

L. J. Health Centre

L. J. Institute of Management Studies

Write up about Panel Discussion: COVID-19

L.J. Group of Institutes and L.J. Health Centre organized a Panel discussion on “Precaution to be taken in dealing with COVID- 19 the Pandemic” held on 14th March 2020 at LJ auditorium from 2:00 Pm onwards. The panellist was specialized in five different disciplines, Dr. Rahul Sanghvi, a preventive medicine practitioner talked about social distancing and the scientific method of washing hands and sensitization. Dr. Pundarikakshudu, director L.J.Institute of Pharmacy emphasized on herbal remedies to deal with epidemic. Dr. Milan Prajapati, Ayurveda practitioner focused on quantity, quality and time for consuming food and liquid. Bharti Mistry, naturopathy practioner, talked about meditation, yoga and breathing exercises that make lungs more powerful. Sakshi Rana, Clinical Psychologist, talked about the role of info metrics through media i.e mass and social both. She also added that each one should believe on the information that is coming from reliable sources. Questions were also answered by the panel asked by the students of LJ MBA, which included various myths and precautions related to the COVID-19. It was moderated by Dr. Sweta Patel, medical officer at Lok Jagruti Kendra. The students (Approximately 100) and faculties from various colleges and disciplines of Lok Jagutri Kendra were present in the event.