



**Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For  
Women (Autonomous) Chromepet, Chennai 600 044**

Affiliated to University of Madras, Re-Accredited with "A+" Grade by NAAC



## **World Population Day**

### **Webinar on "Personal Hygiene and Safety Measures during COVID 19"**

The NSS Units of S.D.N.B. Vaishnav College for Women and Department of B.Com ISM organized a Webinar on "Personal Hygiene and Safety Measures during COVID 19" on 13<sup>th</sup> July 2020 to observe World Population Day. Mrs. Srividhya Balaji Krishnan, Physician Assistant and Manager, Cardiology Department, Hariharan Hospitals, Chennai was the Resource Person. Our Principal Dr.R.Geetha, also joined the webinar.

Dr.V.G.Shanthi, NSS programme officer delivered welcome address to the Resource person. During the Webinar Mrs. Srividhya spoke on various Hygiene measures to be practised at our home, workplace and public places. She spoke on the importance of wearing mask and also proper disposal of the masks. She enlightened the students regarding the Post Covid hygiene measures that has to be followed. During the Webinar, she mentioned about various mistakes done by individuals like not maintaining proper social distance, not washing hands after visiting public places etc. She also stressed on the importance of washing vegetables, packed items before usage. She insisted students not to take these precautions lightly and also requested them to pass these safety measures to members of family and other members of society. Participants were also

recognized with certificates. Nearly 180 students participated in the webinar through MS teams. Our Principal Dr.R.Geetha, acknowledged the need of these safety measures and advised NSS volunteers to spread what they have learnt to others for benefit of the society. Mrs.R.Harini, Head of the Department, B.Com ISM proposed the Vote of thanks.

As advised by our Principal, the **Post Covid Sanitation and Hygiene Team** of our NSS Units circulated the YouTube streaming of the programme to all the staff and students of our college and also posted the same to all known groups to reach more members of the society.



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**FOR WOMEN (AUTONOMOUS)**  
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*Webinar on*  
**Personal Hygiene and Safety Measures during Covid-19**  
*Organised by*  
**Department of B.Com. Information Systems Management**  
**&**  
**National Service Scheme**

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*Dr. R. Geetha,*  
**Principal.**

**Date : 13/07/2020**  
**Time : 06.00 PM**

**Organising Secretaries:**  
Ms. R. Harini,  
Head, B.Com.ISM  
Dr. V.G. Shanthi,  
NSS Programme Officer.

**Mrs. Srividhya Balaji Krishnan,**  
Physician Assistant & Manager  
Cardiology Department  
Hariharan Hospitals, Nanganallur  
&  
Public Health Awareness Speaker

**Organising Committee Members:**  
Ms. P. Gajalakshmi, B.Com.ISM  
Ms. N. Sukanya, B.Com.ISM  
Ms. A. Anitha, B.Com.ISM  
Ms. G. Sakunthala Devi, BBA - NSS

**Participants : B.Com. ISM Students & NSS Student Volunteers**

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. Privacy policy

## GENERAL TIPS TO BOOST IMMUNITY

1. **Balanced Diet**
2. **Increase Zinc, Vit C, Protein in Diet**

**Fats, Oils and Sweets use Sparingly** + Calcium, Vitamin D, Vitamin B-12 Supplements

**Milk, Yogurt and Cheese Group 3 Servings** **Meat, Poultry, Fish, Dry Beans and Nut Group 2 Servings**

**Vegetable Group 3 Servings** **Fruit Group 2 Servings**

**Fortified-Cereal Bread** **Rice and Pasta 6 Servings**

**Water 8 Servings**

Meeting chat

- Priyanka. B (NSS) (Guest) 7:19 PM voice breaking
- pavithra raghavan left the conversation.
- pavithra raghavan Nss joined the meeting.
- shanmugapriya NSS (Gue... 7:21 PM Shanmugapriya.H (NSS) 1st year.b.com (bim)
- off365usr22 (Guest) 7:21 PM it is clear pl chk ur connectivity
- Nisha a nss joined the meeting.
- E17B1030 left the conversation.
- Rashika NSS joined the meeting.
- vijayalakshmi. A NSS left the conversation.
- parvatha. b(nss) left the conversation.
- parvatha. b(nss) joined the meeting.
- 7:23 PM yes harini its clear for me
- Nisha a nss left the conversation.

Type a new message

Windows taskbar: Type here to search, 19:25 13-07-2020

Document1 - Microsoft Word (Product Activation Failed)

File Home Insert Page Layout References Mailings Review View

Search

Srividhya (Guest)

Mute

02:41:07

People

Invite someone

Currently in this meeting (121)

- off365usr22 Organizer
- P.Arockia mekala nss Guest
- A. Jayapriya (NSS) Guest
- Aaslesha.K.A NSS Outside your organization
- abinaya(nss) Guest
- AMUTHA Guest
- Anitha. A Guest
- Arthi(nss) Guest
- AASWINIDEVI(VNSS)WS Guest Settings to activate Windows.
- Bharathi sri K G (NSS) Guest

Windows taskbar: Type here to search, 19:49 13-07-2020