



A
REPORT ON
AN EXTRAMURAL WEBINAR
ON
"POST COVID-19 TREATMENT"

RESOURCE PERSONS:-

Dr. Sudhanshu Sekhar Lenka
Asst. Prof in Community Medicine (MD)
IMS & SUM Hospital, BBSR, Odisha

On

02th November 2020

Organized by
NSS, Units
Pattamundai College
Pattamundai

REPORT

An extramural webinar was organised by the NSS Units (both Boys and Girls) of Pattamundai College, Pattamundai on 02-11-2020 on the topic, "**Post COVID-19 Treatment**". The resource person of the webinar was Dr. Sudhanshu Sekhar Lenka, Assistance Professor in Community Medicine, IMS & SUM Hospital, Bhubaneswar, Odisha. Prof. Adhikari Laxminarayan Dash, Principal of the college chaired the webinar and formally welcomed the resource person and all the participants. Mr. Pradyumna Pradhan, Programme Officer Boys Unit gave a key note address on the topic and Mrs. Nirupama Swain, Lecturer in Education introduced the resource person. Most of the students of the College, other College, staff members of the college, Programme Officers from other colleges, Universities attended the webinar. The webinar was ended with a vote of thanks by Mrs. Sarojini Mishara, Programme Officer, Girls Units of this college.



OFFICE OF THE PRINCIPAL

PH. : 06729-224216 (O)

Fax : 06729-224215

PATTAMUNDAI COLLEGE

NAAC ACCREDITED B+ GRADE

PATTAMUNDAI, KENDRAPARA, ODISHA - 754215

Ref No. : 1017

Date..... 23/10/2020

To

Dr Sudhanshu Sekhar Lenka
Sr Programme Officer
Jhpiego, Odisha.

Sub: Invitation to the **Resource Person** for the webinar organised by NSS Units,
Pattamundai College, Pattamundai on 2nd November 2020.

Sir,

I am pleased to invite you, kindly be the resource person in the webinar on
"Post COVID-19 Treatment" organised by NSS Units on 2nd November 2020 at 3.00
p.m. The webinar will be conducted through **Zoom Cloud Meeting**.

Your kind consent in this regard is highly solicited.

Principal
Pattamundai College.



NSS UNITS

of

PATTAMUNDAI COLLEGE , PATTAMUNDAI

Organises

A Webinar on

"Post COVID-19 Treatment"

Date: 02.11.2020 , Time:03.00 PM



RESOURCE PERSON

Dr. Sudhansu Sekhar Lenka

MBBS, MD (Community Medicine)

Bhubaneswar, Odisha



Prof. A.L.N Dash

Principal

Pattamundai College

Pattamundai



Mr. Pradyumna Pradhan

P.O. NSS Boys Unit



Mrs. Sarojini Mishra

P.O. NSS Girls Unit

Post COVID management protocol

Background

COVID – 19 disease caused by SARS-CoV-2 Coronavirus is relatively a new disease, with fresh information being known on a dynamic basis about the natural history of the disease, especially in terms of post-recovery events.

After acute COVID-19 illness, recovered patients may continue to report wide variety of signs and symptoms including fatigue, body ache, cough, sore throat, difficulty in breathing, etc. As of now there is limited evidence of post-COVID sequelae and further research is required and is being actively pursued. A holistic approach is required for follow up care and well-being of all post-COVID recovering patients.

Scope

This document provides an integrated holistic approach for managing patients who have recovered enough from COVID for care at home. It is not meant to be used as preventive / curative therapy. The recovery period is likely to be longer for patients who suffered from more severe form of the disease and those with pre-existing illness.

Post-COVID Follow Up Protocol

(i) At individual level

- Continue COVID appropriate behaviour (use of mask, hand & respiratory hygiene, physical distancing).
- Drink adequate amount of warm water (if not contra-indicated).
- Take immunity promoting AYUSH medicine (details of medicines and their dosage is at **Annexure I**) – To be practiced and prescribed by a qualified practitioner of AYUSH.
- If health permits, regular household work to be done. Professional work to be resumed in graded manner.

