



Sikkim University
National Service Scheme
(NSS)



Report
of
Online Training on “Join the War against CoVID-19”
(June 24- July 1, 2020.)

A six days online training on “Join the War against CoVID-19” was organised for the NSS Volunteers and students of Sikkim University from June 24 to July 1, 2020 with the objective to help volunteers in understanding the disease CoVID-19, vulnerabilities to the disease, prevention strategies for CoVID- 19, legal rules and regulations enacted to prevent the spread of disease and role of youth in such prevention. The objective of the training was to motivate the volunteers and students in being prepared to play their roles in their local communities as and when required or if called upon by the administration/ authorities to tackle the scourge of CoVID - 19.

ONLINE TRAINING
on
Join the War against CoVID-19
June 24- July 1, 2020

24.06.2020 **9:00 AM**

Inaugural

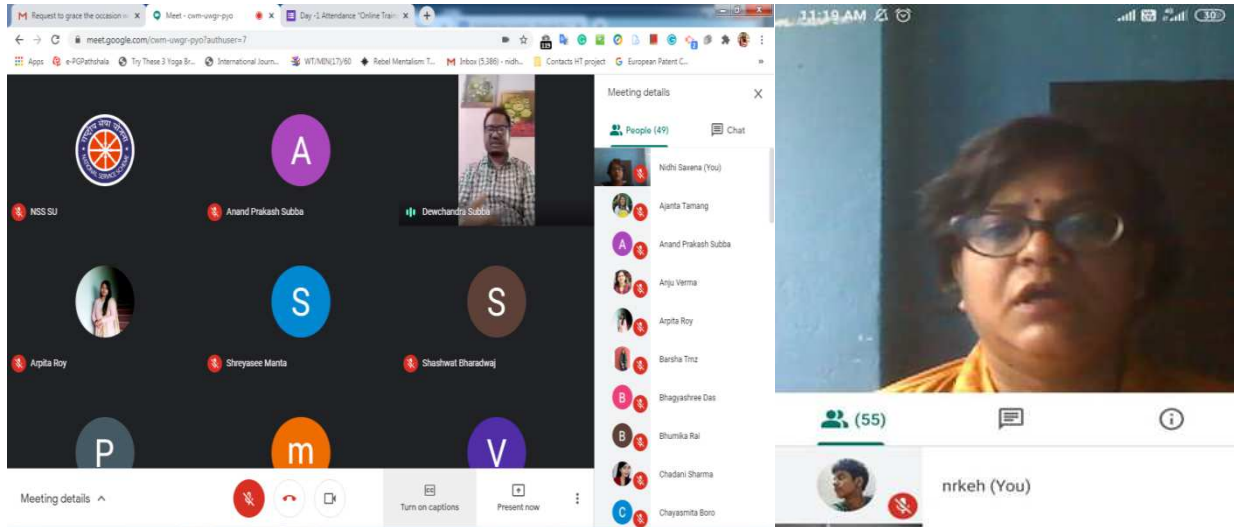
Professor Manoj K Sinha
Director
Indian Law Institute

