



**SANA**  
Model School

# **ACTIVITY- 2**

## **JUNE-Grd:9-12**

**ENVIRONMENTAL AWARENESS**

# ACTIVITY- 2

**Activity: Covid Awareness Program**

**Date: 12 June 2021**

**Duration of the activity: 3pm – 4.30 pm**

**Classes: 9 to 12**

**Teachers Responsible: Ms Survath, Ms Sabira**

**Description of the activity:**

- **Guest Speaker** : Dr. O.S. Ayesha M.Sc., PhD (Microbiology)
- **Qirath** : Athaur Rahman (Grade 11)
- **Host** : Jamal Haneef (Grade 12)
- **Welcome Speech** : Rasin Rinos (Grade 12)
- **Vote of thanks** : Mohammed Tahseen (Grade 11)
- **Dua** : Mohammed Anas C (Grade 10)

*COVID AWARENESS PROGRAM is organised by Sana Model School under the guidance of Dr. O. S. Ayesha. PhD (Microbiology) contributing to Mohamed Sathak College of Arts and Science, Chennai, was the resource person. Our guest speaker has carried out various research in the field of Microbiology, Nano Drug therapy, PCR, testing, ELISA, DNA AND RNA isolation etc. The resource person gave a detailed description of about the history, causes, symptoms, prevention and boosted the participants with self awareness on the Covid – 19 pandemic issue prevalent in the present situation. She discussed about the importance of diagnosis, treatment protocol, self isolation and children isolation, oxygen saturation, and importance of a proper diet. She also explained about the various vaccines available, their side effects and how to overcome them.*

*In the end of the session, parents, students and teachers asked a number of doubts about protection, sanitisation, vaccination, she explained all the queries patiently. The entire session was in Tamil for better understanding and effectiveness of the session.*

**Learning Outcomes:**

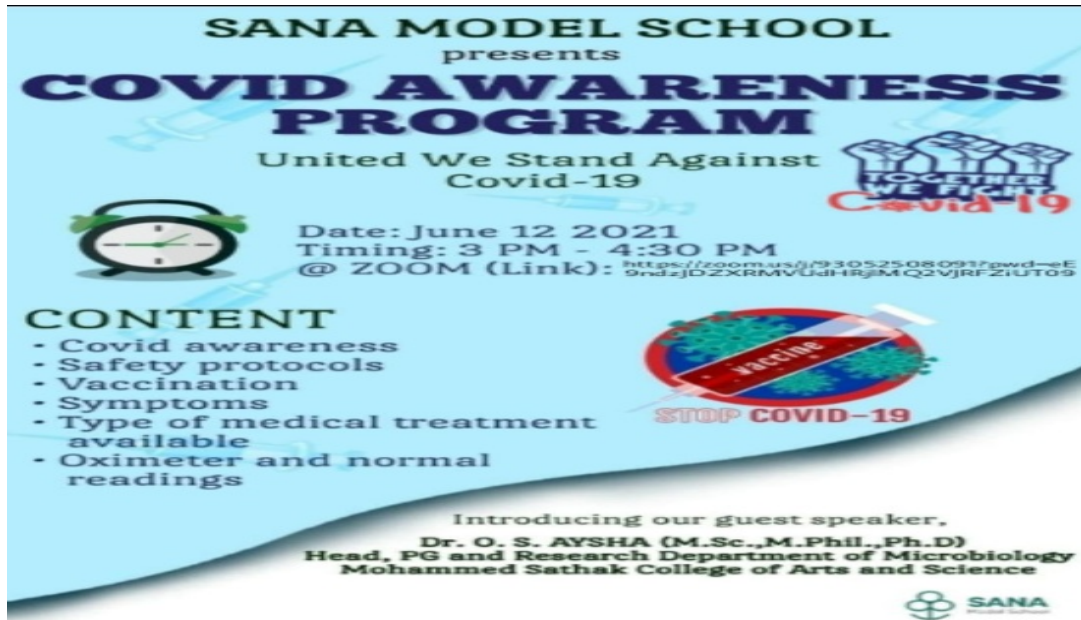
- Improved the public knowledge on Covid 19 pandemic.

