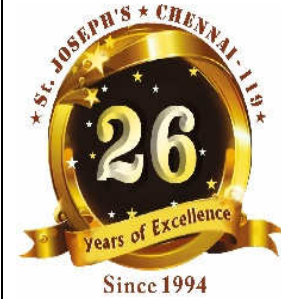




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St. JOSEPH'S COLLEGE OF ENGINEERING

St. Joseph's Group of Institutions



Life Style Management Amidst Covid-19

08.07.2020 - 10.07.2020

REPORT

Report for Online Three Days Webinar on "Life Style Management Amidst Covid-19"

Organized by Department of Mathematics

Faculty Coordinators:

1. Mr. K. Sudhakhar, Asst. Professor
2. Ms. B. Shoba, Asst. Professor
3. Dr. K. Suresh, Asst. Professor
4. Dr. P. Agilan, Asst. Professor

Convenor

**Dr.V.Vallinayagam, M.Sc., M.Phil, Ph.D
HOD, Department of Mathematics**

PREAMBLE

Three-days Medical webinar programme was successfully conducted in St. Joseph's College of Engineering on 08th – 10th July 2020 by the Department of Mathematics. The Medical webinar programme received an overwhelming response with 252 participants from various academic institutions in Tamil Nadu under Go To Meeting online platform.

Resource Persons:

1. **Dr. R. Ponnudurai**, Emeritus Professor of Psychiatry from A.C.S Medical College, Chennai discussed about how to mind our mind during epidemic.
2. **Dr. Rajesh Kesavan**, Managing Director from Hycare Super Speciality Hospital Chennai enlightened us about how to take care of the foot.
3. **Dr. S. Senthil Karunakaran**, Avizham Siddha Hospital Chennai discussed about the ways and measures to lead our life healthily in general and during covid-19.

Webinar content and Online Delivery Mode

Day 1.

- ❖ The view on current Covid-19 pandemic situation
- ❖ How to get rid of this current situation
- ❖ Do not get panic due to various news through media
- ❖ The best ways to relax the mind
- ❖ The needed of calm and sound mental health
- ❖ The situation of children mental health
- ❖ How to tackle with children during this situation



Dr.R.Ponnudurai
MBBS., DPM., MNAMS(NBE),
PhD., FAMS
Emeritus Professor of Psychiatry
A.C.S Medical College, Chennai.

Title : Minding our minds during the
COVID -19
Date : 08.07.2020
Time : 5.00 P.M – 6.00 P.M

Day 2.

- ❖ The need of foot care for diabetic patients
- ❖ The various types of wounds occur on foot for diabetic patient
- ❖ The simple ways to get rid of such wounds on foot
- ❖ Some general methods to maintain the blood sugar level in control
- ❖ How to clean the foot for diabetic patients
- ❖ What kind medication needed for them
- ❖ Medical advises for severe wounds and need of operations etc.



Dr. Rajesh Kesavan,
M.B.B.S., M.S., F.P.S., C.W.S.P.,
Managing Director, Hycare
Super Speciality Hospital,
Chennai.

Title : Foot care for the Diabetic
Date : 09.07.2020
Time : 4.00 P.M – 5.00 P.M

Day 3.

- ❖ The introduction to siddha medicine
- ❖ The healthy ways of living
- ❖ The importance of fresh start in the morning
- ❖ How to clean the intestine effectively
- ❖ What kind of foods to eat for healthy life?
- ❖ How to improve our immune system
- ❖ Foods to eat in order to improve immune system
- ❖ Homemade medicine for cold, headache etc.
- ❖ How siddha Medicine could be effective for Covid – 19 treatment
- ❖ Medical consultant for various diseases



**Dr.S.Senthil
karunakaran,**
M.D.(Siddha), M.B.A.(H.M)
Avizham Siddha Hospital,
Chennai.

Title : நோயின்றி வாழ சித்தா
மருத்துவம்
Date : 10.07.2020
Time : 4.00 P.M – 5.00 P.M

