

**DIRECTORATE OF SCHOOL EDUCATION
GOVERNMENT OF MIZORAM**

**STANDARD OPERATING PROCEDURE (SoP)
FOR
OPENING OF SCHOOLS IN MIZORAM
(March 2022)**

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INTRODUCTION

Khawvel-a Covid-19 hrilengin nasa takin mihring khawsak hona leh eizawna kawngah ngawng tha lo a nei nasa hle a. India ram pumah zirna(Education) pawh a tuar nasa ber zinga mi a ni awm e.

Mizorama sikul te chu Lockdown avangin 17th March, 2020 atanga khar a ni a. Covid-19 hrileng avangin class pangngai kal thei lovin an awm a. 1st April, 2020 a hawn tan beisei a nih lain hripui vangin vawiin thlengin School Academic Calendar 2020-21 chu hman theih a la ni lova. Mizoram chhunga sikul building tam zawk chu inkhung hranna (quarantine) atan leh Covid Care Center (CCC) atan hman tangkai a ni.

Mizoram sawrkar chuan, school ten an zawm tur inkaihhraina chi hrang hrang a khat tawkin a chhuah reng a. Tun dinhmunah chuan Class IX atanga XII zirlai te tan chauh zirtirtu te nen hmaichhana inrawn phal a ni a. Chu pawh nu leh pa te emaw an guardian te hnen atangin emaw ziaka phalna nei te tan chauh a ni.

Heng inkaihhranna te hi COVID-19 hrileng a nasat leh a hlauhawm dan a zirin tih danglam theih reng a ni.

Ministry of Home Affairs vide Order No. 40-3/2020-DM-I (A) dated 30th September, 2020 in thuchhuah siamin, Disaster Management Act, 2005 hnuuia COVID-19 darh lohna tura lockdown inkaihhraina zawm chunga rampum a nunphung pangngai hmang thei tura hawn leh(unlock) dan tur a ruahman a. He ruahmannaah hian containment zone tiam lovin sikul leh coaching institutions te chu 15th October, 2020 hnu lamah a indawt dan fel taka hawn leh turin thu chhuah a siam a. Hemi chungchangah hian State/UT Governments chuan Sikul leh zirna in (Institution) te nen in berawn a, tehfung chi hrang hrang hmanga endik chunga ruahmanna leh thutlukna siam turin a hriattir a ni.

Kan hmalam hun tur hriatlak ni lo mahse, hri a leng emaw leng lo emaw sikul te hi hawn leh an ni ngei dawn tih chu a chiang a. Pawimawh ta chu sikul hawn leh a nih dawn chuan mawhphurtu chi hrang hrang (stakeholders) ten ruahmanna fel tak an siam a ngai tih a chiang hle a ni. Standard Operating Procedure (SoP) hi Sikul a hotute, nu leh pate leh naupangten an zawm ngei tura buatsaih a ni. Zawm tur atana tih tamtak te hi Ministry of Education (Department of School Education & Literacy), vide F.No. 11-16/2020-Sch.4 Dt.5.10.2020 in SoP a siam atanga lak chhuah a ni e.

SoP hi then hnih a siam a ni a . **‘Sikul hawn hma ‘** leh **‘Sikul hawn hunah’** tih a ni. Hetah hian **sikul a hotute, nu leh pa te leh zirlai ten an tih tur** tarlan a ni a. He SoP hian a hawl kim vek thei lova, chuvangin Ministry of Education in SoP a siam hirawn tel zelin an kalkawp tur a ni.

SoP, Mizoram School Education hman atana buatsaih hmasak ber kha October 2020 a tihchhuah a ni a. Tunah hian Covid-19 hrileng avanga kan dinhmun a lo danglam deuh hnu leh, SOP chhuah hmasak ber atanga hun enge maw chen a lo liam takah chuan, SoP hi tlem a her rem a lo ngai ta a. SoP March 2020 hi Health & Family Welfare Department, Govt. of Mizoram a hotuterawn chung zelin, ngun taka zirchian a nih hnuah, tlangzarh a ni e.