Professor Avinash Khare
Vice-Chancellor
Sikkim University

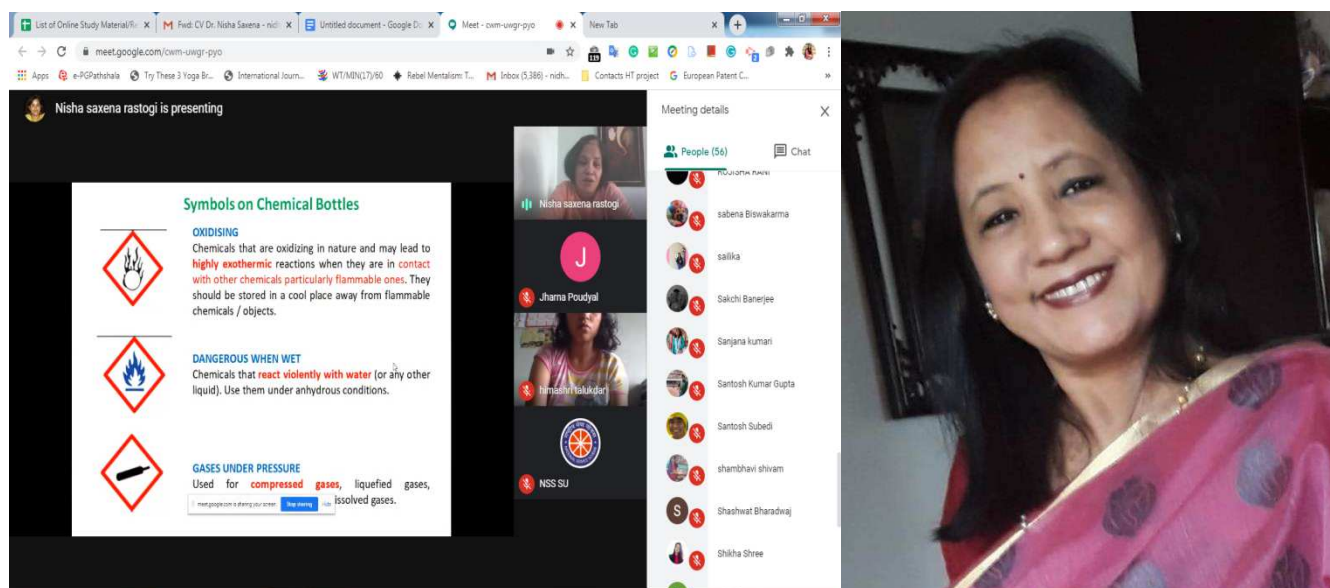
Justice A P Subba
(Retd.)
Chairman
Sikkim Law Commission

Shri T K Kaul
Registrar
Sikkim University

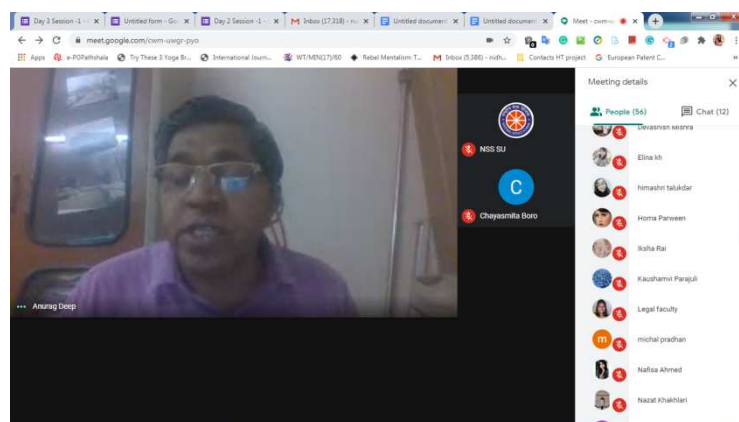
NSS
Sikkim
University



The Inauguration Session was held on 24 June in the presence of Respected Registrar, Shri T.K. Kaul; Professor Manoj K Sinha, Hon'ble Director, Indian Law Institute and Justice(Retd.) A. P. Subba, Hon'ble Chairperson, Sikkim Law Commission and Hon'ble Vice Chancellor, Sikkim University, Professor Avinash Khare. In the inaugural session of this training program, Professor Manoj K Sinha explained the importance of internet connection and online mode of education in this pandemic situation. He pointed out our fundamental duties towards society and mentioned that in remote places NSS volunteers are also working as frontline warriors. Justice(Retd.) A. P. Subba has beautifully explained the term "pandemic". He talked about the legal provisions that the counties are following to control the situation. He informed that in this kind of pandemic situation, it is not possible for the state to carry out all the responsibilities alone but the citizens have to come forward to deal with some of the issues. He asked the volunteers "If you want laws to protect you then you have to protect the laws". He appreciated the role that NSS volunteers of Sikkim University are performing during the lockdown period. The Hon'ble Vice-Chancellor, Sikkim University, Professor Avinash Khare and respected Registrar Sikkim University, communicated their best wishes for the program as some pressing engagement prevented their address.(Moderator- Prantajyoti Biswas, Rapporteur- Arpita Roy)