- Mild/ moderate exercise
 - Daily practice of Yogasana, Pranayama and Meditation, as much as health permits or as prescribed.
 - Breathing exercises as prescribed by treating physician.
 - Daily morning or evening walk at a comfortable pace as tolerated.
- Balanced nutritious diet, preferably easy to digest freshly cooked soft diet.
- Have adequate sleep and rest.
- Avoid smoking and consumption of alcohol.
- Take regular medications as advised for COVID and also for managing comorbidities, if any. Doctor to be always informed about all medicines that the individual is taking (allopathic/AYUSH) so as to avoid prescription interaction.
- Self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc. (if medically advised)
- If there is persistent dry cough / sore throat, do saline gargles and take steam inhalation. The addition of herbs/spices for gargling/steam inhalation (refer to Annexure I). Cough medications, should be taken on advice of medical doctor or qualified practitioner of Ayush.
- Look for early warning signs like high grade fever, breathlessness, SpO₂ < 95%, unexplained chest pain, new onset of confusion, focal weakness.

(ii) At the level of community

- Recovered individuals to share their positive experiences with their friends and relatives using social media, community leaders, opinion leaders, religious leaders for creating awareness, dispelling myths and stigma.
- Take support of community based self-help groups, civil society organizations, and qualified professionals for recovery and rehabilitation process (medical, social, occupational, livelihood).
- Seek psycho-social support from peers, community health workers, counsellor. If required seek mental health support service.
- Participate in group sessions of Yoga, Meditation etc. while taking all due precautions like physical distancing.

(iii) In healthcare facility setting

- The first follow-up visit (physical/telephonic) should be within 7 days after discharge, preferably at the hospital where he/she underwent treatment.
- Subsequent treatment/follow up visits may be with the nearest qualified allopathic/AYUSH practitioner/medical facility of other systems of medicine. Poly-therapy is to be avoided due to potential for unknown drug-drug interaction, which may lead to Serious Adverse Events (SAE) or Adverse Effects (AE).
- The patients who had undergone home isolation, if they complain of persisting symptoms, will visit the nearest health facility.
- Severe cases requiring critical care support will require more stringent follow up.

Immunity promoting AYUSH medicine (to be prescribed only by practioners permitted under law for prescribing the medicine/therapy under specific stream)

Ayush Kwath (150 ml; 1 cup) daily, Samshamani vati twice a day 500 mg (1 gm per day) or Giloy powder 1 -3 grams with luke warm water for 15 days, Ashwagandha 500 mg twice a day (1 gm per day) or Ashwagandha powder 1-3 grams twice daily for 15 days and Amla fruit one daily/Amla powder 1-3 grams once daily.

- Mulethi powder (in case of dry cough) 1- 3 gram with luke warm water twice daily
- Warm Milk with ½ teaspoonful Haldi in (morning/evening)
- Gargling with turmeric and salt
- Chyawanprash 1 teaspoonful (5 mg) once daily in morning (as per directions from Vaidya)

It is also suggested by the Ministry of AYUSH that the use of Chyawanprash in the morning (1 teaspoonful) with luke warm water/milk is highly recommended (under the direction of Registered Ayurveda physician) as in the clinical practice Chyawanprash is believed to be effective in post-recovery period.



NSS UNITS PATTAMUNDAI COLLEGE, PATTAMUNDAI

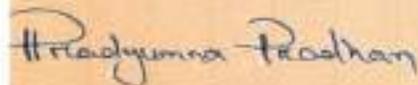
Affiliated to Utkal University, Bhubaneswar, Odisha



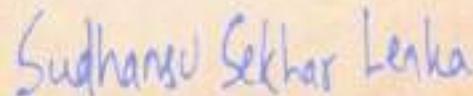
Certificate of Participation

This is to certify that Mr./Ms./Mrs. **BIKASH KUMAR NAYAK**, STUDENT of Pattamundai Degree College, Pattamundai has actively participated in the Webinar on "Post COVID-19 Treatment" organized by NSS Units, Pattamundai College, Pattamundai, Kendrapara, Odisha.

