

# Office of the Principal, Government Medical College, Haldwani ( Nainital)

Telephone: 05946-282824,255255

Fax:-05946-282578

Website: www.gmchld.org, www.gmchld-com

e-mail-principal-gmchld-uk@gov.in

पत्रांक: 5126 /GMC/19-14 /छात्रावास

दिनांक:-.....04.01.2021


## सूचना

राजकीय मेडिकल कॉलेज, हल्द्वानी में एम0बी0बी0एस0 पाठ्यक्रम में अध्ययनरत विद्यार्थियों (बैच 2017, 2018 एवं नव प्रवेशित बैच -2020) के अध्यापन के सम्बन्ध में दिनांक 02.01.2021 को हेमवती नन्दन बहुगुणा चिकित्सा शिक्षा विश्वविद्यालय, देहरादून हुई बैठक में लिये गए निर्णयों के अनुपालन में उक्त बैचों की कक्षाएँ प्रारम्भ की जानी है, जिसका बैचवार विवरण निम्नानुसार है:-

क्रम संख्या	बैच	छात्रावास में उपस्थित तिथि	कक्षाएँ प्रारम्भ किये जाने की तिथि
1	2017	11 जनवरी, 2021	18 जनवरी, 2021
2	2018	23 जनवरी, 2021	01 फरवरी, 2021
3	2020	01 फरवरी, 2021	08 फरवरी, 2021

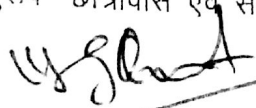
समस्त बैचों के छात्र/छात्राओं को निर्देशित किया जाता है कि राज्य सरकार के SOP के निर्देशानुसार प्रत्येक छात्र/छात्रा एवं उनके अभिभावक से एक शपथ-पत्र भरवाया जाने का प्राविधान है। शपथ-पत्र एवं SOP राजकीय मेडिकल कॉलेज, हल्द्वानी की वेब-साइट [www.gmchld.org](http://www.gmchld.org) एवं [www.gmchld.com](http://www.gmchld.com) में अपलोड किया गया है। उक्त शपथ पत्र एवं RT-PCR जाँच की Negative रिपोर्ट को संलग्न कर छात्रावास अधीक्षक एवं अधीक्षिका के कार्यालय में जमा करने के उपरान्त ही छात्रावास में प्रवेश की अनुमति प्रदान की जायेगी। जो छात्र-छात्राएँ छात्रावास में निवास नहीं करते हैं उन्हें अकादमिक अनुभाग में RT-PCR जाँच की Negative रिपोर्ट प्रस्तुत करने के पश्चात ही कक्षाओं में प्रवेश की अनुमति प्रदान की जायेगी।

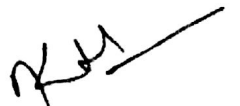
संलग्नक :- यथोपरि

  
(प्राचार्य)  
राजकीय मेडिकल कॉलेज,  
हल्द्वानी

प्रतिलिपि :-

1. प्राध्यापक प्रभारी (छात्रावास) प्राध्यापक प्रभारी (यू0जी0/पी0जी0)
2. समस्त विभागाध्यक्ष, राजकीय मेडिकल कॉलेज, हल्द्वानी को इस आशय से प्रेषित है कि कक्षाओं में प्रवेश करने वाले विद्यार्थियों द्वारा RT-PCR जाँच की Negative रिपोर्ट प्रस्तुत करने के पश्चात ही कक्षा में प्रवेश की अनुमति प्रदान की जाय।
3. कम्प्यूटर प्रोग्रामर, डॉ0 सुशीला तिवारी, राजकीय चिकित्सालय, हल्द्वानी को इस आशय के साथ कि पत्र के साथ संलग्न SOP एवं शपथ-पत्र को वेब-साइट में भी अपलोड करना सुनिश्चित करेंगे।
4. यू0जी0 अनुभाग।
5. कार्यालय महिला एवं पुरुष छात्रावास एवं समस्त छात्रावास पुरुष एवं महिला।



  
प्राचार्य

Self-Declaration / Undertaking from MBBS Students reporting/returning to  
Government Medical College, Haldwani (GMC)

..... S/o/D/o.....  
Resident of..... is reporting/returning/ returned to  
Government Medical college, Haldwani from, .....  
..... on .../... /2020.

..... have gone through and understood the guidelines and protocols pertaining to resumption of MBBS academic classes. I am aware that it is entirely essential for me to report/return to the GMC, Haldwani for my MBBS course study.