He SoP hian Mizoram a sikul naupang zawng zawng a huam ang. (Nursery to Class XII).

SIKUL HAWN HMA

A. Sikul thuneitute tih tur

- 1) **Tihfai & tihthianghlim:** Sikul tam tak te chu tun hrileng avang hian quarantine center leh Covid Care Center (CCC) atan a hman an ni a. Sikul tual, building, classroom leh furniture te chu tihfai a chemical disinfectants te nen hruk emaw kah thianghlim emaw tur a ni. Sikul a hotute chuan tifaitu tur a ruai ang a, sikul building, classroom leh a hmunhma te chu hman tlak ni turin a tihfai tur a ni.
 - i) Sikul compound a hnim to leh bawhlawh paih fai.
 - ii) Thutthleng leh dawhkante, furniture dang leh bungraw dangte nisa a pho thianghlim tur.
 - iii) Boruak tha luh theih nan office leh classroom a tukverh leh kawngkhar te hawn thawven tur.
 - iv) Hypochlorite solution hmangin bungrua leh hmanruate tihfai a, tih thianghlim tur.
 - v) Tanky emaw tuizem emaw awm reng reng tih ruah veka uluk taka tihfai tur. Sikul tan hma ngeiin heng tuizemah te hian tui thianghlim dah khah vek tur a ni.

- 2) **Thianghlim nana hmalak dan tur**
 - i) Sikul-ah Covid-19 a darh loh nan tihfaina leh tihthianghlimna atana hmanrua leh bawhlo ngai tur chu sikul hawn hma ngeiin lakkhawm a hman mai theih tura dahthat tur a ni. **(Ref: Annexure)**
 - ii) Sikul compound luh dawnah kut silna tur sahbawn-tui (soap-dispensers) leh tui chhawp ni se. Tui chhe luanna tur tha tak leh kut tih faina (sanitizer) chhawp tel tur a ni.
 - iii) Kut tih faina hmun hi indaih tur a siam ni se. Kut sil tura bawr khawm tuau tuau emaw sei deuha intlar ngai lo turin ruahman ni se.

- 3) **Nu leh pa te hnen atanga phalna lak**
 - i) Nu leh pa ten an fate sikul kal an phalna ziakin a awm tur a ni a, chu chu zirlai ten sikul tan hma ngeiin sikulah an thehlut tur a ni.
 - ii) Nu leh pa te remtihna a zirlai ten in a lehkha zir an thlan zawk chuan, phalsak tur a ni.

- 4) **Inhlat chungchang (Social distancing)**
 - i) A theih hram chuan sikul compound luhna leh chhuahna siam hran tur.
 - ii) A theih chuan mimal motor a inthlahna leh inlam lehna siam hran tur.
 - iii) Class tina naupangte lut leh chhuak tur chu hunbi nei a ruahman ni se. Hmanhmawh leh innak khawm lova an luh leh chhuah theihna tura ruahmanna siam tur.
 - iv) Luh leh chhuahna hriat hranna tur siam leh tarlan ni se.
 - v) Au rinna hmangin nu leh pa te leh zirlaite in hnaih lo tura hrilh thin tur.
 - vi) Reception hmunah te, tui dehna hmunah te, kut silna tur hmunah te, zun in leh ek in pawnah leh hmun dangah te pawh, a indawta kalna tur tarlan nan chhuatah rinbial tur a ni.
 - vii) Thutna chu feet thum (3) a inhlat a rem tur a ni a. A theih pheih chuan zirlaiten an thutna an hriat theih nan chhinchhiahna siam ni se.
 - viii) Staff room, Office chung leh punkhawm theihna hmun reng rengah a inhlat thei ang zela awm tur a ni.