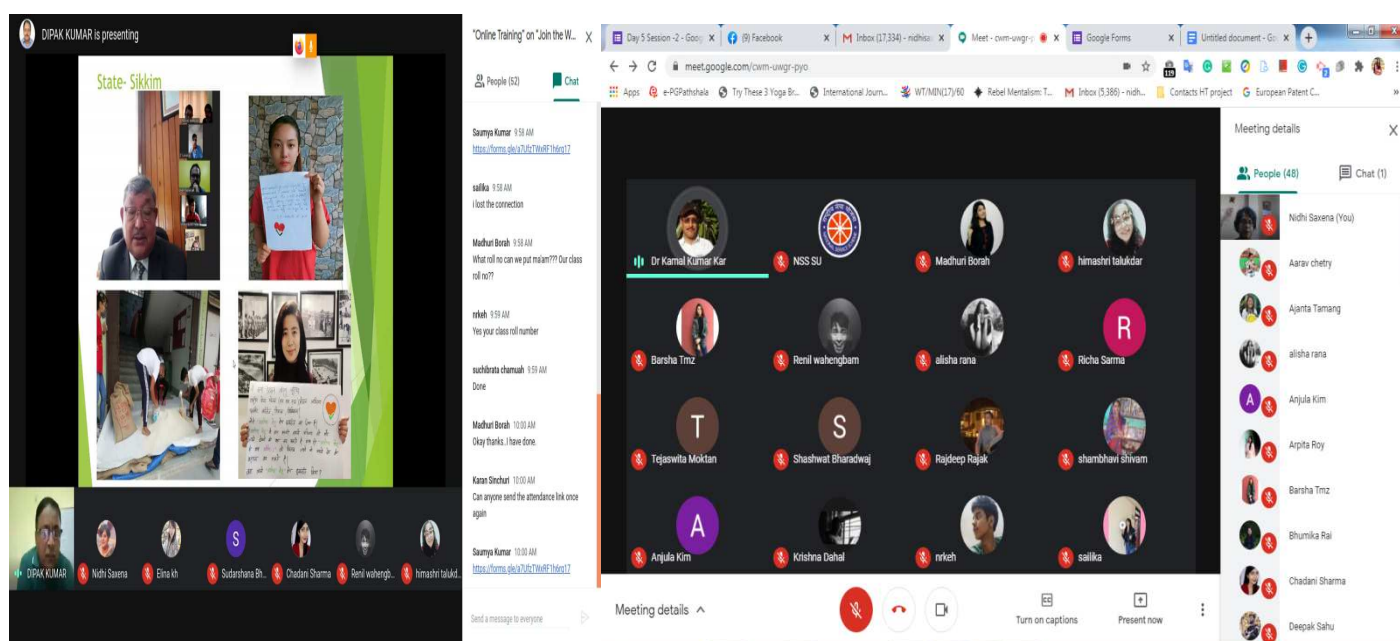


The first day, 25th June started with an understanding of what is CoVID-19. The session was addressed by Dr. Namrata Thapa Tamang, Associate professor in the Zoology Department from Nar Bahadurb Bhandari Degree College and Dr. Nisha, Assistant Professor of Chemistry M. R. M. College Darbhanga. Dr. Nisha discussed safety measures and the safety symbols while Dr. Namrata Thapa Tamang explained the mechanism of the causation of Covid-19. She explained what a Virus is; its structure - that consists of nucleic acid and protein and that virus do not have enzymes. She also explained the life cycle of a virus where she explained that an obligatory parasite must attach itself to a host cell. She discussed the family of Viruses in particular the CoronaVirus. Various tips were provided to the volunteers for prevention of the spread of the disease which included staying at home and using alcohol based hand-sanitizers. (Moderator- Nikhil, Rapporteur- Arpita Roy)