Online Participation Registration Process for the Three Days Webinar on “Life Style Management Amidst Covid-19”

The Brochure highlighting the necessary information about the webinar on Life Style Management Amidst Covid-19 was designed and circulated. The Brochure is displayed below:

You choose, we do it
St. Joseph's College of Engineering
St. Joseph's Group of Institutions
OMR, Chennai -119
COUNSELLING CODE :1317
Department of Mathematics
Organising
Three Days Webinar on
“Life Style Management Amidst Covid-19”
For Teacher of Colleges / Schools
Date: 08.07.2020-10.07.2020

Dr. R. Ponnudurai
MBBS., DPM., MNAMS(NBE).
PHD., FAMS
Emeritus Professor of Psychiatry
A.C.S Medical College, Chennai.
Title : Minding our minds during the
COVID -19
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Dr. Rajesh Kesavan,
M.B.B.S., M.S., F.P.S., C.W.S.P.,
Managing Director, Hycare
Super Speciality Hospital,
Chennai.
Title : Foot care for the Diabetic
Date : 09.07.2020
Time : 4.00 P.M – 5.00 P.M

**Dr. S. Senthil
karunakaran.**
M.D (Siddha), M.B.A.(H.M)
Avizham Siddha Hospital,
Chennai.
Title : நோயின் றி வாழ் சித்தர
மருத்துவம்
Date : 10.07.2020
Time : 4.00 P.M – 5.00 P.M

Registration link:-<https://forms.gle/JCxfceSasemByj89> QR Code:-

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No Registration Fee & E-Certificate will be provided for all active participants

Boucher Image

There was no Registration Fee for the participants attending this Online Three Days Webinar on “Life Style Management Amidst Covid-19”. Interested participants were requested to register their details in a google form which was shared through the link <https://forms.gle/JCxufceSasemByj89>. A total of **252** faculty members registered as participants. **250** participants confirmed their registration to attend this online Online Three Days Medical Webinar.

Summary of the Participants	Total No of Institutions	144
	Participants Other State	17
	Participants within Tamil Nadu	153
	SJCE	16

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Course Assessment Progress and Certification for the Online FDP

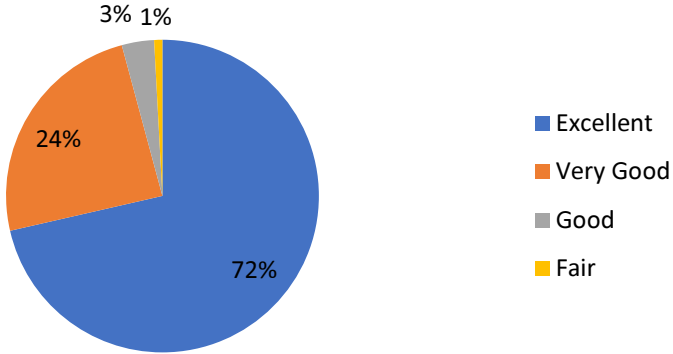
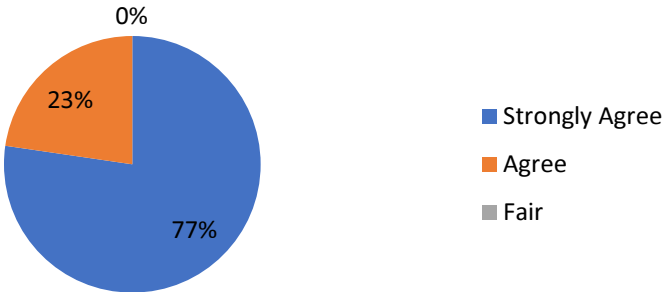
	Summary of the Participants	No of Confirmed Participation	251
		Certified Participants	196