- ix) 'Tumah inhnaih loh tur' tih tarlanna poster/ thuziak/ sticker leh sign board siam a, hengte hi classroom, library, inthiarna kawt, kut silna, sikul choka, hall, motor parkna leh luhna/chhuahna hmunah te tar tur a ni.
- x) Physical/Social distancing hi tha taka hman a nih theih nan class tin te hun hman dan tur(timing)chu a tul anga tih danglam theih(flexible) tura siam ni se. Classroom a an hun hman chhung pawh a rei lo thei ang ber tura ruahman tur a ni.
- xi) Classroom atan room lian deuh zel thlan ni se. Entirnan-Computer room, Library, Laboratory etc. Heng room chhungah pawh hian social distancing (3 feet) hman zel ni se.
- xii) Sikul chhungah emaw a velah emaw, hmun khata punkhawm lohna turin ruahmanna fel tak siam tur.

5) Covid- care Team

- i) Task team chi hrang hrang, entirnan - Emergency Care Support/ Response Team, General Support Team for all stakeholders, Commodity Support Team, Hygiene Inspection Team te siam a, an mawhphurhna bik theuh felfai taka duan ni se.
- ii) Heng COVID care team a tel tur hian zirtirtute leh zirlai atangin member thlan chhuah ni se.

6) Hostel

- i) Hostellers/Boarders te inhnaih loh nan, a remchanna apiangah temporary in pindanna bang (partition) siam ni se. Khum pawh a inhlath mawi tawka hun tur a ni.
- ii) Hostel a awm tur reng reng chu luh hmain RagT test tih sak vek tur an ni. RagT test result negative te chauh hostel ah luhtir phal an ni ang. RagT test neih chungchang hi sikul thuneitute mawhphurhna a ni ang.
- iii) Naupangten an zawm tur pawimawh te an hriat reng theih nan hostel leh a chheh velah poster leh signage te tar ni se. In hrihriatna hmanraw dangte pawh hman reng ni se.
- iv) Sikula zirtirtuten an naupangte hriselna engtiklai pawhin an endik reng tur a ni.
- v) Hostel a len tawh loh avanga zirlai an leng tlem dawn a nih chuan, in lama harsatna nei leh online a zirtheihna nei lo te duhsak tur an ni.
- vi) Zirlaiten rilru lama harsatna an neih thulhahrawn mai theih turin mithiam (Counsellor) sikulin a nei tur a ni.
- vii) Sikul staff, an zirlai te tana tangkai leh an hriselna hriat chian sa tih loh chu heng boarding/hostel ah te hian an awm tur a ni lo.
- viii) Zirlai ten social distancing an hman theih nan hmun dangte pawh ruahman belh ni se.
- ix) Choka-ah leh mess hall-ah te thianghlimna vawn tlat tur. Mess hall-ah pawh a in hlat thei ang bera awm zel tur.

7) School bus

- i) Sikul bus te chu sanitize vek tur.
- ii) Sanitize na hmanrua leh bawlhlo te chu sikul bus chhungah kawh sa reng tur a ni. Thermal scanner (temperature enna) chu bus-a lut apiang lo endik nan hman tur.
- iii) Zirlai ten social distancing an hman theih nan thut lohna tur seat te siamin chhinchhiahna dah ni se.
- iv) Bus chhunga chuangte an him tlan theih nan, endiktu (monitor) zirtirtuten an ruat ang.
- v) Bus chhungah boruak tha taka a chet vel theihna turin tukverhte hawn dar thin tur a ni.

- 8) **Sick-Room:** Covid-19 vei ni a rinhlelh te dahna tur pindan hran ruahman tur.
- 9) **Sikula zirtirtute leh zirlai te tana hman mai theih turin Pulse Oximeter leh Digital Thermometer a awm ngei tur a ni.**
- 10) **Awareness on SoP:** Sikul thuneitute, nu leh pa te leh zirlai ten SoP duhdan leh inkaihhraina hi chiang takin an hre tur a ni. SoP hi a taka hman a nih hma ngeiin peih fel diam a ni tur a ni.
- i) Sikul thuneitute hnenah SoP hi hriattir vek ni se. SoP an hriathiam a, zawm thei tura an inbuatsaih theih nan zirchianna hun pek tur an ni.
 - ii) Nu leh pa te leh zirlai ten SoP an zawm thlap theih nan chiang tak leh fiah taka hrilhfiah tur a ni.
- 11) **Sikul SoP hi State rorelkhawl inkaihhraina behchhana duan a ni:**
Felfai lehzuala an inkaihhrui theihnan sikul tin te mahni SoP siam ve tura fuih kan ni. Amaherawhchu, State Government/Ministry of Education in SoP a siam dodal zawng emaw tidal zawng emaw a siam loh tur a ni.