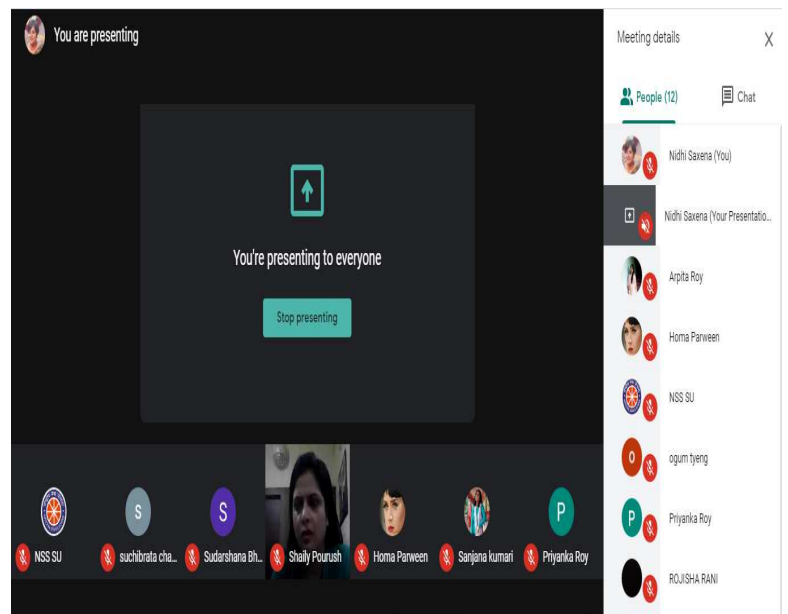
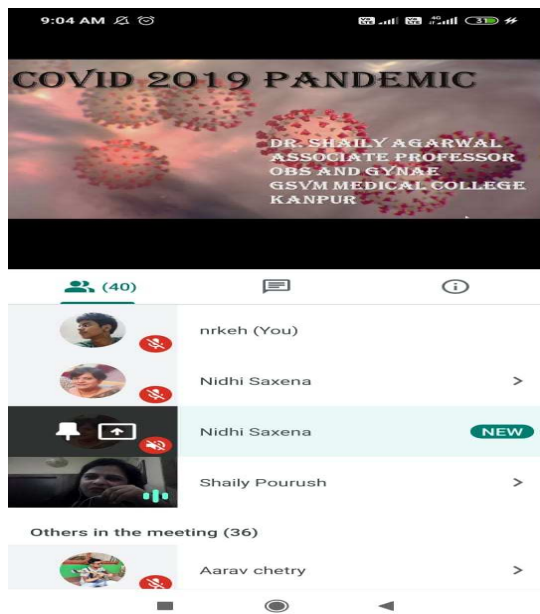
The Second day, 26th June of the training covered the **Legislative measures during CoVID - 19**. The session was addressed by Dr. Anurag Deep, Associate Professor in the Indian Law Institute. He discussed developing

scientific temper, humanism, the spirit of inquiry and reforms. He added that there are five types of laws in India. 1. Constitutional laws 2. Parliamentary laws 3. Delegated laws 4. Judicial laws and Other laws. He further talked about the various legislations and their main provisions which are related to this pandemic situation. He discussed provisions of various acts that have an impact on the social control of the pandemic. He discussed the Epidemic Diseases Act, 1897; Disaster Management Act 2005, 7th Schedules of Indian constitution, Fundamental Rights and duties, Directive Principles of our State Policy, Indian Penal Code and other laws. (Moderator-Simran, Rapporteur- Arpita Roy and Santosh)