Date: 02.11.2020



Mr. Pradyumna Pradhan
Convenor



Dr. S.S. Lenka
Resource Person



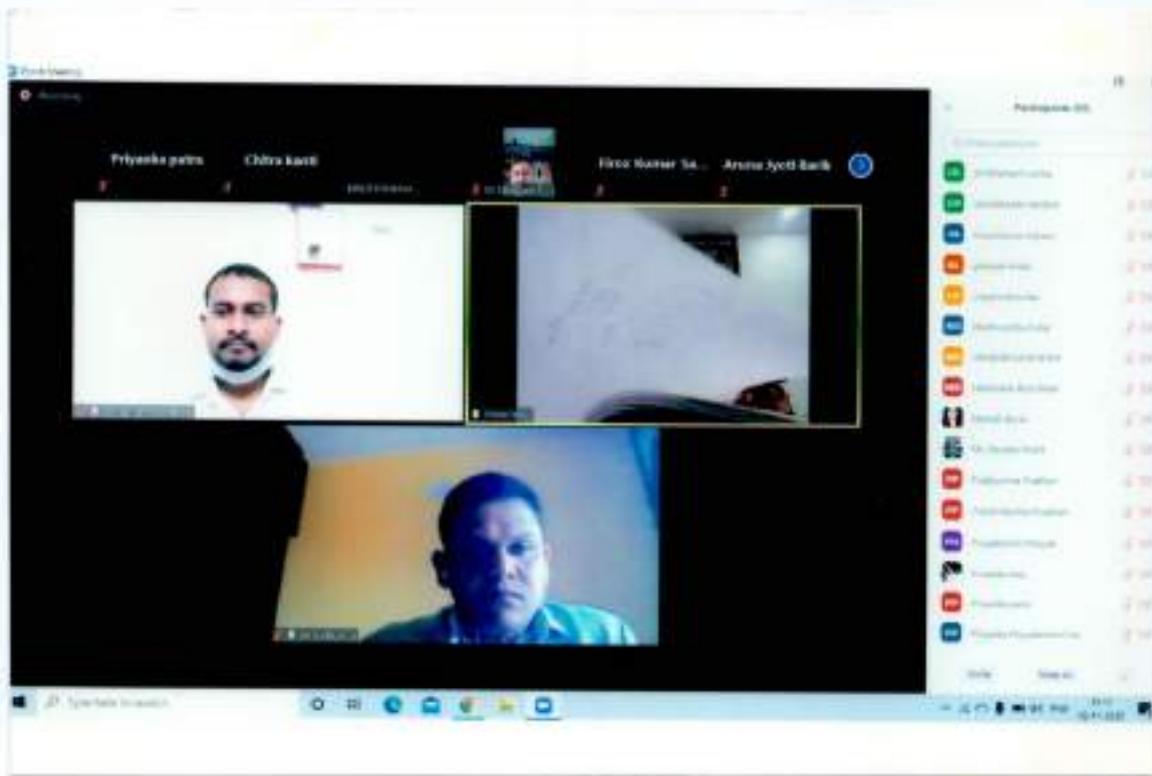
Prof. A.L.N. Dash
Principal

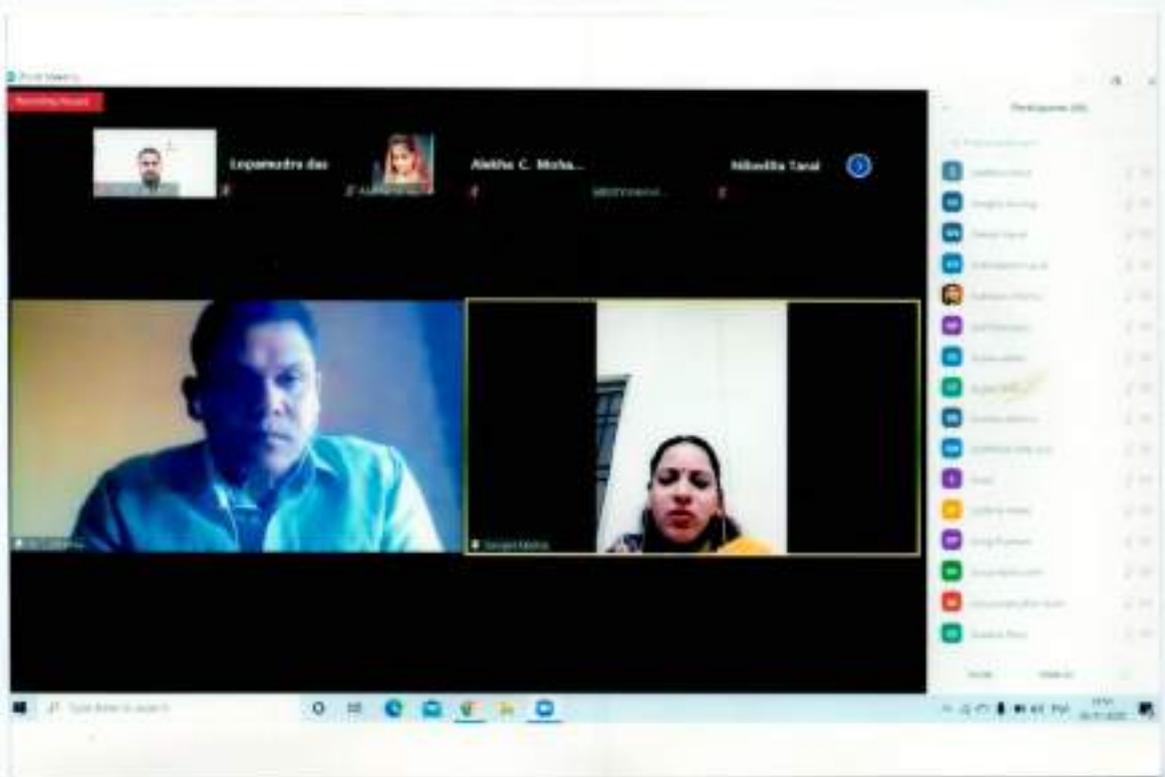
Webinar on "Post COVID-19 Treatment"