B. Nu leh pa/guardian/zirlaite tih tur

1) Sikul supply chungchang

- i) Nu leh pa ten sikul uniform, text book, stationeries (pen, pencil, sharpener, instrument box, eraser etc.) te an faten an hman mai theih turin kimchang taka lakkhawm sak tur a ni.
- ii) Zirlai ten an thiante nen engmah an in hman tawm tur a ni lo. Entirnan - stationeries, water bottle, tiffin etc.

2) Hmai tuamna (Face mask)

- i) Hmai tuamna vuah hi tih makmawh a ni a. Zirlai ten an in an chhuahsan atangin hmai tuamna an vuah reng tur a ni.
- ii) Nu leh pa ten an fate mamawh puhru turin hmai tuamna an neihsak tur a ni.
- iii) Duhthusamah chuan zirlai ten hmai tuamna chuang (spare) an pai tel reng tur a ni.

3) Awareness

- i) Tunlai hrileng laka inven dan leh tihtur pawimawhte chungchangah nu leh pa te an bengvar hle tur a ni.
- ii) Intihfai leh fimkhurna kawnga tihtur awmte chu an fa te/nau te an zirtir tha hle tur a ni.
- iii) Zirlai ten anmahni himna atan SoP hi an hrechiang hle tur a ni.

SIKUL HAWN HUNAH

A. Sikul thuneitute tih tur

1) Zirlaite leh zirtirtute hriselna leh himna tur ngaihtuhsak

- i) Staff leh zirlai zingah Containment zone huam chhunga khawsa an awm chuan, containment zone nihna hlihsak an nih hma loh chu sikulah leh zirna in dangah an kal tur a ni lo.
- ii) Attendance hi tihmakmawhah siamsak tur a ni lo a, nu leh pa thuneiha pumhluma dah tur a ni
- iii) Zirlai leh staff an damloh palh thulhah in a an awm theihna turin hriatthiamna zau tak nen attendance leh sick leave chungchangah ruahmanna fel tak siam tur a ni. **Helai thu hi hman soal a nih loh na turin, zirlai COVID-19 vei emaw chungkuaah vei emaw an awm avanga quarantine ngai te chuan an dinhmun tichiang turin VLTF/LLTF hriatpuina lehkha sikulah an thelut tur a ni.**
- iv) Kuta khawih/tawh tam thil (kawngkhar hawanna, vawnbaw, light switch, computer kaihhnawih) reng reng hunbi nei thlapin tihfai thin tur a ni a, Hypochloride emaw tihthianghlimna chi dang emaw hmangin ni khatah vawi thum tal tihfai thin tur a ni.
- v) Bawlhhlawh reng reng bawlhhlawh bawmah paih tur a ni a, sikul compound chhung hmun dangah bawlhhlawh chhek khawl loh tur.
- vi) Dustbin reng reng tihfai thata chhin thlap tur. Bawlhhlawh tihral chungchangah a him thei ang ber ngaihtuaha ruahmanna siam tur.
- vii) Kut silna hmunah sahbon leh tui thianghlim a awm reng tur a ni a. Chumi chu Staff leh zirlai zinga a mawh la tura ruat bikin a vil ang.
- viii) **Sikul hmun langsar lai, reception leh sikul luhkaah te alcohol-based hand-sanitizer dah tur a ni.**
- ix) Sikul kal hun chhungin inthiarna hmunte tihfaia tihthianghlim mawlh mawlh thin tur a ni.
- x) Chhil chhak phal loh dan awm sa hi strict taka kalpui tur a ni.
- xi) Zirlaite tan tui in tur him leh thianghlim a awm ngei tur a ni. **Disposable cup/no paih mai theih chu zirlai te tui in nan chhawp ni se emaw, zirlaiten in lam atangin anmahni no tur theuh ken mai ni se.** Zirlaite mahni tui in tur pai tura fuih tur a ni.
- xii) Mid-day meal siam danah te, ei dawna sem danah te, ei hun lai tein thianghlimna leh hriselna kawnga fimkhurna vawn tlat tur a ni a, ei zawh hnuah hmunhna leh bungraw hman te bakah thil dang te uluk taka tihfai thin tur a ni.
- xiii) Sikul tan hma leh ban hnuah classroom leh sikul compound te tihthianghlim ziah tur a ni.
- xiv) Thutna chu a tlem berah feet 3 (thum) tala inhlata tur a ni. Hemi hi tihhlawhtlin a nih ngei theih nan, a inchhawk emaw a indawt ang zawnga kal dan ngaihtuah tur a ni.
- xv) Sikul thlen hunah leh bana chhuahsan hunah te taksa inhlata/inhnaih lova awm tur tih dan awm sa kha zawm ngei ngei tur a ni. Sikul chung luh dawn leh bana chhuah dawnah te intlar a ngaih chuan feet 3 (thum) tala inhlata din tur.
- xvi) **A theih apiang leh a remchan apiangin classroom pawnah zirlai te chu class neihpui tur a ni.**
- xvii) Khawsik, khuh leh thawhah an neih leh neih loh enfiah hmasa lovin tu mah sikul chhungah an lut tur a ni lo, chu chuan staff te pawh a huam vek a ni.

