

A Webinar on “Healthy Life Style for Sustainable Living” on 7th Dec 2020

The year 2020 is all about “Social Distancing”, ”Self-Isolation”, ”Hand and Sanitizer”, ”Hand wash and Hygiene”. To have knowledge and keep ourselves highly Hygienic and clean, Department of MCA organized a Webinar by inviting 3 Speakers who is “Dr. Deepthi”, ”Dr. Liza Thomas” and Dr. Rashmi” who enlightened us in the area of Health and Nutrition, Maintaining Mental Health and Having Balanced Sleep During this Pandemic period. The speakers concentrated on consuming good food which includes fresh vegetables, proteins, and carbohydrates in their diet. They also concentrated on psychology and mental problems like what exactly in Adolescence people face. At last they included health consciousness, stages of sleep and quality of sleep.



 **Dayananda Sagar College of Arts, Science & Commerce**
Department of Computer Applications - MCA
INTERNAL QUALITY ASSURANCE CELL - (IQAC)
ECO CLUB - PRAKRUTHI
Presents
A Webinar On
“HEALTHY LIFE STYLE FOR SUSTAINABLE LIVING”

Speakers :



Dr. Rashmi H. Poojara
Asst Prof of Home Science,
St. Teresa's College, Kochi



Dr. Deepthi P.T
Psychiatrist
Asst Prof, Amrita Institute
of Medical Sciences



Dr. Liza Thomas
Consultant Paediatrician &
Adolescent Specialist

Date : 7TH DEC 2020
Time : 2 :00 PM ONWARDS

Faculty co-ordinators :

1. Mrs Sunitha
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2. Mrs Sarakutty
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3. Mrs Suneeta . V
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In Association with
Mission Pink Health Kochi and NetProfAN kochi Chapter