..... am reporting/returning to the GMC, HALDWANI on my own will, having understood the risks inherent in commuting to, and doing clinical/laboratory work at GMC, HALDWANI in the current COVID-19 Pandemic.

..... am aware that as per the guidelines of NMC, New Delhi, it is necessary for me to be physically present for pursuing my MBBS course and it cannot be done online from home and that any further absence would jeopardize my course work. In view of the same, I along with my parents hereby undertake that my parents has allowed me and therefore I am willing to attend the MBBS classes/Clinic/Ward posting in GMC, HALDWANI and in case of any untoward eventuality due to COVID-19 infection, it will solely be our individual liability. I further undertake & declare that:-

1. I shall submit COVID-19 negative RT-PCR test report not done before 48-72 hours at the time of reporting/returning to GMC, HALDWANI, as per notified schedule and I shall bear the cost of the test.
2. None of my family members where I was living (.....), is suffering from fever, cough and breathing problem or any of the known symptoms of COVID-19 since past 2 weeks.
3. I will wear prescribed face mask as well as any other prescribed protective gear and maintain physical social distancing in my class room/ Laboratories/ Academic area/Wards/hostels in GMC campus, Haldwani.
4. I will regularly wash my hands with soap and water for at least 40 seconds or clean them with alcohol based sanitizer and shall follow other preventive measures, norms and guidelines formulated by various authorities to reduce the risk of infection with COVID-19.
5. I will Download "Arogya Setu" app on my mobile phone and use the "AarogyaSetu App" every day.
6. I also want to declare that my Institute has not put any pressure on me to resume MBBS course at GMC, HALDWANI, Dehradun.
7. I will strictly follow the norms/guideline(s)/directive(s) issued by the Central/State Government/University and other relevant authorities with regard to containment of COVID-19 Pandemic.

8. I will self-monitor my health every day. In case, I develop fever, cough, flu-like symptoms and/or breathing problem then I will inform about it to my Warden / Head of Department/ College authorities, immediately.
9. However in case of COVID-19 infection I may require isolation, treatment and/or hospitalization inside/outside the campus, for which I will follow the protocol laid down by the central or state government / University and also as per the norms of GMC, Haldwani.

Signature of the student:

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Name of Student

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Emergency contact 1:

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Emergency Contact 2:

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## Instructions and SOP's for students

Discipline is most important to contain the spread of COVID-19 pandemic through distancing and maintaining hygienic condition.

Students appearing for regular Offline classes at Government Medical College campus Haldwani must ensure that they follow generic preventive measures to reduce the risk of COVID-19.

All students must:

- (i) Download "Arogya Setu" app on his/her mobile phone and use the "AarogyaSetu App" every day.
- (ii) Wear the prescribed mask/face covers at all time while attending classes and wards and other public area.
- (iii) Carry his/her own small sanitizer bottle/container and water bottle.
- (iv) Respiratory etiquettes to be strictly followed. This involves strict practice of covering one's mouth and nose while coughing/sneezing with a tissue/handkerchief/flexed elbow and disposing of used tissues properly.
- (v) Frequent Sanitize hands with soap (for at least 40-60 seconds) or/and alcohol-based hand sanitizers before entering and after exiting classes/laboratory/hospital/ wards/ Mess and also intermittently.
- (vi) Have with him/her the ID card and ID proof.
- (vii) Maintain social distancing norms at all times.
- (viii) Enter and exit one at a time to avoid crowding at classes/laboratory/hospital/wards/ Mess.
- (ix) Not visit any containment zones.
- (x) Follow the guidelines, advisories and instructions issued by the Government authorities as well as by the university and college regarding health and safety measures in view of COVID-19 pandemic.

4. Self-monitoring of health by all and reporting any illness at the earliest. Inform the authorities immediately if feel any symptoms of COVID 19.
5. Student who wish to stay in the hostels of the University he/she shall have to produce COVID -ve report from ICMR authorized lab and shall also submit a self-declaration form.
6. Spitting is strictly prohibited and disposing of respiratory etiquettes to be strictly followed.
7. Any kind of Gathering/congregations shall remain prohibited.
8. No parents / guardians shall be allowed to stay with the students in the University Hostels.
9. Any student, if found violating any of the guideline(s)/directive(s) issued, shall be prosecuted under the relevant rules and laws.