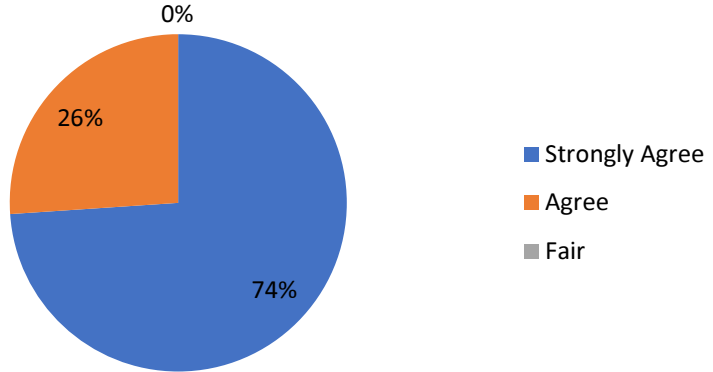
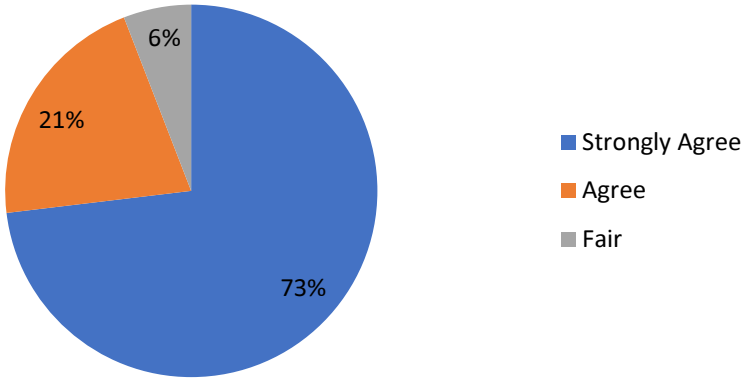
In total, 78% of participants successfully completed the Medical Webinar on **Life Style Management Amidst Covid-19**. The participation certificate issued to the participants after the successful completion of online course is given below.



