

INTELLIGENTIA BEYOND DISCIPLINES

-CROSS DISCIPLINARY COLLABORATION IN EDUCATION

Webinar series Organized by
Internal Quality Assurance cell
in collaboration with all Departments of the College

National Level Webinar
on

Stay Strong & Healthy to Fight against Today's Pandemic



14.09.2020 Monday



10.30 a.m to 12 p.m



Organized by

Women's Study Unit

in collaboration with

**Internal Quality Assurance
Cell (IQAC)**

SREE NARAYANA TRAINING COLLEGE

Nedunganda, Varkala, Affiliated to University of Kerala, Recognized by
NCTE, and UGC Act 2(f) 12 B, Re-accredited by NAAC with Grade B,
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Platform



Resource Talk



Dr.C.P.Gayathry
Assistant Professor
Department of Home Science
H.H.M.S.P.B.N.S.S. College
For Women
Neeramankara
Thiruvananthapuram

Good nutrition is crucial for health, particularly when the immune system might need to fight back. Limited access to fresh foods may compromise opportunities to continue eating a healthy and varied diet. It can also lead to consumption of highly processed foods which contain high fat, sugar and salts. The webinar intends to disseminate knowledge of specific guidelines on healthy diet and home based exercises during the pandemic situation. We cordially invite all to the programme and enrich yourself with the health tips to overcome the present challenging situation.

Dr.Sangeetha N.R

Convener

Dr.Smitha S.

Co-ordinator,IQAC

Dr.Sheeba P.

Principal

Programme Schedule

Prayer
Welcome

: Parvathy A Kurup
: Dr.Sangeetha N.R,
Asst.Professor, S.N.T.C

Organizing Committee

Sri.Praveen R.

Dr.Pramod G.Nair

Dr.ReethaRavi H.

Sri.Amjith S.

Smt.Chitra S.

Dr.Rani K.V.

Dr.Viji.V.

Presidential
Address

: Dr.Sheeba P.,
Principal, S.N.T.C

Felicitation

: Dr.Smitha S.,
Co-ordinator, IQAC

Resource Talk

:Dr.C.P.Gayathri ,
Asst.Professor
Dept.of Home Science
H.H.M.S.P.B.N.S.S.College
For Women,
Thiruvananthapuram

Interactive Session

Feedback

Vote of Thanks

: Anisha M. Kumar