Organised By: NSS Units, Pattamundai College, Pattamundai, Kendrapara, Odisha Date:02.11.2020 Time: 03.00 PM

Email Address	FULL NAME	DESIGNATION	COLLEGE/ UNIVERSITY	CLASS	ROLL NO	MOBILE NO
subhasismishra5@gmail.com	SUBHASIS MISHRA	ASSISTANT PROFESSOR	PATTAMUNDAI COLLEGE, PATTAMUNDAI			7978621173
suryakantasethi21@gmail.com	SURYAKANTA SETHI	STUDENT	pattamundai higher	+2second year	Is 19 043	9556841168
sangitasarang199@gmail.com	Sangita sarangi	STUDENT	Pattamundai colleg	+33rd year	BA 18 009	9348720488
sujatatarai2000@gmail.com	SUJATA TARAI	STUDENT	PATTAMUNDAI DEGREE	BA-18-261	BA-18-261	9556813658
sahoo_firoz@yahoo.com	FIROZ KUMAR SAHOO	ASSISTANT PROFESSOR	Sri Sri Bayababa College Mahakalapara Kendrapara			7735182090
nibeditatarai945@gmail.com	NIBEDITA TARAI	STUDENT	Pattamundai colleg	+3 3rd year	BA17-119	8455988940
nayak37099@gmail.com	SRUSTIDEEPA NAYAK	STUDENT	PATTAMUNDAI DEGREE	+3 2nd year	BS(B)19-106	7853906694
pradhansuraj754@gmail.com	SURAJ PRADHAN	STUDENT	Pattamundai Gener	+3 2nd year	BA-19-250	9178713397
maheshsatapathy103@gmail.com	MAHESH CHANDRA SATAPATHY	ASSISTANT PROFESSOR	DELTA HIGHER SECONDARY SCHOOL			9437926393
rajalaxminayak657@gmail.com	RAJALAXMI NAYAK	STUDENT	Pattamundai colleg	+2 2nd year	IS19-013	6371029974
excellentsaroja@gmail.com	SAROJAKANTA NAYAK	ASSISTANT PROFESSOR	Pattamundai College			9583371671
geetanjalilenska0@gmail.com	GITANJALALI LENKA	STUDENT	Pattamundai(degre	+3 second year	BA19-012	7205887491
preetylovelypradhan@gmail.com	Preetnibedita Pradhan	STUDENT	Pattamundai Degre	+3 2nd year	BA19-028	6372628981
tapaswinipradhan234@gmail.com	TAPASWINI PRADHAN	STUDENT	Pattamundai degre	+3 3rd year	BA 18-189	9348040242
monalibara148@gmail.com	MONALI BARAL	STUDENT	Pattamundai Degre	+3 2 nd year	Bs(B) -19-004	9861482757
sunilkumarsahoo192@gmail.com	SUNIL KUMAR SAHOO	STUDENT	PATTAMUNDAI COLLEGE	+3 3rd year	BA18-46	7655911451
diptimayeesili177@gmail.com	DIPTIMAYEE MALIK	STUDENT	Pattamundai colleg	+3 2nd year	BS (B)19-71	9861485176
mallicksumitra2001@gmail.com	SUMITRA MALLICK	STUDENT	College	+3 2ndyr	BA19-238	7326039625
sridharthbehera@gmail.com	ALOK KUMAR BEHERA	STUDENT	Pattamundai degre	+3 3rd year	BA18-208	6372114367
sarmisthapadhi1983@gmail.com	ARPITA PADHI	STUDENT	Pattamundai Highe		12 IS19-017	7008120127
nilamani lenka00@gmail.com	DR. NILAMANI LENKA	ASSOCIATE PROFESSOR	PATTAMUNDAI COLLEGE			9438329950
nayakbikashkumar1234@gmail.com	BIKASH KUMAR NAYAK	STUDENT	Pattamundai Degre	+3 3rd Year Arts	BA18-004	9938568741
sujatasahoo3458@gmail.com	SUJATA SAHOO	STUDENT	Pattamundai(degre	+3 3rd year arts	BA18-022	8342017205
paridasoumya70@gmail.com	SOUMYASHREE PARIDA	STUDENT	Pattamundai colleg	+3 3rd year	BA-18-049	7846985556
karpriyanka159@gamil.com	PRIYANKA PRIYADARSHINI KAR	STUDENT	Higher secondary c	No	IS19-059	8895103477
puchanasir@gmail.com	SATYABRATA BISWAL	Demonstrator in ph	Pattamundai college Pattamundai			9937195316
sadhanarout1549@gmail.com	SADHANA ROUT	STUDENT	Pattamudai College	+3 3rd year	246	7735817146
rudrapradhan03602@gmail.com	RUDRANARAYAN PRADHAN	STUDENT	Pattamundai higher secondary scho		IS19_051	9938719072
laxmipriya8908@gmail.com	LAXMIPRIYA PATRA	ASSISTANT PROFESSOR	Pattamundai college			9437550615