## Subjects Integrated:

1. English: Presentation skills
2. Science: Awareness program

## Evidence:

1. Virtual Invitation
2. Virtual Presentation Pictures
3. Data Tabulation



**SANA MODEL SCHOOL**  
presents  
**COVID AWARENESS PROGRAM**  
United We Stand Against Covid-19

Date: June 12 2021  
Timing: 3 PM - 4:30 PM  
@ ZOOM (Link): <https://zoom.us/j/93052508093?pwd=eE9ndzJkZkxRMVUjdlRjMjQ2VjRFZlU09>


**CONTENT**

- Covid awareness
- Safety protocols
- Vaccination
- Symptoms
- Type of medical treatment available
- Oximeter and normal readings

**STOP COVID-19**

Introducing our guest speaker,  
**Dr. O. S. AYSHA (M.Sc., M.Phil., Ph.D)**  
Head, PG and Research Department of Microbiology  
Mohammed Sathak College of Arts and Science

**SANA**



**COVID-19 HIGH RISK GROUP**

The COVID-19 virus infects people of all ages and we have different health conditions.

- People with health issues**  
Hypertension, diabetes, heart disease, kidney failure
- Elderly**  
People in their 60s or 70s
- Weak Immune System**
- Obesity**  
Overweight people

**HELPING CHILDREN COPE WITH STRESS**

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.

**Hypoxia symptoms in COVID-19 patients**

- Confusion
- Change in skin color from blue to cherry red
- Shortness of breath
- Sweating
- Restlessness
- Fast or slow heart rate
- Wheezing

World Health Organization

**Be INFORMED  
Be PREPARED  
Be SMART  
Be SAFE**

**Be READY to fight  
#COVID19**

For the latest health advice, go to:  
[www.who.int/covid-19](http://www.who.int/covid-19)

UNITED NATIONS World Health Organization

### OXYGEN SATURATION

- MEASUREMENT OF OXYGEN IN HAEMOGLOBIN (BLOOD)
- IF BLOOD CELLS CONTAIN 85% OXYGENATED AND 15% NON OXYGENATED HAEMOGLOBIN, THE OXYGEN CONCENTRATION WOULD BE 95 TO 100% IS DENOTED IN PULSE OXIMETER
- VALUES ABOVE 95% IS CONSIDERED AS NORMAL
- IF IT IS LESS THAN 90%, THE NEED FOR SUPPLEMENTAL OXYGEN IS NECESSARY
- THIS CONDITION IS REFERRED TO AS HYPOXIA

**Stay** Stay home. Don't go to work, school, or public places.

**Drink** Drink fluids. You lose more water when you're sick. Dehydration can make symptoms worse and cause other health problems.

**Monitor** Monitor. If your symptoms get worse, call your doctor right away. Don't go to their office without calling first. They might tell you to stay home, or they may need to take extra steps to protect staff and other patients.