Phot-1: Brochure

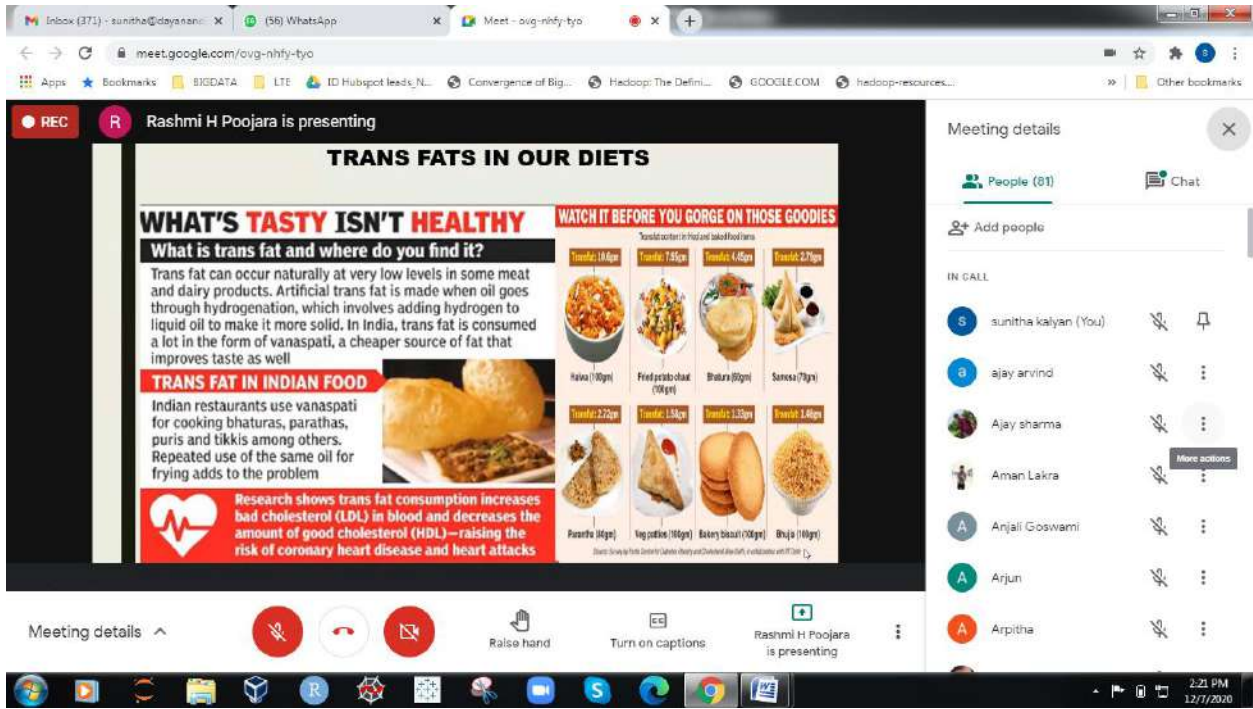


Photo-2: Dr. Rashmi presenting on the topic Trans Fats in Our Diets

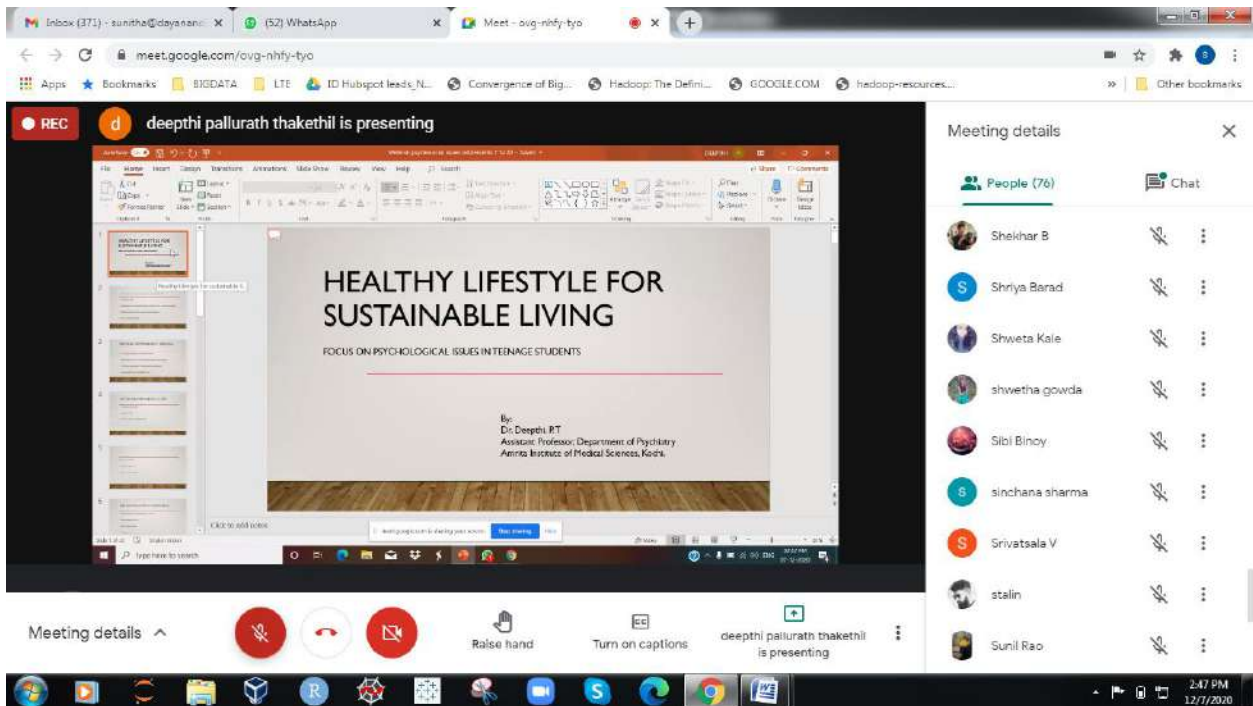


Photo-3: Dr. Deepthi presentation on Healthy life style for Sustainable Living

STAGES OF SLEEP...