hpyhpy563@gmail.com	SUBHRANSU DAS	STUDENT	Bjb automonus clg	Ys		30	9348704748
hntrsuvam2006@gmail.com	SUVAM KU DAS	STUDENT	H K HIGH SCHOOL	9th		1	9777505220
ranjan775819@gmail.com	RANJAN KUMAR BEHURA	ASSISTANT PROF	Pattamundai college, pattamundai				9889947948
mrutyunjayamohanty65@gmail.com	MRUTYUNJAYA MOHANTY	Lecture	Kendrapara Evening Degree College				9439768996
bijayalaxmisandha53@gmail.com	BIJAYALAXMI SANDHA	STUDENT	Pattamundai colleg	+3 2nd year	BA-19-174		8018805542
subhasmitasahoo318@gmail.com	SUBHASMITA SAHOO	STUDENT	Pattamundai colleg	+3 2nd year	BA19-063		7735796540
dparida1965@gmail.com	DR DUSHASAN PARIDA	ASSOCIATE PRO	PATTAMUNDAI COLLEGE, PATTAMUNDAI				9853165455
nibeditanayak63@gmail.com	MRS NIBEDITA NAYAK	lecture in educatio	Pattamundai college				9668725524
niranjanmalik754215@gmail.com	NIRANJAN MALIK	STUDENT	Pattamundia Colleg	+3rd year	BA18-162		7326068594
madhusmita2001sutar@gmail.com	MADHUSMITA SUTAR	STUDENT	Pattamundai degre	+3 3 Rd year	BA-18-118		8260899012
dsimangini@gmail.com	SIMANGINI DAS	Lecturer	Pattamundai College				9090945613
spramods.spramods@gmail.com	PRAMOD KUMAR BEHERA	ASSISTANT PRO	Kendrapara Autonomous college				9437221542
sahoolipsa827@gmail.com	LIPSA SAHOO	STUDENT	Pattamundai colleg	+32nd year	Ba19-068		7992790973
beherasantosh00824@gmail.com	UPENDRA BEHERA	STUDENT	Pattamundai degre	+3 3rd year	Bs18-032		7064795923
routmanas240@gmail.com	MANAS KUMAR ROUT	STUDENT	Pattamundai higher	T2 second year		56	8658896507
chandrasimishra20@gmail.com	CHANDRASEKHAR MISHRA	STUDENT	Pattamundai college	Pattamundai k	BS(B)19-003		7751050219
happykumar95240@gmail.com	MAHESWAR SETHI	STUDENT	Pattamundai Degre	+3 3rd year	BA-18-158		7064122442
debajitpanda12@gmail.com	DEBAJIT PANDA	STUDENT	PATTAMUNDAI COLLEGE PATTAMUNDAI				8457833152
sonalisaparida5@gmail.com	SONALISA PARIDA	Ex student	Pattamundai college				8144198255
priyadarshininayak826@gmail.com	PRIYADARSHINI NAYAK	STUDENT	Pattamundai colleg	+3nd year		176	9090322024
sagankareenu05@gmail.com	SAGARIKA PATRA	STUDENT	Pattamundai higher		IS19-039	12	7894295328
saratchandradasenglish@gmail.com	DR. SARAT CHANDRA DAS	ASSOCIATE PRO	Pattamundai College, Pattamundai				9078961028
sbhuyan192@gmail.com	SOURAV BHUYAN	STUDENT	Pattamundai collag	+2 2nd year	IS19005		9437616721
niharparida111@gmail.com	NIHAR RANJAN PARIDA	ASSOCIATE PRO	S N S COLLEGE, RAJNAGAR				9861262022
sd4.subratdas@gmail.com	SUBRAT DAS	STUDENT	Pattamundai Colleg	B.Sc. 3rd Year	BS18-002		9348400572
nayakkumararjan365@gmail.com	DR. ANJAN KUMAR NAYAK	ASSOCIATE PRO	BALIA WOMEN'S COLLEGE				9438436033
ajayamaharana22@gmail.com	AJAYA KUMAR MAHARANA	Demonstrater in ph	Pattamundai college				8917509637
rkpandaodca2008@gmail.com	RABINDRA KUMAR PANDA	Lecturer in History	Pattamundai College, Pattamundai, Kendrapara, Od				9238899769
barsharanibhuyan655@gmail.com	BARSHARANI BHUYAN	STUDENT	Pattmundai degree	+3 3rd yr	BA-18-097		9178431208
satyaranjandind202@gmail.com	SATYARANJAN DINDA	STUDENT	Pattamundai degre	+3 2nd year (ar	BA19-003		9337097002
sethiranjan153@gmail.com	LIZA SETHI	STUDENT	Pattamundai colleg	+2second year	Is19-118		8114729394
arabindapandab@gmail.com	ARABINDA PANDAB	LECTURER IN MA	PATTAMUNDAI COLLEGE, PATTAMUNDAI				9937254024
rabindrparida.bubu@gmail.com	RABINDRA PARIDA	Teacher	Aacharya nagarjun University				9439574335





