

“Tools to manage health and boost Immune system during covid -19 crisis”

Two Day national webinar on “Tools to manage health and boost Immune system during covid -19 crisis” was organized by the department of chemistry, on 18th and 19th June 2020. The main objective of the webinar was create awareness among the students about the health concerns during this covid crisis period and the techniques to manage the health and boost immune system.

Day-1 (18th June):- The speaker for the Session -1 was Dr. Y. P. Raju, Consultant Cardiologist, Omni Super Specialty Hospital, Kothapet, Hyderabad. He delivered an elaborate talk on Health Care and preventive measures to combat covid-19. The speaker for Session-2 was Mrs. Geeta Mahesh Rane, Nutrition, wellness Coach and yoga instructor; she gave an extensive lecture on tools to handle covid-19related stress.

Day-2 (19th June):- Dr. N. C. Sumana, Director, Dr. Sumana’s Sai Ayurvedic Hospital, Vijayawada, was the speaker for the session-1. She spoke about the importance of Ayurveda in boosting immunity. Her talk was very interesting and helpful to the participants. The speaker for Session-2 was Mrs. Geeta Mahesh Rane, Nutrition, wellness Coach and yoga instructor; she gave a hands on training on the techniques to stay fit and boost immune system. She also gave tips to students about increasing their memory.



University College for Women (Autonomous) Koti, Hyd-095

Constituent College of Osmania University, NAAC Accredited 'A'



Organized by Department of Chemistry

Two-Day National Webinar
on

"TOOLS TO MANAGE HEALTH AND BOOST IMMUNE SYSTEM DURING COVID - 19 CRISIS"

On 18th & 19th JUNE 2020 Time: 11.00 am to 1.00 pm

How to register :

- ▶ FREE Registration
- ▶ Registration link
<https://forms.gle/4vT5nZsLHX28FGg9>
- ▶ Platform: ZOOM App
- ▶ Meeting Id & Password will be sent to registered members through Email.
- ▶ e-Certificate will be issued after submitting the feedback



SESSION-1 : Health Care and Preventive measures to combat Covid - 19.
(Doctor's Voice)

Dr. Y. P. RAJU M.B.B.S & M.D.

Consultant Cardiologist
Omni Super Speciality Hospital
Kothapet, Hyderabad.

DAY-1
18-06-2020
(11.00 Am - 1.00 Pm)



SESSION-2 : Tools to handle Covid - 19 related stress
(Fun filled activities) .

Mrs. Geeta Mahesh Rane M.Sc., B.Ed
Nutrition , Wellness Coach and Yoga Instructor



SESSION-1 : Importance of Ayurveda in Boosting Immunity
(Doctor's Voice)

Dr. N. C. Sumana B.A.M.S

Dr.Sumana's Sai Ayurvedic Hospital,Vijayawada.,
Member of Medical Counciling India (MCI)

DAY-2
19-06-2020
(11.00 Am - 1.00 Pm)



SESSION-2 : Techniques to stay fit and Boost Immune System
(Fun filled activities)

Mrs. Geeta Mahesh Rane M.Sc., B.Ed
Nutrition , Wellness Coach and Yoga Instructor

Dr. K. Premalatha

Head Dept. of Chemistry
Convener

Dr. A. Swaroopa Rani

Asst. Professor
Co-Convener

Dr. M. Kavitha

Vice-Principal
Patron

Prof. A. Roja Rani

Principal
Chief Patron:

Your Health is in your Hands