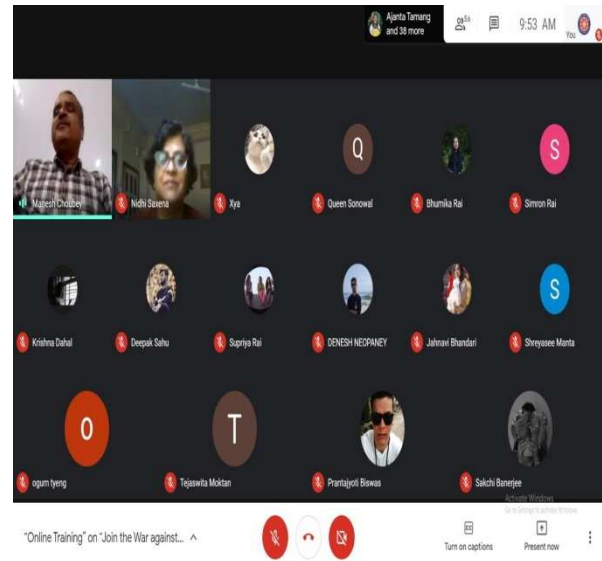
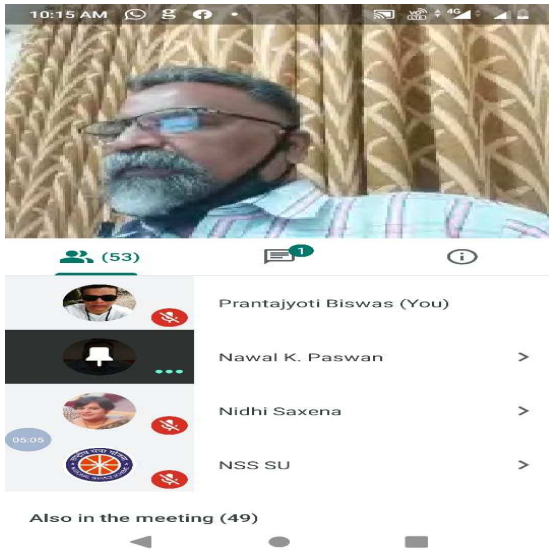


The Third day, 27th June of the training covered the role of **NSS volunteer**. **There were two speakers in the session**. MrDipak Kumar, Regional Director, National Service Scheme, North East Region, Government of India, Ministry of Youth Affairs & Sports and Dr. Kamal Kar, Assistant Program Advisor, NSS Head Quarter, New Delhi. MrDipak Kumar focused on explaining volunteerism. He explained the various dimensions of volunteerism including the difference between donation and volunteerism. The role of NSS Volunteers and youth as a field worker were explained to the participants with some excellent tips for enabling them to stand out as NSS Volunteers and do their rightful duties. Mr Deepak provided a glimpse of the different volunteering activities in the different North-Eastern states during this pandemic. Dr. Kamal Kar explained NSS and its origin. He said that since the last 50 years NSS has always been a successful program. He explained the importance of

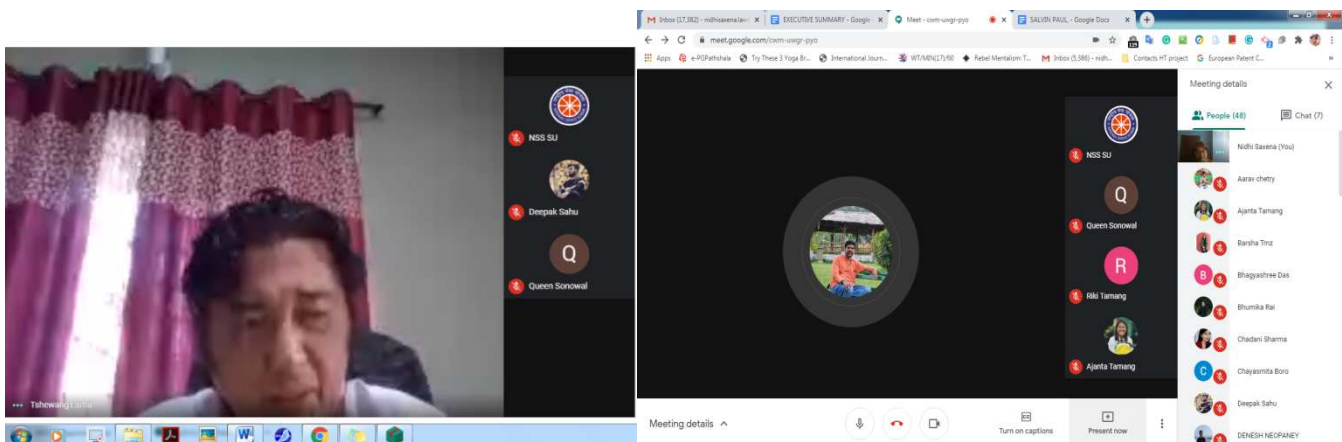
resource management and financial management. He suggested volunteers to also focus on disaster management of both natural and manmade disasters. (Moderator- Nazat, Rapporteur- Nikhil and Iksha Rai)