କଲେଜ ଏନ-ଏସ-ଏସର ସ୍ପେଷିଆଲ



• ପରାମର୍ଶଦା, ଟି-ଏନ-ଏସ
 ପରାମର୍ଶଦା କଲେଜ ଦଳର ପାଠିକା
 ଏନ-ଏସ-ଏସ ପଠାବୁ ପୋଷ କୋର୍ସର
 ଟିଚିଙ୍ଗିଂ ଶାସ୍ତ୍ର ସ୍ପେଷିଆଲ
 କଲେଜ ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର ଅଧିକାରୀ
 କଲେଜର ପାଠକ ପଢ଼ିବାରେ
 ଅନୁଷ୍ଠିତ ହୋଇପାରେ । ଏମ
 ପଢ଼ିବାରେ ଗୋଟିଏକ ବିଷୟ ଯା
 ପୁସ୍ତକ ଶେଷର ଲେଖା ଯୋଗ୍ୟର
 ବିଷୟବସ୍ତୁ ଅନୁସାରେ କରିଥାନ୍ତେ ।
 ଦାବି ବିରାଟ ଏନ-ଏସ-ଏସ
 କାର୍ଯ୍ୟକ୍ରମ ଅଧିକାରୀ ଅଧ୍ୟାପକ
 ପ୍ରଫୁଲ୍ଲ ପ୍ରଧାନ କାର୍ଯ୍ୟକ୍ରମ ଆବଳୀର
 ସୂଚନା ଦେବା ସହିତ ଅଧିକ ପଢ଼ିବା
 ପ୍ରଦାନ କରିଥାନ୍ତେ । ଅଧ୍ୟାପକ
 ନିରୁଦ୍ୟ ସାହିବ କଲେଜର
 ଆବଳୀର କାର୍ଯ୍ୟକ୍ରମର ପାଠିକା
 ଏନ-ଏସ-ଏସ କାର୍ଯ୍ୟକ୍ରମ ଅଧିକାରୀ
 ଅଧ୍ୟାପକ ପରୋଧିନୀ ମିଶ୍ର ଅଧ୍ୟକ୍ଷ
 ଦେଇଥିଲେ ।

