

## **Guidelines for Re-opening of AYUSH Colleges**

**The following health measures are to be followed to reduce the risk of Covid-19 by all faculty members, employees, students and visitors at all times:**

### **General:**

1. Physical distancing of at least 6 feet to be followed as far as possible.
2. Use of face covers/masks to be made mandatory.
3. Frequent hand washing with soap at least for 40-60 seconds even when hands are not visibly dirty. Use of alcohol-based hand sanitizers at least for 20 seconds can be done wherever required and feasible.
4. Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue or handkerchief or flexed elbow and disposing of used tissues properly. Appropriate arrangement should be made by college management.
5. Self-monitoring of health should be done by all and if any illness is there reporting of the same should also be done at the earliest.
6. Spitting shall be strictly prohibited and punishable offence inside the campus as per the local Govt./college authorities.
7. Installation & active use of Aarogya Setu App shall be made compulsory for all.
8. Regular training of faculty, students, paramedical staffs and other supporting staffs should be provided on methods for controlling the spread of transmission.
9. Regular screening of faculty, staff and students should be carried out for any Covid like symptoms at points of entry of the college as well as hostels.
10. The period of absence of students on account of being quarantined due to Covid-19 shall not adversely affect their attendance on furnishing the necessary documents in support of their claim.
11. Regular visits of a counselor to be arranged so that the faculty, staff and students may allay their anxiety, stress or fear during current pandemic time.
12. Guidelines of CPWD regarding air conditions/ventilation as mentioned in UGC guidelines may be followed.

### **Teaching:**

1. The campus of AYUSH Colleges should be made Wi-Fi enabled. Students may be allowed to attend online classes inside the college campus, if need so arises.
2. Students in the class room should be allowed with staggered timing to avoid any cross infection without compromising of teaching.
3. The time table should be prepared accordingly.
4. Classrooms should be well ventilated for air entry and exit.
5. Facility of contactless disinfection/hand washing has to be mandatorily provided by the college authorities at various strategic points.
6. Entry and exits of the students in lecture hall, examination hall and other areas to be monitored to avoid crowding.
7. Lecture hall should be sanitized after every lecture.
8. Simulation teaching and objective structured clinical/practical training methods, case based learning and problem based learning should be endeavored to be incorporated in the teaching learning modules.
9. Library can be re-opened with maintain of physical distance and all measures of sanitization of tables, chairs, cup-boards etc.
10. Hours for teaching, clinic practical, dissection etc should not be compromised as it is mentioned in IMCC (MSE in Indian medicine) Amendment regulations 2016.
11. All the measures as prescribed in the UGC in its guidelines shall also be followed by all ASU medical institutions before its opening at its hostel, library, parking, cafeteria and other administrative areas.
12. The students attending off-line practical classes will be allowed to stay in the Hostels only on production of latest test report for Covid-19.
13. An undertaking from the students and consent of his/her parents shall be obtained in enclosed proformas.

### **Pre-clinical labs/Dissection Hall:**

1. Students should be allowed designated working stations with at least 6 feet distance between them.
2. Labs/dissection hall should be well ventilated for air entry and exit.
3. Outside the labs/dissection hall the facility of contact less disinfection/hand washing has to be mandatorily provided by the college authorities.
4. Respiratory etiquettes, mouth, nose, eye and ear cover should be strictly followed inside the lab/dissection hall.
5. Repeat labs/dissection hall should be arranged for the students who may have missed them due to inability to attend earlier labs because of Covid-19 disease/containment zones.

**Hospitals:****Registration Area:**

1. Pre-treatment assessment in triage area is a must before patients are permitted in the hospital.
2. Install glass/plastic barriers at the reception desk and consultation table.
3. Tele-consultation should be promoted for screening of patients.
4. The institution shall made provision regarding contract less/cashless payment method.
5. OPD time can be staggered and duration may be increased to avoid crowding.

**Room**

1. Regular sensitization of patients should be carried out regarding preventive measures of control of Covid-19.
2. Waiting areas should be provided with audio/visual/printed educational material on Covid-19 prevention.
3. Seating in the waiting area of OPD should be marked to enable adequate social distancing.

**Clinical:**

1. Eye, ear, nose, mouth and shoes covers shall be mandatorily used by faculty, students and paramedical staff inside the clinics.
2. Patient's attendant should not be allowed in the clinical area except with pediatric, geriatric and physically challenged patients with all safety measure.
3. Student in the clinics should be allowed with staggered timing to avoid any cross infection. However, clinical work should not be compromised.
4. Clinical postings, in order to facilitate all type of clinical work, should be planned in such a manner so that at a given point of time, students of clinical batch may be posted.
5. All panchakrama procedures, Kriyakalpa procedures, procedures related to Stree Rog as prescribed in MSE/MSR Regulations 2016 shall be carried out in the clinics by students/faculty members with appropriate protection.
6. Pre procedural mouth rinse with Triphala Kwath/Panchavalkal Kwath should be used.
7. The patients should be instructed to wear face masks during non-working period e.g. recording of history,
8. Waiting for Panchakarma Kaksha section, Kriya Kalpa Kaksha, Major OT, Minor OT to be arranged prior to starting of the procedure:
  - I. Before local anesthesia to act.
  - II. During post procedure instructions.
9. Protective kits should be disposed off as per latest guidelines of bio medical waste management prescribed by respective state pollution boards.
10. Maintenance of instrument sterilization and disinfection should be stringently followed as per standard infection control protocols.
11. After every procedure, the Panchkarma table Kriyakalpa table, table for Stree rog procedures and its associate water and pressure lines should be disinfected. the bio-medical which is being generated by various department like Panchkarma, O.T., Labour room, Kriyakalp room, vrana kaksh and laboratory etc. should be disposed off as per the standard bio medical waste management guild lines.
12. Institutional level SOPs for safety of faculty, staff, students and patients shall be formulated approved and implemented by Infection Control Committee (ICC) of the college. An emergency number, helpline number, email id and contact details of person to be contacted in case of any emergency should be circulated to all stake holders and prominently displayed at the entry to the campus.
13. Donning and doffing of protective kits wherever required should be restricted to designated areas only.

**Note:**

1. Notwithstanding anything contained in the above Guidelines, every AYUSH college has to ensure that it is prepared in all respects to carry out the pandemic activities following advisories/guidelines/directions issued by the Central/State Government, Ministry of Health Education (Health earlier referred to as MHRD), Ministry of AYUSH, NCISM & UGS from time to time to prevent the spread of Covid-19.