

D.K.M College for Women (Autonomous), Vellore.

Women Development Cell

***Webinar Report
On
Enhancing Immunity against Viral Infections-Covid19***

Women Development Cell of D.K.M College for Women Organized a Webinar on 08.06.2020 from 11.00a.m to 12.30 p.m on the topic “Enhancing Immunity against Viral Infections - Covid19.” To organize this Webinar Women Development Cell conducted two Zoom meeting (28-05-2020 and 05-06-2020) with their members and discussed about the process of conducting Webinar. The purpose of this webinar is to clarify about Covid-19 and to give precautions by improving immunity. Using Google form for the creation of registration link and invitation in the PDF format was sent through whatsapp to different groups of colleges. Participants were registered for this Webinar by using this link. Nearly 240 Participants were registered. On 07-06-2020, a Demo Google meet was conducted at 6 p.m. for which WDC coordinator, members of WDC and resource person participated. On the previous day of Webinar Google meet link was sent to the participants registered mail id.

Dr.R.Banumathy, Head of the Department of Economics and Co-ordinator of Women Development Cell, D.K.M College for Women gave the welcome address and introduced the Resource Person Dr.C.Sheela Sasikumar, Head Clinical Research, Hycare Super Speciality Hospital, Arumbakkam,Chennai. The Resource Person presented her webinar to the participants on the importance of Immune Boosters, healthy foods which contains Proteins, Vitamins, Minerals

etc and also explained about the precautions of Covid-19. She also deeply explained how to strengthen our Immune system. She discussed about Macro nutrients and Micro nutrients. After the presentation, Dr.Manimozhi Assistant Professor of English represented the participants and asked their questions raised in the chat box during the session. The Resource Person cleared the doubts asked by the participants.

At the end, vote of thanks given by Mrs.R.Sarathy, Assistant Professor of English, D.K.M College for Women Vellore. After the Webinar, the feedback link was sent to the participants mail id and e- certificate generated after the feedback link submitted by the participants.