- xviii) Class hrang hrang tan chawhlawk hun a hrang theuha siamsak tur a ni.
- xix) Boruak tha taka a chet vel theih nan classroom leh pindan dang tukverh leh kawngka te hawn dar tur a ni.
- xx) Inthiarna hmunah innawk buai leh inhnawh khawm awm lo turin a bik taka ruahmanna siam tur a ni.
- xxi) COVID-19 chungchang te, a kaihhnawih thuthang dik lo te, khawtlangin a en dan fuh tawk lo leh hlauhna dik lo chungchang te naupang hnenah zirtirtuten sawiin an zirtir thin tur a ni.
- xxii) Class lak laiin zirtirtuten face mask an hmang tur a ni.
- xxiii) Taksa insi lo leh inhlata tih theih loh chi thil reng reng sikulin a huaihawt tur a ni lo a. Sikulah eng eng emaw function leh lawmna ang chi huaihawt loh tur.
- xxiv) Assembly chu class teacher-in a pawlte awmna theuh classroom-ah a neihpui tur a ni.
- xxv) Parents-Teachers Meet neih a tul chuan online hmanga neih tur a ni.
- xxvi) Sikul compound chhungah leh sikul luhkaah te pawn lam mi ei leh in thil zuar reng reng awm phal a ni lo.
- xxvii) **Sikul chuan an zirlai te, zirtirtute leh non teaching staff zinga natna inkaichhawn theih/ natna benvawn/ natna khirkhan nei an awm chuan chhinchhiahna fel tak neiin COVID-19 vei ni a rinhleh an nih pawha enkawlna tha tak pek an nih theih nan, a vawng anga report a siam ang.**

2. Joint Inspection

SoP tha taka zawm a nih leh nih loh endik turin, Health lama hotute leh Sikul Education lama hotute chuan Joint Inspection Team an din ang.

3. COVID-19 vei ni thei awm hmuh chhuah a nih thulha chet lak dan tur

- i) Zirlai/staff damlo chu midang awm lohna pindan emaw hmun remchangah emaw dah hran tur.
- ii) Rang takin damdawi in/clinic hnai ber hriattir nghal tur, a nih loh pawhin State/district helpline biak pawh nghal tur a ni.
- iii) Doctor-in a endik hma chu mask/face cover hmantir ngei ngei tur.
- iv) Chu mi chu a lo positive hlauh a nih chuan a chheh vel tihthianghlim vek tur.
- v) A hri vei emaw a vei ni thei awm zirlai/staff hriat chhuah chu hostel-a awm a nih chuan anmahni chenna inah hawtir loh tur. Dah hran tur a ni a, chumi bak hmalak zel dan turah chuan State/district health lam hotute thu ngaihchan tur.
- vi) Ministry of Health and Family Welfare-in inkaihhraina a chhuah reng reng zawm vek tur.