Pragati Bodi
 24 Oct 11 2020

ପଞ୍ଜାମୁଖାଳ କଲେଜରେ ଡ୍ରେସିନାର

ପଞ୍ଜାମୁଖାଳ, ଧାମ୍ପ(ଆପ): ପଞ୍ଜାମୁଖାଳ କଲେଜ
କଳା କଳା ଏକାଡେମୀ ପକ୍ଷରୁ ପଞ୍ଜାମୁଖାଳ କଲେଜ
ପ୍ରତିଷ୍ଠାପକ ଶାଶ୍ଵତ ଡ୍ରେସିନାର କଲେଜ ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର
ଅଧ୍ୟକ୍ଷା ଉପାଧ୍ୟକ୍ଷାଙ୍କ ଦେଖି ଡ୍ରେସିନାରରେ
ଅନୁଷ୍ଠାନ କରାଯାଇଛି । ଏହି ଡ୍ରେସିନାରରେ ଡ୍ରେସିନାର
ବିଭାଗର ଡାକ୍ତରୀୟାଙ୍କୁ ଶେଷର ଲୋକ ଡ୍ରେସିନାର
ବିଭାଗ ବିଶିଷ୍ଟ ଅନୁଷ୍ଠାନ କରିଥିଲେ । କଲେଜ ବିଭାଗ
ଏକାଡେମୀର କର୍ମଚାରୀ ଅଧ୍ୟକ୍ଷା ଅଧ୍ୟକ୍ଷ ପ୍ରଫେସର
ପ୍ରଧାନ କର୍ମଚାରୀଙ୍କ ଦ୍ଵାରା ଦେବା ସହିତ
ଅନୁଷ୍ଠାନ ପରିଷଦ ପ୍ରଦାନ କରିଥିଲେ । ଅଧ୍ୟକ୍ଷା
ନିରୁପାମା ଦେବୀଙ୍କ ଦ୍ଵାରା ଅନୁଷ୍ଠାନରେ ଅନୁଷ୍ଠାନ
କର୍ମଚାରୀଙ୍କୁ କଳା ଏକାଡେମୀର କର୍ମଚାରୀ ଅଧ୍ୟକ୍ଷା
ଅଧ୍ୟକ୍ଷାଙ୍କ ସମ୍ମାନେ ନିଶ୍ଚିତ ଧନ୍ୟବାଦ ଦେଇଥିଲେ ।

Pramaya
Date: 05.11.2020

suryakantibayee@gmail.com	SURYAKANTI BAYEE	STUDENT	PATTAMUNDAI (D	+3 3rd year (Art	BA-18-14	9556836138
dipapratima123@gmail.com	DIPA PRATIMA CHOUDHURY	STUDENT	Pattamundai degre	+3rd year	Bs-18-094	6371796352
shilpasethi372@gmail.com	SHILPA SETHI	STUDENT	Pmi college (ex-student)			7077910252
sunilpradhan1968@gmail.com	DR SUNIL KUMAR PRADHAN	ASSISTANT PROF	Pattamundai College			9337335705

