

**Report: Session on “Boosting our immunity in Covid Times”
19th December 2020**

The session began with a welcome address by Dr. Shilpa Chaudhary, IQAC Coordinator followed by introductory remarks by Prof. Swati Pal, Principal, JDMC. The resource person, Dr. Sudesh K. Chugh apprised the participants on the need for having good immunity levels that can serve as a protective shield in the Covid times. She highlighted the role of diet and emphasized that we must take adequate intake of micronutrients. Dr. Chugh explained the importance of vitamins and minerals in boosting our immunity and also warned against excessive intakes of the same. She also emphasized the role of physical exercise.

After her simple, lucid and comprehensive talk, Dr. Chugh answered all queries of the participants related to diet, nutrient supplements to name a few.

It was indeed a very relevant and useful session and gave the much-needed information about taking care of our immunity. The session ended with a vote of thanks to the speaker.

Poster & some glimpses

Janki Devi Memorial College
(University of Delhi)
Sir Ganga Ram Hospital Marg, New Delhi-110060

IQAC
invites Students and Staff to
A Webinar on

**Boosting Our Immunity
in COVID Times"**

Resource Person:

Prof. Dr. Sudesh K. Chugh
MBBS., MD. (Medicine) (Delhi Univ.),
F.AIIMS, F.EHRC, F.I.A.CM. (Medalist)
Sr. Consultant, Physician,, Cardiologist,
Diabetologist,, Gastroenterologist & Neurologist

Date: 19th December, 2020 (Saturday)
Time: 2:30 p.m. Login Time: 2 p.m.

Convenor Dr. Shilpa Chaudhary (IQAC Coordinator)	Coordinators: Ms. Sonia Dr. Tanu Gupta (Maths Dept.)	Patron: Prof. Swati Pal (Principal)
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Recording...

Participants (65)

Find a participant

- JP Jai prakash
- LT Lenovo Tab P10
- MC Mohit Chaudhan
- M Mahender
- M Manita
- MM Meenu Malhotra
- MA MOHAMMED AZAM, ZHDC
- MS MOHD SAMEEM
- MM Mrs. Manjula Lokhande
- NT Naveen Thiboo
- NK Naveen Kumar

Chat

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Zoom Meeting | Speaker View

Recording...

Manoj Sharma

Nizam Ashraf

Tarun

Rajesh Mehta

Ajit Kumar

Omvir Balsoya

AJAY TIWARI

Ashutosh Agga...

Amit kumar

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