

Date: 2nd June, 2021.

National Webinar Summary Report

Lifestyle Changes and Adaptations Post Covid-19 Infection

Convener: Dr. Anna Balaji

Organizing Secretary: Prof. K. Saravana kumar

Programme Coordinator: Mrs. C. Shilpaja

A National Webinar on Lifestyle Changes and Adaptations Post Covid-19 Infection was organized by Department of Pharmaceutics, SVCP on 31-05-2021 by using Digital Platform.

Dr. R. Mythereyi, M.Pharm., Ph.D., B.Dance., Professor and Head, Department of Pharmaceutical Sciences, K.K. College of Pharmacy, Chennai was the Key note Speaker.

The programme was attended on live by nearly 677 participants including Faculty, Research Scholars, Industry Experts and Students.

The Programme Co-ordinator **Mrs. C. Shilpaja**, Assistant Professor, Department of Pharmaceutics has welcomed the Delegates, Resource Person, Head of the Department and Respected Principal.

The webinar began with a word of appreciation by the respected Principal **Dr. Anna Balaji**, Principal, Sree Vidyanikethan College of Pharmacy, lauded the importance of webinar. He mentioned some of the mile stones achieved and the part of numerous online training sessions and imparting key focus on quality education even during the lockdown. **Mr. Shaik Firoz**, Assistant Professor, Department of Pharmaceutics introduced the Resource person and moderated the session.

The Guest Speaker gave the elaborative talk on Life Style Changes and Adaptations Post Covid 19 Infection, the key points like,

- Digital Health Tools
- Mental Health Challenges
- 5 R Principles Repair, Rethink, Reconfigure, Restart and Report.

The session ended with open house discussion followed by Virtual Felicitation of the Chief Guest by Principal **Dr. Anna Balaji**.

The Webinar concluded with Vote of Thanks by **Dr. K. Saravana kumar**, Professor and Head, Department of Pharmaceutics who expressed his gratitude towards the Management for their constant support and encouragement to conduct such enriching sessions. He further thanked them for their exemplary efforts in providing such platforms helping to reach great heights of success. The Webinar was very informative and well appreciated by the participants.

Impact Report:

The National Webinar has overwhelming response of 1547 Registrations and 2400 views on YouTube. All the participants were provided with e-Certificate. An Appreciation Certificate was presented to the Guest Speaker.

Overall, it was a really knowledgeable and interesting session. All the students and teachers thanked Dr. R. Mythreyi for inspiring everyone and looked forward to conduct more such webinars in the future.

National Webinar Registration Link: <https://forms.gle/4qUD7S4LWuPHnVQ79>

National Webinar Feedback Link: <https://forms.gle/YyipSEZ1oypNYeso6>

YOUTUBE Link: <https://www.youtube.com/channel/UCv9nTIZznrnYqqR9LCFr17A>

GLIMPSSES OF THE NATIONAL WEBINAR

NATIONAL WEBINAR ON

Life Style Changes and Adaptations Post COVID -19 Infection

Resource Person

Dr. R. MYTHREYI, M.Pharm, Ph. D., B.Dance
Professor & Head, Department of Pharmacognosy,
K. K. College of Pharmacy, Chennai.



Digital Platform
YouTube



Date
31-05-2021



Venue
Online Platform



Time
11:00 AM-01:00 PM

Organizing Secretary
Dr. K. Saravanakumar

Coordinator
Mrs. C. Shilpaja

Convener
Dr. Anna Balaji

NO REGISTRATION FEE

Registration Link:
<https://forms.gle/4qUD7S4LWuPHnVQ79>



WHO CAN PARTICIPATE ?



Students, Researchers, Faculty of
Svcp and Other Institutions

E-certificates
will be given to
all the participants

Organized By: Department of Pharmaceutics

Follow us :   / iVidyanikethan  / SreeVidyanikethanCollegeOfPharmacy

e-Brochure for National Webinar



Welcome Address by Mrs. C. Shilpaja, Asst. Prof, SVCP

Resource Person


Dr. R. MYTHREYI, M.Pharm, Ph. D., B.Dance
Professor & Head, Department of Pharmacognosy,
K. K. College of Pharmacy, Chennai.

Organized By: Department of Pharmaceutics **zoom**

Introduction of Guest Speaker by Mr. Shaik Firoz, Asst. Prof., SVCP

speaker 11.5.2021 (Protected View) - PowerPoint

2. More Hygiene Conscious



- Focus on overall hygiene
- Washing or sanitizing
- Disinfection and sanitising

Dr.R.MYTHREY...

zoom

Slide 6 of 27

Talk by Resource Person Dr. R. Mythreyi



SREE VIDYANIKETHAN College of Pharmacy

National Webinar on
**Life Style Changes and Adaptations
Post COVID-19 Infection**

Certificate Of Appreciation

This is to certify that **Dr. R. MYTHREYI** M.Pharm, Ph.D., B.Dance Professor & Head, Department of Pharmacognosy, K. K. College of Pharmacy, Chennai, has delivered a guest lecture on **"Life Style Changes and Adaptations Post Covid-19 Infection,"** organized by the Department of Pharmaceutics, Sree Vidyanikethan College of Pharmacy, Sree Sainath Nagar, Tirupati, held on 31st May 2021.

Dr. K. Saravanakumar
Organizing Secretary

Mrs. C. Shilpa
Coordinator

Dr. Anna Balaji
Convener & Principal

ANNA BALAJI

zoom

Virtual Felicitation of the Speaker by Principal Dr. Anna Balaji



**Vote of Thanks by Prof. K. Saravanakumar, Head, Department of
Pharmaceutics, SVCP**

Organizing Secretary

(Prof. K. Saravana kumar)

Principal

(Prof. Anna Balaji)