4. Hriatlawk loh leh rikrum thilah:

- i) Mahni sikul awmna veng a COVID-19 vei an lo pung hluai a nih chuan, sikul a hotuten an awmna veng a Health & Family Welfare Department te nen LLTF/VLTF an rawn ang. Incident Commander leh DEO/SDEO hnenah an report ang a, an niin an sikul awmna District a Deputy Commisioner hnenah an report ve thung ang. DC chuan medical expert te rawn chungin sikul khar emaw, zirlai sikul kal thei zat tih tlem emaw, hrivei an pun zel lohna tura tha nia a hriat hmangin hma a la ang.
- ii) Hetiang thil thleng lo monitor turin District tinah DEO hovin monitoring team din tur a ni.

B. Nu leh Pa/Guardian Tih Tur

- i) Nu leh pa/Guardian ten a theih hram chuan an fate sikul kal nan anmahni lirthei hmang se.
- ii) Hri inkaichhawn kawnga a venpuitu an nih theih nan sikul compound-ah lut lo se. An fate lam leh thlahna tura ruat hmun pel lo se.
- iii) Anmahni chhungkaw hriselna dinhmun theuh hre chiang se. An chhungkuaah COVID-19 hri vei lan chhuahna natna chi ang na nei an awm chuan sikulah an fate kaltir lo se.
- iv) Nu leh pa/Guardian ten sikul banah an fate face mask hman an su fai ziah tur a ni a, disposable mask hmang an nih chuan ni tin an thlaksak ngei ngei tur a ni.
- v) Mahni hriselna vawn thatna kawng - inbual te, ni tin vawi hnih tal uluk taka ha nawh te leh tin hleh te hi an fate tha takin an tihthir tur a ni.
- vi) Chhuna an fate ei atan chaw hrisel, thei tharlam leh tui thianghlim te an paitir/an thawn tur a ni a, midang nena ei leh in intawm lo turin an zirtir bawk tur a ni.

C. Zirlaite tih Tur

- i) Sikul thlen hunah leh chhuahsan hunah te taksa inhlata/inhnaih lova awm tur tih dan awm sa kha zawm ngei ngei tur a ni. Sikul chhung luh dawn leh bana chhuah dawnah te intlar a ngaih chuan feet 3 (thum) tala inhlata din tur.
- ii) Face mask vuah, taksa inhlata awm leh kut tihthianghlim chungchanga dan awm sa te chu zirlaiten engtik lai pawhin an zawm ngei ngei tur a ni.
- iii) Zirlaiten eng thil mah (zirlaibu, notebook, pen, pencil, nawhreh, ei leh in, etc) an inhman tawm tur a ni lo.
- iv) Thil an ei dawn reng rengin an kut an tithianghlim hmasa tur a ni a, bathroom an hman leh pawn lama eng emaw an tih apiangin an ti bawk tur a ni.
- v) Sikul bana in an thlen veleh, in chhung an luh hmain, an taksa, an uniform leh an bungrua zawng zawng an tithianghlim hmasa ziah tur a ni.

MID-DAY MEAL (MDM)

