

COWINWEWIN – School 360° Protection

The Faculty of Education with colossal pleasure would like to share the report of the great missionary event MGR Covid-19 COWINWEWIN an initiative for 21 days with 33 departments of 41 events to win Covid-19. As a part of this visionary mission of four days witnessed a seminar on 'School 360° Protection- Short Term Covid Awareness Training' was initiated on 17.6.2021 as a half-day event with two eminent personalities from two domains. The event started with an invocation at 10.30 am followed by the warm welcome extended to the participants of the virtual portal. In order to promote admission awareness, the admission video was played while briefing about the University and there was a response in the chat box regarding enquiry for the admission for B.Ed., B.Sc. and M.Sc. Chemistry. The first session began with a song sung with an euphonious voice by first year B.Ed. student 'Corona Corona Go Corona' which was so pleasing to the ears followed by the presentation of B.Ed. students in the order of Precautionary measures

*BC- Before Corona (preventive measures)

*AC- Amidst Corona (Tackling the situation and self-experience)

*PC- Post Corona

(Post Covid measures) precautionary measures to be followed by kids starting from wearing mask, washing hands, eating healthy food and maintaining social distancing while playing presented by second year student. Tips that have to be followed by staying positive amidst Covid positive was shared by the students through personal experience. Finally, the students programme came to an end with the enthusiastic delivery of post Covid measures.

The first session at 11.00 am by Ms. Shiny Surendran, Sports Dietitian, Preventive Health and Weight Management Specialist (International Olympic Committee) on the topic 'Nutrition and Immune System' was interactive with the enthusiastic delivery on the diets that has to be followed and clearly explained about the diet and food habit varies from person to person based on the insulin resistance and elaborated the balanced diet that has to be followed during each meal and to have half kg of vegetables daily with dal, rice or chapati. The first session came to an end with few questions raised by the students and the audience which was patiently answered by the guest.

The second session started with a recitation of a poetry written by a first year B.Ed. student and thereafter had the same order of events like BC (Precautionary measures for adults), AC (How to make this pandemic creative, innovative and productive by various activities like cooking, art work, cleaning and gardening). PC (students shared their neighbours experience). The events presented by the students of B.Ed. was concluded with the collage prepared by them.

The second session by Mr. Nakul Kumar Tarun, former Deputy Director Directorate of DGCD and NDRF Civil Defense Ministry of Home Affairs, Government of India shared the valuable insights to motivate the audience and insisted on how to plan the draft with minute details to manage during the disasters caused due to natural calamities. After the fairest blossom of gratitudinal note that sprung from the soul the part of the mega event MGR covid-19 COWINWEWIN came to an end with the National Anthem.



Dr. M.G.R.
EDUCATIONAL AND RESEARCH INSTITUTE
(Deemed to be University)
Maduravoyal, Chennai - 600 095, Tamilnadu, India.
(An ISO 9001-2015 Certified Institution)



DAY 04 - 17th JUNE 2021 @10.30am

SEMINAR
'SCHOOL 360° PROTECTION-SHORT TERM
COVID AWARENESS TRAINING'

Organised by



Faculty of Education (B.Ed.)

SPEAKERS



TOPIC - 'Nutrition and Immune System'

Ms. SHINY SURENDRAN

Sports dietitian, preventive health &
weight management specialist.
(Intl Olympic committee)



**TOPIC - 'Effective Disaster Management Plan
to over come the Impact of Covid-19'**

Mr. NAKUL KUMAR TARUN

Ex Dy. Director, Directorate of DGCD& NDRF,
Civil Defence Ministry of Home Affairs,
Government of India.

Event Registration Link: <https://forms.gle/bPr8ondHijjubT6Q9>

Organizer Contact: Dr.V.Anuradha, (9283139366)

Program live at MAGIC Channel @

<https://www.youtube.com/channel/UCL9REMjvHuckMd3Ncc6J2UQ>



An Invite from Dr.K.Geetha, Principal, Faculty of Education

More Details Visit www.drmgrdu.ac.in

*e-certificate will be Provided

Zoom Meeting

Recording **LIVE** on YouTube

Chat

From Kaaviya Irish to Everyone:
myself

From Geetha Menon to Everyone:
yes

From Ravi Kart Shrivastava to Everyone:
me

From C.JHANSI to Everyone:
C.Jhansi
B Ed computer science
Rabindranath Tagore college of education for women
jansichinnadurai3@gmail.com

From G B John Louis to Everyone:
G.B.JOHN LOUIS, RESEARCH SCHOLAR STELLA MATUTINA COLLEGE OF EDUCATION ASHOK NAGAR, CHENNAI

From ashwitha Kunder to Everyone:
Ashwitha Research scholar st philominas college mysore

Who can see your messages? Recording On

To: Everyone

Type message here...