kabitasahoo3458@gmail.com	KABITA SAHOO	STUDENT	Pattamundai (degre	+3 3rd year arts	BA18-019	8118067289
taraisusmita3@gmail.com	SUSMITA TARAI	STUDENT	PATTAMUNDAI (D	+3 3rd year arts	BA_18_33	9937289531
sarojinimishra7191@gmail.com	SAROJINI MISHRA	PROFESSOR	pattamundai college			9437920782
manojparida1967@gmail.com	CAPT MANOJ PARIDA	ASSOCIATE PRO	Pattamundai college, Pattamundai			9861329944
khirabdhitanayadash.123@gmail.com	SOUBHAGYABATI DASH	STUDENT	Pattamundai (Degr	+3 3rd year	213	8114655069
asmitpatra9078@gmail.com	ASMIT PATRA	STUDENT	Pattamundai colleg		12 IS1936	9078547790
arunjyotibarik@gmail.com	ARUNA JYOTI BARIK	STUDENT	Pattamundai Highe		12 IS19_019	9078549160
dhanajayasamalunnadld1291@gmail.com	DHANAJAYA SAMAL	STUDENT	Pattamundai colleg	3rd year	BS18-117	7894709480
sasantarout2@gmail.com	SUSANTA ROUT	STUDENT	PATTAMUNDAI DE	+3 2nd year	Bs(B)-19-102	7735679878
anjanasama12019@gmail.com	ANJANA SAMAL	STUDENT	Pattamundai colleg	+3 3rd year,arts	BA-18-249	6370155639
kumarsatyabrata63@gmail.com	MALAYA KUMAR SAHOO	STUDENT	Pattamundai collog	+3 3rd year	Bs18-012	6370183886
suryasnatajibandash@gmail.com	SURYASNATA JIBAN DASH	STUDENT	Pattamundai highes	+2 2nd year	Is-19034	9078549395
drpksamal1963@gmail.com	DR PRAMOD KUMAR SAMAL	ASSOCIATE PRO	Pattamundai College			9337143523
taraisunita46@gmail.com	SUNITA TARAI	STUDENT	PATTAMUNDAI CO	+2 2nd Year	IS19-062	7750819043
tapaswineedas06@gmail.com	TAPASWINEE DAS	Teacher-TGT PCN	B M HIGH SCHOOL, ATHARABATIA,PATTAMUN			8658997800
rkumarsahoo84@gmail.com	RAKESH KUMAR SAHOO	Lecturer	Kendrapara Evening Degree College Kendrapara			8637288251
amritabehura52@gmail.com	AMRITA BEHURA	STUDENT	Pattamundai degre	+3 2nd year	Bs-19-009	7735642711
nayakrasmiranjan162@gmail.com	RASMIRANJAN NAYAK	STUDENT	Aul Degree collage	+3 3rd year	BS18-016	9348828198
subhalaxminayak462@gmail.com	SUBHALAXMI NAYAK	STUDENT	Pattamundai highes	+2 2nd yr	IS19-126	9777004702
paridaritika880@gmail.com	RITIKA PARIDA	STUDENT	Pattamundai colleg	+2 2nd year sci	IS-19054	9556249698
ranjankumargahan746@gmail.com	RANJANKUMARGAHAN	ASSISTANT PRO	Pattamundaicollege			7735355311
dipakpranati451@gmail.com	SUCHITRA PATRA	STUDENT	Pattamundai highes	+2nd year	IS19-007	9438581470
manishar361@gmail.com	MANISHA ROURAY	STUDENT	Pattamundai degre	+3 2nd year	BS(B)19-028	8456853818
aishwaryapanda2004@gmail.com	AISWARYA PANDA	STUDENT	Pattamundai Highe		12 IS19-047	9337028836
sarojinikar915581@gmail.com	SAROJINI KAR	STUDENT	PATTAMUNDAI CO	3rd year	Bs18-024	9861325190
chitrakanti1989@gmail.com	CHITRAKANTI SETHI	ASSISTANT PRO	S. N COLLEGE, RAJKANIKA			9348703674
monalishaniku@gmail.com	MONALISHA SETHI	STUDENT	Pattamundai degre	+3 2nd year	25	6372863507
sabitrisahoo2000@gmail.com	SABITRI SAHOO	STUDENT	Pattamundai Colleg	+3 3rd year	BA-18-055	8895929446
gjena196@gmail.com	GAYATRI JENA	STUDENT	Pattamundai CLG	+3 2nd yr	Bs (B)19 - 091	9178416553
smurtiranjanparida73@gmail.com	SMRUTI RANJAN PARIDA	STUDENT	Pattamundai degre	+2 2nd yr	BA19-020	9556317992
dasrajnandini67@gmail.com	RAJNANDINI DAS	STUDENT	Kalinga Bharati Res	Yes	81	9337979428
swainpramodkumar1969@gmail.com	MR PRAMOD KUMAR SWAIN	ASSISTANT PRO	Pattamundai college pattamundai			9937974209
subratkumarsutar2003@gmail.com	SUBRAT KUMAR SUTAR	STUDENT	pattamundai colleg	+22nd year	is19-o40	7735102120