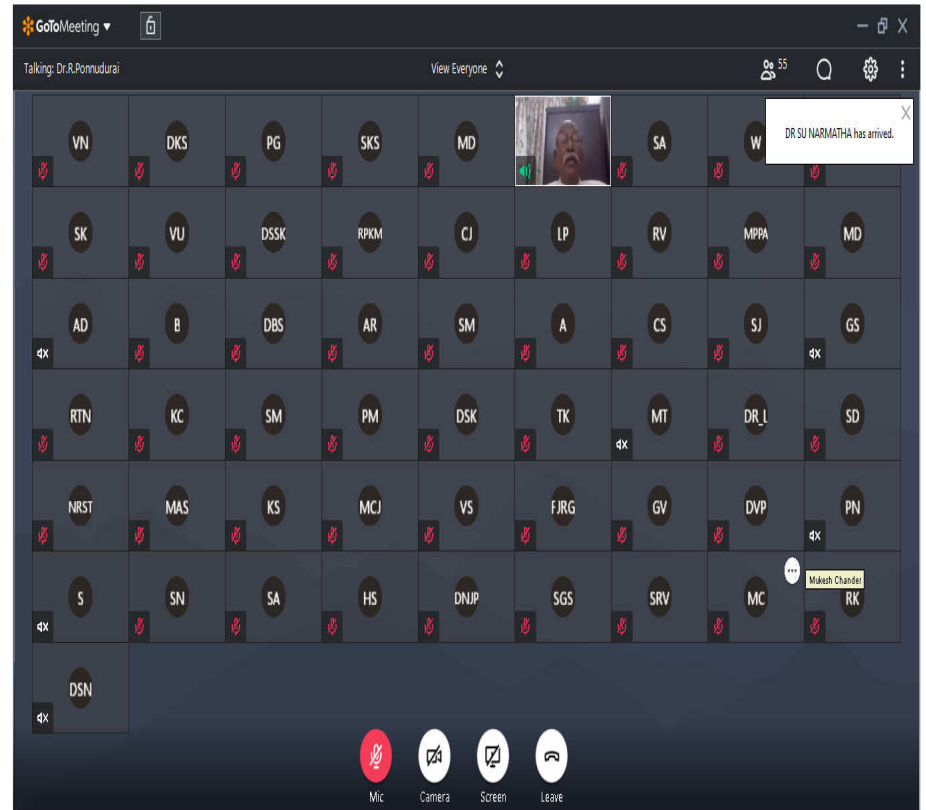
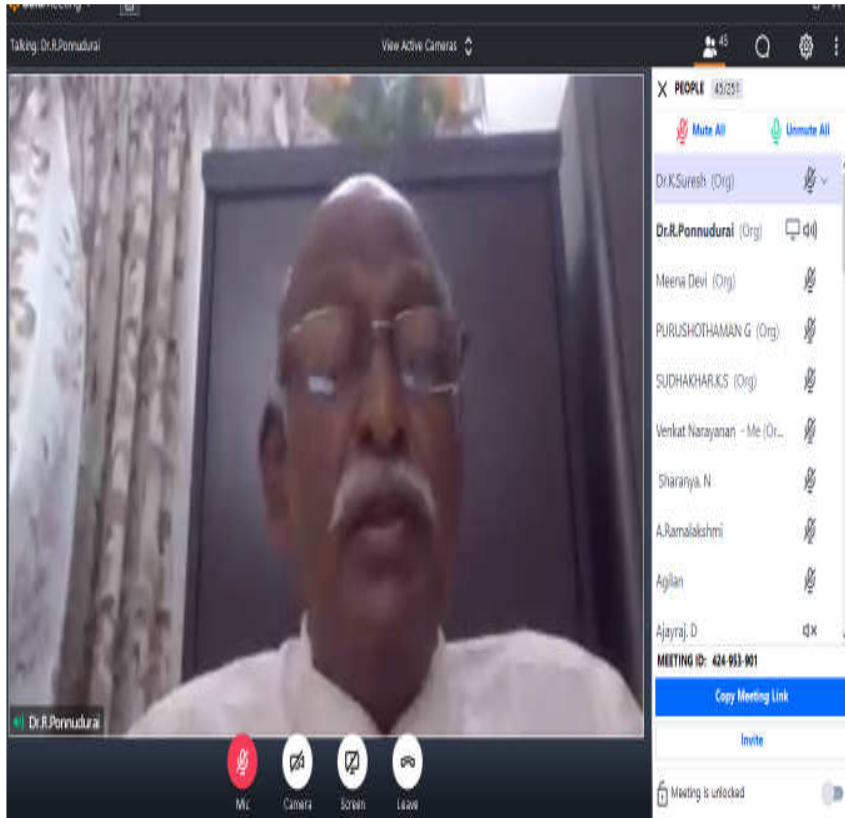
Analysis of Feedback from the Participants

The feedback about the FDP was collected from the participants in order to improve the further conduct of these types of events.

Feedback Points	Analysis	Inference										
The title of the session conveyed its content	<p style="text-align: center;">The title of the session conveyed its content</p>  <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Data for Session Title Feedback</caption> <thead> <tr> <th>Category</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Excellent</td> <td>72%</td> </tr> <tr> <td>Very Good</td> <td>24%</td> </tr> <tr> <td>Good</td> <td>3%</td> </tr> <tr> <td>Fair</td> <td>1%</td> </tr> </tbody> </table>	Category	Percentage	Excellent	72%	Very Good	24%	Good	3%	Fair	1%	72% of the participants felt they strongly agree, 24% of them felt they agree.
Category	Percentage											
Excellent	72%											
Very Good	24%											
Good	3%											
Fair	1%											
Content of the session was more informative	<p style="text-align: center;">Content of the session was more informative</p>  <table border="1" style="margin-left: auto; margin-right: auto;"> <caption>Data for Session Content Feedback</caption> <thead> <tr> <th>Category</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Agree</td> <td>77%</td> </tr> <tr> <td>Agree</td> <td>23%</td> </tr> <tr> <td>Fair</td> <td>0%</td> </tr> </tbody> </table>	Category	Percentage	Strongly Agree	77%	Agree	23%	Fair	0%	77% of the participants felt they strongly agree. 23 % of them felt they agree.		
Category	Percentage											
Strongly Agree	77%											
Agree	23%											
Fair	0%											