Type here to search

35°C Partly sunny

11:06 17-06-2021

Zoom Meeting

You are viewing Nakul Tarun's screen

Recording **LIVE** on YouTube

From Chitra V to Everyone
Its visible

Unmute Start Video

Participants 7/14 Chat Share Screen Record Reactions

Type here to search

36°C Partly sunny

12:08 17-06-2021

Zoom Meeting | You are viewing AZHAR AK's screen | View Options

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There's shortage of sanitizers and no more masks left
With medical stores all empty

Participants:

- Senthambalpa...
- L MARIA SUG...
- viki kavi?
- Chitra V
- Parameswari...
- 99300198 MAL...
- NISHA N
- Sarika Setia
- Dhivyaa V
- AZHAR AK
- Dr. M. S. Sumathi
- Sakshi Sharma
- Dr. V. SANGEET...
- M. Mahendran
- Satya Narayan...
- Mousumi Biswas
- V.b lakshmi priya
- Banupriya
- Kalpna.c
- Kiran Mayee
- haniffar A
- Anil Verma

From Sarika Setia to Everyone
Sarika from Holy Angel, Malout

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Type here to search | 35°C Partly sunny | 10:47 17-06-2021

Zoom Meeting | You are viewing AZHAR AK's screen | View Options

Recording LIVE on YouTube

Participants:

- 99300198 MALATHY


Unmute Start Video Participants Chat Share Screen Record Reactions Leave

Type here to search | 35°C Partly sunny | 10:57 17-06-2021

Zoom Meeting | You are viewing shiny's screen | View Options

Recording LIVE on YouTube

Importance of meal timings



Let's Close the Kitchen by 7pm


7pm TIME TO PUT YOUR PLATE DOWN

It's well known that eating late in the night affects a person's metabolism, but now a study has found that it impacts overnight blood pressure & raises risk of heart attack, setting the dinner deadline at 7pm. The research, which examined more than 700 people, warns against late-night dining and points out the possible implications

Key findings of the study:

- People who ate dinner after 7pm had higher blood pressure overnight.
- Those who ate dinner after 7pm had a higher risk of heart attack.
- Those who ate dinner after 7pm had a higher risk of stroke.
- Those who ate dinner after 7pm had a higher risk of diabetes.
- Those who ate dinner after 7pm had a higher risk of obesity.
- Those who ate dinner after 7pm had a higher risk of depression.
- Those who ate dinner after 7pm had a higher risk of anxiety.
- Those who ate dinner after 7pm had a higher risk of insomnia.
- Those who ate dinner after 7pm had a higher risk of chronic pain.
- Those who ate dinner after 7pm had a higher risk of autoimmune disease.
- Those who ate dinner after 7pm had a higher risk of cancer.
- Those who ate dinner after 7pm had a higher risk of Alzheimer's disease.
- Those who ate dinner after 7pm had a higher risk of Parkinson's disease.
- Those who ate dinner after 7pm had a higher risk of Huntington's disease.
- Those who ate dinner after 7pm had a higher risk of ALS.
- Those who ate dinner after 7pm had a higher risk of multiple sclerosis.
- Those who ate dinner after 7pm had a higher risk of Crohn's disease.
- Those who ate dinner after 7pm had a higher risk of ulcerative colitis.
- Those who ate dinner after 7pm had a higher risk of rheumatoid arthritis.
- Those who ate dinner after 7pm had a higher risk of osteoarthritis.
- Those who ate dinner after 7pm had a higher risk of osteoporosis.
- Those who ate dinner after 7pm had a higher risk of osteopenia.
- Those who ate dinner after 7pm had a higher risk of osteomalacia.
- Those who ate dinner after 7pm had a higher risk of rickets.
- Those who ate dinner after 7pm had a higher risk of hypocalcaemia.
- Those who ate dinner after 7pm had a higher risk of hypercalcaemia.
- Those who ate dinner after 7pm had a higher risk of hypernatraemia.
- Those who ate dinner after 7pm had a higher risk of hyponatraemia.
- Those who ate dinner after 7pm had a higher risk of hyperkalemia.
- Those who ate dinner after 7pm had a higher risk of hypokalemia.
- Those who ate dinner after 7pm had a higher risk of hypermagnesemia.
- Those who ate dinner after 7pm had a higher risk of hypomagnesemia.
- Those who ate dinner after 7pm had a higher risk of hyperphosphatemia.
- Those who ate dinner after 7pm had a higher risk of hypophosphatemia.
- Those who ate dinner after 7pm had a higher risk of hyperuricemia.
- Those who ate dinner after 7pm had a higher risk of hypouricemia.
- Those who ate dinner after 7pm had a higher risk of hyperbilirubinemia.
- Those who ate dinner after 7pm had a higher risk of hypobilirubinemia.
- Those who ate dinner after 7pm had a higher risk of hyperglycemia.
- Those who ate dinner after 7pm had a higher risk of hypoglycemia.
- Those who ate dinner after 7pm had a higher risk of hyperlipidemia.
- Those who ate dinner after 7pm had a higher risk of hypolipidemia.
- Those who ate dinner after 7pm had a higher risk of hypercholesterolemia.
- Those who ate dinner after 7pm had a higher risk of hypocholesterolemia.
- Those who ate dinner after 7pm had a higher risk of hypertriglyceridemia.
- Those who ate dinner after 7pm had a higher risk of hypotriglyceridemia.
- Those who ate dinner after 7pm had a higher risk of hypercholesterol/HDL ratio.
- Those who ate dinner after 7pm had a higher risk of hypocholesterol/HDL ratio.
- Those who ate dinner after 7pm had a higher risk of hypertriglyceride/HDL ratio.
- Those who ate dinner after 7pm had a higher risk of hypotriglyceride/HDL ratio.
- Those who ate dinner after 7pm had a higher risk of hypercholesterol/HDL ratio.
- Those who ate dinner after 7pm had a higher risk of hypocholesterol/HDL ratio.
- Those who ate dinner after 7pm had a higher risk of hypertriglyceride/HDL ratio.
- Those who ate dinner after 7pm had a higher risk of hypotriglyceride/HDL ratio.

www.shinyguedran.com



PM From FAKIR MOHAMED F A to Everyone


Very Good morning mam 1) Is it true that Acute Respiratory Distress syndrome can reduce the a...

Unmute | Start Video | Participants (225) | Chat (51) | Share Screen | Record | Reactions | Leave

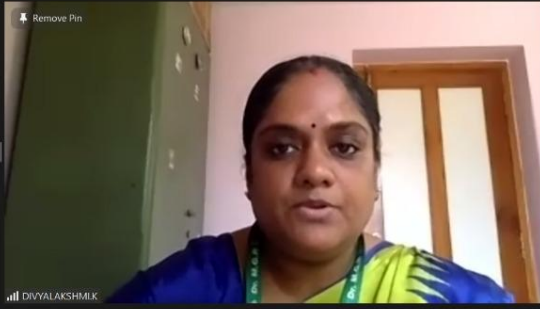
Type here to search | 36°C Partly sunny | 11:31 | 17-06-2021

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EXPLORING OUR CREATIVE SIDE



Unmute | Start Video | Participants (225) | Chat (40) | Share Screen | Record | Reactions | Leave

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Zoom Meeting You are viewing AZHAR AK's screen View Options

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Remove Pin

Time to take Covid-19 vaccine

NAME OF THE VACCINE	QUANTITY	DATE	DOSE
COVISHIELD	1	27/05/21	✓ 11

Next Due Date: 30/05/21

Downloaded by: RajuGanesh

Sruthi Meera

From Anu Radha to Everyone
after the Second session the feedback link will be shared

Unmute Start Video Participants (226) Chat (46) Share Screen Record Reactions Leave

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