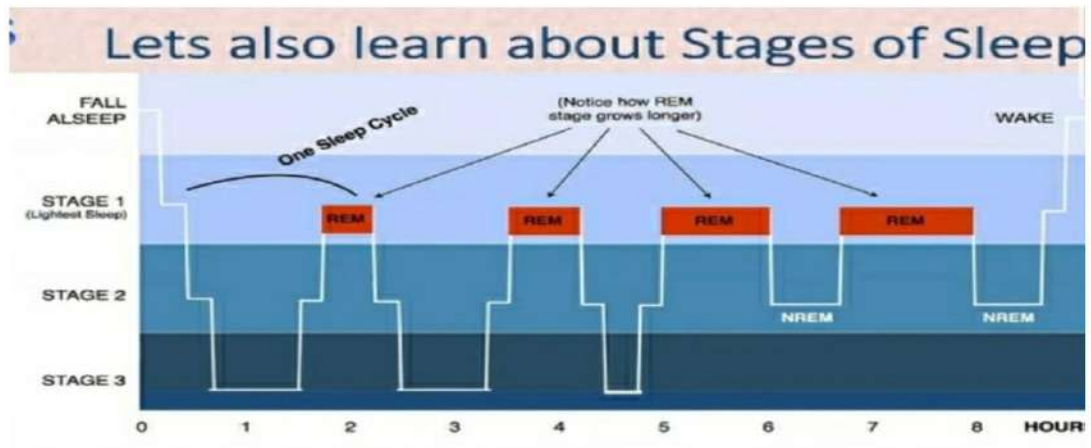


Photo-4: Dr. Liza Thomas presenting on Stages of Sleep

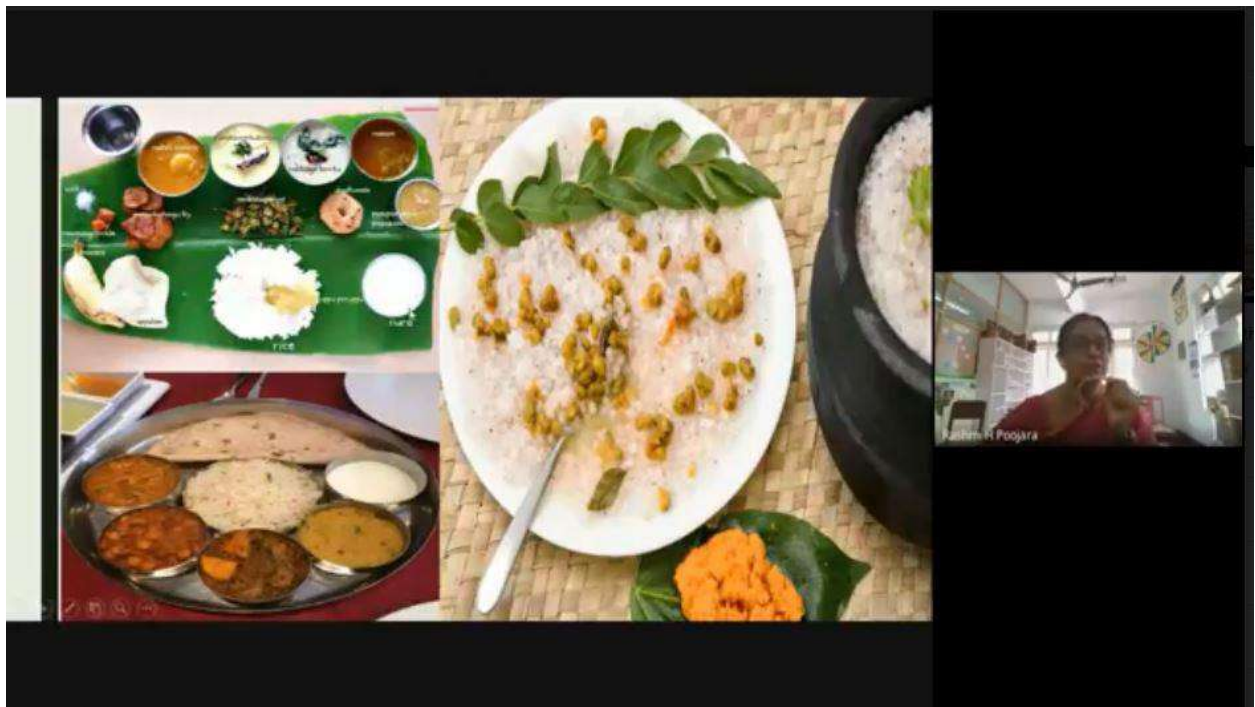


Photo-5: Describing a complete meal

QUALITY OF SLEEP

- REGULAR
- FALLS TO SLEEP EASILY
- DEPTH, DURATION
- NO NIGHT AWAKENING
- SNORING
- ABNORMAL MOVEMENTS
- FRESH ON AWAKENING
- NO DAYTIME SOMNOLENCE
- NO EARLY MORNING HEADACHE



Liza Thomas

1:32:39 / 2:06:23



Photo-6: Speaker gives the importance of quality and Quantity of sleep