Day Four, 28th Jun was addressed by Dr. Shaily Agarwal, MBBS, MS, FICOG Associate Professor, Obs and Gynae, G.S.V.M. government Medical College, Kanpur. Dr. Agarwal informed the volunteers the origin of the disease CoVID – 19. She mentioned the modes of transmission which are direct transmission (direct contact, droplet infection, contact with soil, inoculation into skin/mucosa), indirect transmission (air borne, fomites borne, unclean hand and finger). She mentioned the symptoms of CoVID – 19 that are fever, cough, shortness of breath, sore throat, and headache but in case of elderly and pregnant women symptoms are fatigue, malaise, body ache, gastrointestinal symptoms like nausea and diarrhea. She suggested washing hands frequently with soap and water or an alcohol based solution. She mentioned the proper use of the mask and method of reusing the mask. The myths surrounding the disease were also dealt by her. At the end of the session she shared her real experiences while treating CoVID patients and said that what we need to do first is that we have to be positive in any condition and then one will overcome this pandemic situation very soon. (Moderator- Prantajyoti Biswas, Rapporteur- Arpita Roy and Nikhil)

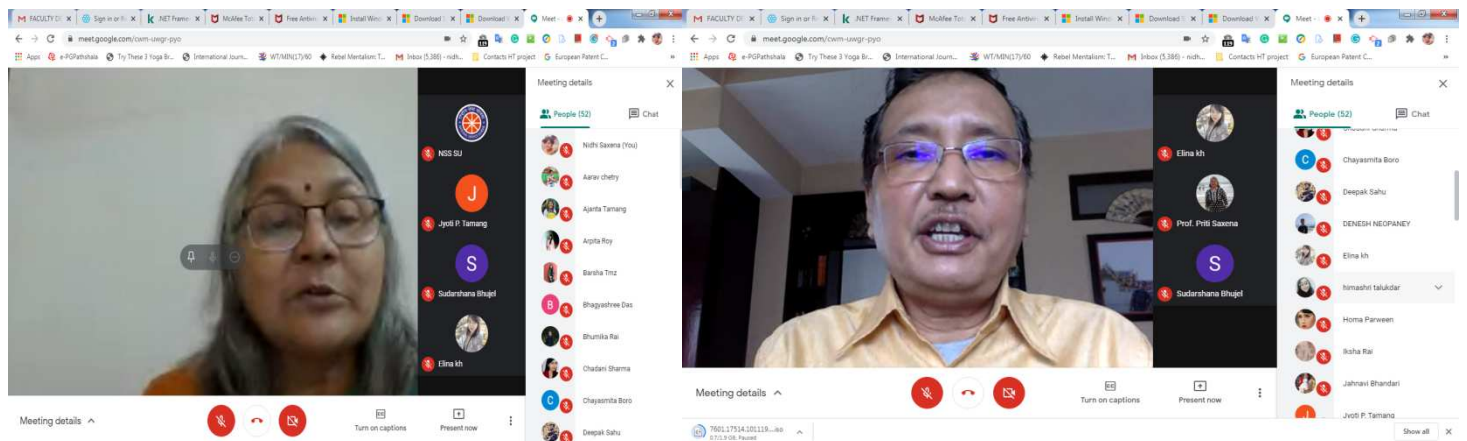


Day Five, 29th June covered **Economic Impact of COVID 19**. The session was addressed by Professor Manesh Choubey, Department of Economics Sikkim University and Professor Nawal K. Paswan, Dean of Schools of Social Sciences, Professor of Department of Peace and Conflict Studies and Management Sikkim University. Professor Manesh Choubey gave insights on how the gross domestic product is greatly affected; Supply chains have been disrupted jeopardizing the demand and supply flow in the economy affecting the tax collection in India. Professor Dr Nawal Kishor Paswan stated how this pandemic has pushed back India's economic development resulting in induced market instability. The nationwide lockdown has caused unemployment of the masses, stress on supply chains, decrease in government income, collapse of tourism industry, collapse of hospitality industry, reduced consumer activity, plunge in fuel consumption and in general reduction in economic activities. (Moderator-Prastuti, Rapporteur- Simran and Pranta)



Day Six, 30th June was also addressed by two speakers. The speaker of the first session was DrSalvin Paul, Assistant Professor, Department of Peace and Conflict Studies Management, School of Social Sciences, Sikkim University and the second session was addressed by Dr. TshewangDorjee Lama. Dr. Salvin Paul deliberated on the topic of “leadership.” He emphasized on the four factors of leadership which included; 1) an honest understanding of who you really are, what you know and what you can do, 2) the followers are the ones who need to be convinced 3) different people require different type of leadership 4) when different situation arises, how a leader should deals with it. In the Second session, Dr. TshewangDorgee Lama talked on ‘Domestic Legal Regime during CoVID Crisis’. During this session, Dr. Tshewang talked about the importance of social distancing and also various laws and their importance. He also talked about the criminal laws having provisions of restricting the movement of people. He said NSS volunteers can play a major role in this pandemic. (Moderator- Simran Rai, Rapporteur- Iksha Rai)

