wear Face Mask
- ❖ Use Hand Sanitizer
- ❖ Mandatory Thermo Scanning
- ❖ Social Distancing
- ❖ Download and Install AarogyaSetu
- ❖ Keep Hygienic Conditions
- ❖ Regular Washing of Hands.

## DON'Ts

- ❖ Group Activities
- ❖ Social Gathering
- ❖ Spitting in College Campus
- ❖ Circulation of False Alarm Creating Panic in the College.

For any query and concern, please contact the SJC COVID-19 Task Force

1. Rev. Fr. Binoy Joseph (9862107536)
2. Dr. Fr. Pezalhoukho George (7085469343)
3. Mr. ReimayaMuinao (87308206445)
4. Mrs. ThejanuoFidelia (9863186750)

NB:

- Circulating of false alarm creating panic in the College is Punishable.
- Students with Symptomatic Infection will not be allowed to Come to College.

## ST. JOSEPH'S COLLEGE (AUTONOMOUS), JAKHAMA COUNSELLING CELL

**ST. JOSEPH'S COLLEGE (AUTONOMOUS)**  
JAKHAMA, NAGALAND

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3. Mr. Reimaya Muinao (8730820645)
4. Mrs. Thejanuo Fidelia (9863186750)

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### ST. JOSEPH'S COLLEGE (AUTONOMOUS) JAKHAMA, NAGALAND

#### Counselling Cell

#### Mental health & wellbeing during Covid-19

##### Are you feeling

- Anxiety
- Depressed
- Panic
- Stress
- Post-Traumatic Stress
- Insomnia
- Emotionally Weak and Broken
- Mood Swing
- Anger
- Low Motivation
- Or any other Mental Health related issues.

##### Do you want to meet a professional counsellor?

- 1) Rev. Fr. C. Joseph (8974536102)
- 2) Rev. Sr. Avi CMC (7085469343)
- 3) Dr. Fr. Pezalhoukho George (9362157833)

St. Joseph's College (Autonomous), Jakhama has within the Campus, Counselling Cell for the Mental Health and wellbeing for the Students and Staff during the COVID-19. For Counselling, contact the Professional Counsellors.

1. Rev. Fr. C. Joseph (8974536102)
2. Rev. Sr. Avi CMC (7085469343)
3. Dr. Fr. Pezalhoukho George (9362157833).

Dated: 01-03-2021

Dr. Fr. George Keduolhou Angami  
Principal  
St. Joseph's College (Autonomous)  
Jakhama Nagaland