<p>Session will help to improve our life style</p>	<p>Session will help to improve our life style</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Agree</td> <td>74%</td> </tr> <tr> <td>Agree</td> <td>26%</td> </tr> <tr> <td>Fair</td> <td>0%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Agree	74%	Agree	26%	Fair	0%	<p>74 % of the participants felt they strongly agree. 26% of them felt they agree.</p>
Response	Percentage									
Strongly Agree	74%									
Agree	26%									
Fair	0%									
<p>What is your overall rating of the session?</p>	<p>What is your overall rating of the session?</p>  <table border="1"> <thead> <tr> <th>Response</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Strongly Agree</td> <td>73%</td> </tr> <tr> <td>Agree</td> <td>21%</td> </tr> <tr> <td>Fair</td> <td>6%</td> </tr> </tbody> </table>	Response	Percentage	Strongly Agree	73%	Agree	21%	Fair	6%	<p>73% of the participants felt they strongly agree. 21 % of them felt they agree. Remaining 6% gave neutral.</p>
Response	Percentage									
Strongly Agree	73%									
Agree	21%									
Fair	6%									

Day 1: Resource Person Dr. R. Ponnudurai



DAY 2: Resource Person **Dr. Rajesh Kesavan**

GoToMeeting

Talking: Dr. Rajesh Kesavan

View Who's Talking

69

Dr. Rajesh Kesavan

Apollo Hospitals

Click and drag to move

50%

Dr. Rajesh Kesavan is presenting

Mic Camera Screen Leave

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Talking: Dr. Rajesh Kesavan

View Who's Talking

112

PEOPLE 112/251

Mute All Unmute All

Nivethitha S

P. Nandhini

P. Mariapushpam

pc (Off)

PRAABINDH PRADEEP

Priyadarshini S

R.DOMNIC SAM CARDOZA

R.SHANMUGAPRIYA B.Tech(...)

Rajkumar

MEETING ID: 306-094-341

Copy Meeting Link

Invite

Meeting is unlocked

Dr. Rajesh Kesavan is presenting

Mic Camera Screen Leave

DAY 3: Resource Person Dr. S. Senthil Karunakaran

GoToMeeting

Talking: Dr.S.SENTHIL KARUNAKARAN

Hide Everyone

129

Dr.B.SHINY has arrived.

PEOPLE 129/251

Mute All Unmute All

B.Shoba

Balaji S.M

Bhim

Blithe Sudhar

C.Sankar

Chris Jones

D.ROBERT_LICET

Dharshini

Divya

Dr. ALAGUNAMBI RAMASU...

MEETING ID: 417-122-645

Copy Meeting Link

Invite

Meeting is unlocked

Dr.S.SENTHIL KARUNAKARAN is presenting

Mic Camera Screen Leave

74%

தூக்கமின்மை /
மன உளைச்சல்

- எண்ணெய் குளியல் - (சீரகம்)
- கசகசா - பாலில் அரைத்து
- இடது கையில் படுக்கவும்
- அமூக்கிரா சூரணம்
- அதிமதுர சூரணம்
- பூனைக்காலி சூரணம்

DEPRESSION

WIPES

GoToMeeting

Talking: Dr.S.SENTHIL KARUNAKARAN

View Active Cameras

129

R.hanini has arrived.

Dr.S.SENTHIL KARUNAKARAN

தலை வலி

- அதிமதுரம் + சோம்பு - பால் கஷாயம்
- எண்ணெய் குளியல் - (இஞ்சி)
- சுக்கு பற்று
- வேது
- நீர்க்கோவை மாத்திரை பற்று
- சுக்கு தைலம்

Dr.S.SENTHIL KARUNAKARAN is presenting

Mic Camera Screen Leave

49%