Valedictory Session, 1st July:The session was to be graced by Professor Jyoti Prakash Tamang, Professor, Department of Microbiology who was formerly the dean of school of Life Sciences, Sikkim University and Professor Priti Saxena, Professor, Director, Center of Post Graduate Legal Studies, Department of Human Rights who was also a Former Dean, School for Legal Studies, Babasaheb Bhimrao Ambedkar University (A Central University) Lucknow.



Professor Jyoti Prakash Tamang appreciated the NSS team for organising the training program for the students. He, in his valedictory speech focused on the important aspects of post Covid-19. In this context he highlighted the e-mode of learning which has been in use since the lockdown was imposed on March. He swiftly talked about a virus, how it is the smallest yet most hazardous organism in the world and how it lives in the host in relation to the RNA and DNA. Prof Priti Saxena highlighted the role that NSSvolunteers are playing during

the pandemic situation throughout the country. She deliberated on Right Duty relationship and asked everyone to perform their fundamental duty as enshrined in the Constitution of India.

**Valedictory Message from the Hon'ble Vice-Chancellor Sikkim University,
Professor Avinash Khare**



The Hon'ble Vice-Chancellor of Sikkim University, Dr. Avinash Khare sent out his message for the participants of the program which was read out by the NSS Coordinator Dr. Nidhi Saxena. In the message, Professor Khare appreciated the efforts of the NSS Cell in conducting the training for the NSS volunteers and students so as to prepare them for preventing the spread of CoVID-19. He pointed out that NSS volunteers have done commendable relief work during natural calamities/emergencies such as cyclones, floods, famine, earthquake, tsunamis etc from time to time all over the country. The NSS Volunteers have also done useful work in organising campaigns for eradication of social evils, and popularization of the nationally accepted objectives like nationalism, democracy, secularism, social harmony and development of scientific temper.

He congratulated Dr. Nidhi Saxena and her team for successfully organizing the 6 days training program for the NSS Volunteers and wished health to the NSS volunteers, students, faculty members and administrative staff members of Sikkim University, their families and to the people of Sikkim

In the end, the vote of thanks was to be given by Dr. Dewchand Subba, Programme officer, Unit-II but due to technical issues, he was not able to do so and hence the NSS co-ordinator, Dr. Nidhi Saxena herself read out the vote of thanks on behalf of Dr. Subba. The session then officially came to an end. (Rapporteur- Iksha Rai, Moderator- Prantajyoti Biswas)