Mid-day Meal chungchanga inkaihhruaina

- i) Ei siamtu leh tifeltu te chauh choka leh store-room-ah an lut tur a ni a, choka chu fai leh thianghlim taka vawn reng tur a ni.
- ii) Choka leh store-room-ah tuichhe paihna tha leh hnawmhnawk paihna mumal tak a awm tur a ni. Ek in/zun in bungrua te, bawlhhlawh te, tuichhia leh eitur ningnawi te, ran te choka ah a awm tur a ni lo.
- iii) Eitur sawngbawlina hmunah chuan boruak luh leh chhuahna (ventilation system) tha tawk tak a awm tur a ni a. A awm loh chuan siam nghal tur a ni e.
- iv) Choka tihfaina hmanrua - puan, inhrukna puan, brush, mop (chhuat nawhna) leh hmunphiah te chu fai taka vawn thin tur a ni a, hman hma leh hman hnuah sukfai/tihfai leh tihro thlap thin tur a ni. Choka tihfaina-te hi hmun dangah hman/lak kual loh tur a ni.
- v) Choka bungrua te chu hmun remchang laiah nisaa pho ro thin tur a ni.
- vi) Bungbel te hman hma leh hman hnuah fai taka sil tur a ni a, a theih hram chuan tuilum (60⁰C chung lam) hman hram tur a ni. Sil zawhah tha taka tihro leh thin tur a ni.
- vii) Chaw leh chawhmeh ei bang nawi te chu bawlhhlawh, natna hrik leh rannungin a tihbawlhhlawh loh nan tha taka chhin phui thin tur a ni.
- viii) Bawlhhlawh paihna mumal tak siam tur a ni a, eitur leh tui hman tur dah that te tibawlhhlawh thei lo zawnga felfai taka a paihna siam tur a ni.
- ix) Mumal takin bawlhhlawh tih riral thin tur a ni.
- x) Kan bawlhhlawh paih dan chu eco-friendly a ni tur a ni. Tawih thei leh tawih thei lo thliar hran thlap thin tur a ni.
- xi) Sikula eitur chhekkhawm, entirnan- buhfai, tel, chawhmeh leh a bawlhlo etc. te chu hrisel tha leh thar lam a ni em tih te, a dah that theih hun chung a pel em tih te uluk taka endik thin tur a ni.
- xii) First Expire, First Out (FEFO) emaw First in, First Out (FIFO) stock retention system chu heng eitur dahthat dawn hian ngaihtuah hmasak tur a ni.
- xiii) Chawhmeh, entirnan - thlai leh thei lam chi reng reng chu a tharlam chauh lei/lak thin tur a ni a, rei tak dahtha lovin lei/lak hmasak apiang siam hmasaka neih thin tur a ni.
- xiv) Buhfai, dal, thlai leh thei etc. te hi siam dawnah tui thianghlim ngeia fai taka sil thin tur a ni. A bik takin thlai phei chu chi leh aieng chawhpawlh emaw 50ppm of chlorine emaw a tlukpui thil dangin emaw silfai thin tur a ni.
- xv) Eitur kawr/hawng nei chi reng reng chu sahbawn nen fai taka sil hmasak thin tur a ni a, dah that hmain tha taka tihro leh vek bawk tur a ni.
- xvi) Eitur eng chi pawh heng hlo (pesticides) kai thei emaw, damdawi hman hnu emaw, chemical hlauhawm kai thei emaw, natna hrik/rannung hlauhawm kai emaw, Covid-19 positive emaw positive rinhlelhin a khawih hnu emaw reng reng chu lak/lei loh tur a ni.
- xvii) Chokaa hnathawhna/ khawsakna reng rengah midang nena inhlat thei ang bera awm thin tur a ni a. Chokaa hian eirawngbawlina, siam sa dahna, thil silna, hmanrua leh bungbel dahna te hi mumal taka indaidanna tha tak siam ngei tur a ni.
- xviii) Chawhmeh semna leh chaw eina hmunte hi hman dawn leh hman zawhah tha taka tihfai (sanitize) thin tur a ni.

