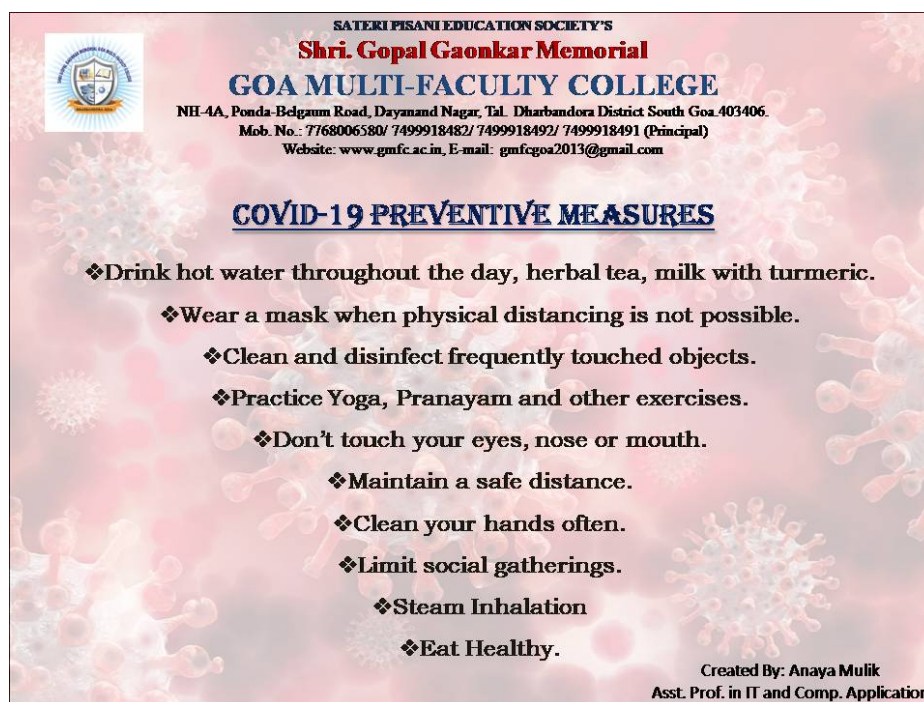


REPORT OF ACTIVITIES UNDERTAKEN AS PART OF PUBLIC AWARENESS CAMPAIGN AT GMFC TO INFLUENCE PUBLIC BEHAVIOUR ON COVID-19

Following activities were undertaken at Goa Multi-Faculty College, Dharbandora from **November 13, 2020 (Friday)** to **November 19, 2020 (Thursday)** to influence Public Behaviour on Covid-19.

1. **Awareness Through Informative Flyer:** To create awareness about Covid 19 Preventive measures, informative flyer was circulated among students through WhatsApp and various social media platforms. Flyer highlighted various measures that every individual can adopt at individual level to avoid Covid 19. Flyer conveyed messages like wear mask, repeated drinking of water, steam inhalation, healthy eating, cleaning of hands, essence of exercising to list a few.



2. **E Cooking Competition:** Considering the importance of healthy and balanced diet in boosting ones immune system, E Cooking Competition on the topic 'Immune Boosting Diet' was organised for all the students of the college. Participants were asked to select any one receipt that s/he would be using to boost up their immunity. Participants were asked to send detailed recipe and also their photo with dish.

Amidst growing craziness for junk food especially amongst youth, objective behind this contest was to encourage students to come with some tasty healthy immune boosting recipe from the ingredients having linked health/medicinal properties/benefits. Winner of the contest was Ms. Sanjana Satarkar, student of TYBBA.



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