### TREATMENT FOR COVID 19

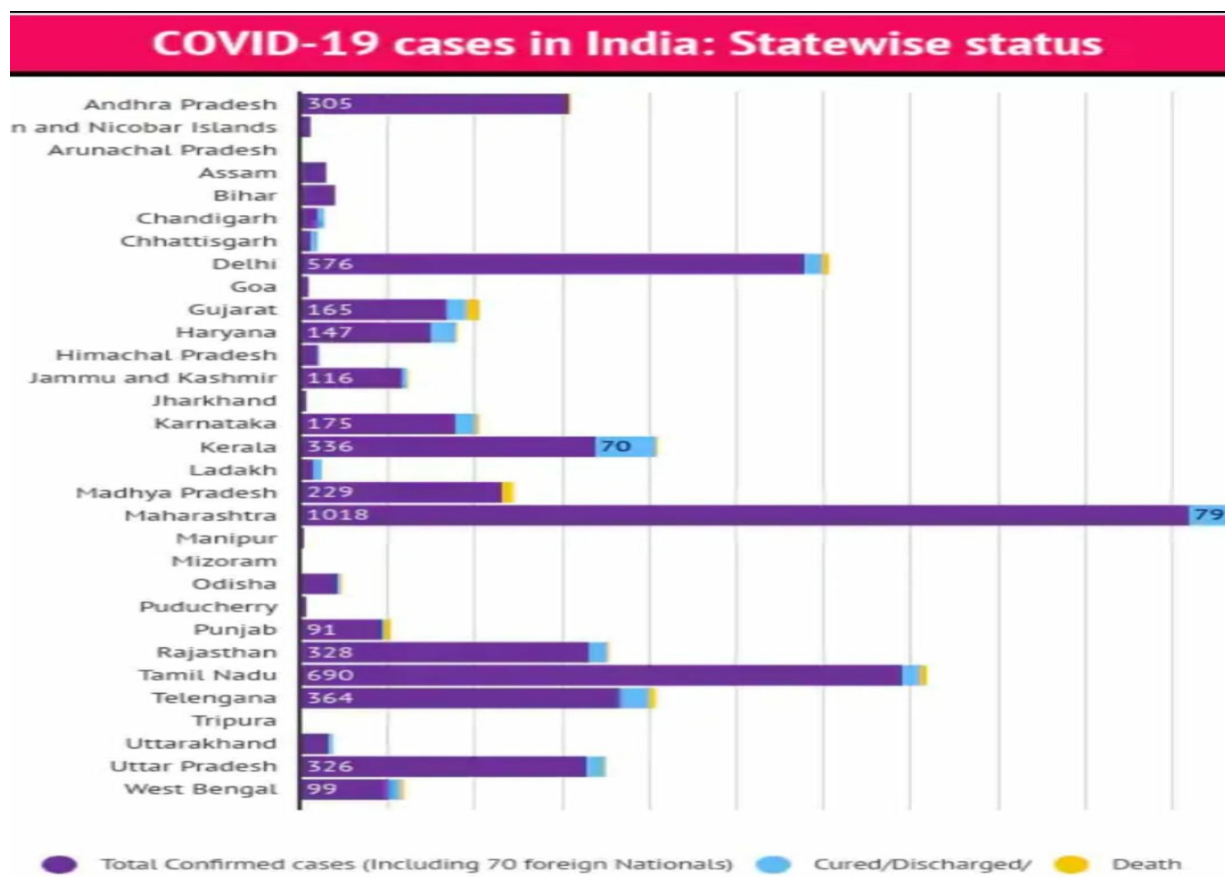
**EFFECTIVENESS OF VACCINES**

- > BOOSTS UP THE IMMUNE SYSTEM
- > REDUCES THE RISKS OF COVID 19
- > REDUCES FATALITY
- > REDUCES THE SEVERENESS OF VIRUS

#### How some of the Covid-19 vaccines compare

Company	Type	Stress	Storage
<b>Novartis (Moderna)</b>	MRNA vaccine, requires only refrigerated storage	NO	2-8°C (32-39°F) for 30 days
<b>Pfizer (Pfizer)</b>	Adenovirus vector vaccine, requires refrigerated storage	NO	-20 to -80°C (-4 to -112°F) for 6 months
<b>AstraZeneca (AstraZeneca)</b>	Adenovirus vector vaccine, requires refrigerated storage	NO	-20 to -80°C (-4 to -112°F) for 6 months
<b>Novartis (Novartis)</b>	MRNA vaccine	NO	2-8°C (32-39°F) for 30 days
<b>Novartis (Novartis)</b>	Adenovirus vector vaccine, requires refrigerated storage	NO	2-8°C (32-39°F) for 30 days
<b>Novartis (Novartis)</b>	Adenovirus vector vaccine, requires refrigerated storage	NO	2-8°C (32-39°F) for 30 days
<b>Novartis (Novartis)</b>	MRNA vaccine	NO	2-8°C (32-39°F) for 30 days

## Data Tabulation:



## Student Write up:

### COVID-19 Awareness

Date: 11.7.2021 Time: 2:00pm - 3:00pm

The Covid 19 Awareness program held on July 11 was informative on the crisis happening now. It taught the children about the symptoms which made the students more precautionary.

Students also came to know about Oxygen Saturation and Hypoxia symptoms. The

Program also had ppt made by the students which contained a lot of information about the different type of vaccines and the effectiveness of it which made the students more knowledgeable about the whole covid system.