- xix) Sikula hmun remchang nei chuan Mid-day meal hi pawnah sem tur a ni.**
- xx) MDM sem hun hi mumal taka kalpui tur a ni a, naupang te chu distance maintain a chaw an dawh theih dan tur ngaihtuhsak thin tur a ni.
- xxi) Hmunhmain a zir loh vang emaw a MDM sem dan mumal a awm theih loh chuan classroom tinah sem mai tur a ni.
- xxii) MDM semna hmun hriat theih nan fiahtak leh chiangtakin chhinchhiahna siam tur a ni.
- xxiii) Zirlai te chuan engtiklai pawhin (thil ei leh in lai tih lohah) an hmai tha takin face mask-in an tuam tur a ni a.
- xxiv) Zirtirtu ten eitur chu siam zawh hnu lawkah sem a, ei tir thin tur a ni a. A lum tha, 65⁰C tala saa sem thin tur a ni.
- xxv) Zirtirtuten MDM semna leh eina bul velah tui thianghlim hman mai theih tur a awm em tih an enfel tur a ni a, tui dahkhawlna tha pawh a awm ngei tur a ni.
- xxvi) Tui in theih leh theih loh naupang ten an hriat theih nan thliarhran a, a hrana dahna mumal taka siam tur a ni.
- xxvii) MDM ei hma leh ei hnuah kut fai taka second 40 tal sil tura hrilh hriat thin tur a ni.
- xxviii) Kut silfaina hmun te felfai taka siamin, naupang te inhlat thei ang bera an awm theihna tura buatsaih thin tur a ni. Kut sil nan sahbawn pangngai ni lo hmehchhuah theih chi chauh kha hman thin tur a ni.
- xxix) Engtiklai pawhin zirtirtuten naupang te che tla an enfiah thin tur a ni a, MDM sem lai, ei lai leh kut silfai laiin SoP zawm that a nih theih nan an lo kaihruai thin tur a ni.
- xxx) Deleted.**

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COOK-CUM-HELPER CHUNGCHANG

- i) Mid-day Meal (MDM) enfeltu tur District leh Block-a thuneitu te chuan CCH te chu an hna an tan hma ngeiin Covid-19 negative an ni tih an enfiah tur a ni.
- ii) CCH te chuan nitin sikul a lo kal te chu an khawsik leh sik loh (thermal scanning) an lo enfiah tur a ni.
- iii) An hna an thawh hma ngeiin anmahni leh an chhungte hriselna a tha ngei a ni tih thutiam (self-declaration) an siam ngei tur a ni.
- iv) CCH te chuan sikul chhung an luh rualin an kut chu second 40 chhung tal sanitizer emaw sahbawn leh tui hmangin emaw an tifai thin tur a ni.
- v) Hnathawh laiin face mask (hmai tuamna)-in hmai an tuam ngei ngei tur a ni.
- vi) Nail polish inhnawih leh tin lem vuah phal a ni lo.
- vii) CCH te chuan zungbun, ngun, sana leh tlereuh dang te chu hnathawh laiin an inbel tur a ni lo.
- viii) Eitur siam, buatsaih leh sem laiin hahchhiau leh chil chhak te hi insum hram hram tur a ni.
- ix) CCH zawng zawng te chu apron leh lu tuamna tha tawk tak pek an ni tur a ni. Heng te hi fai taka vawn tur a ni a, eitur buatsaih leh sem laiin an inbel ngei tur a ni.
- x) Khuh, hahchhiau, phone hman, zun in leh ek in hman zawhah te, eitur khawih hma leh khawih hnuah te an kut an tifai reng tur a ni a, hei hi hlah loa kalpui reng tur a ni.
- xi) CCH te chuan eitur an khawih lai leh sem laiin an mit, hnar, ka, beng leh hmai khawih/nuai te an ching tur a ni lo a, hmuihmul leh taksa hiah/khawih te an ching tur a ni lo. Tin, eitur khawih laiin thil dang thianghlim tawk lo an khawih tur a ni lo. Heng te hian hripui inkaidarhna a thlen theih avangin tih loh hram hram tur a ni a, lo tih palh erawh chuan rang takin an kut an silfai thin tur a ni.

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Annexure

Checklist for supplies, equipment& resources:

1. No-touch/ forehead/thermal scanner/digital thermometers
- 2. Pulse Oximeter**
3. Hand sanitizer (minimum 70% alcohol)
4. Soap
5. Water supply
6. Disposable gloves
7. Surgical masks/ masks
8. Face shield
9. Training videos
10. Tape/rope (for walkways etc.)
11. Signage
12. No-touch trash cans
13. Cones
14. Isolation/safe zone

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