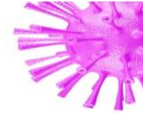


## A BRIEF REPORT

### WEBINAR ON

*“Staying Fit in Times of Corona-era: An Expert’s Insights”*



### WEBINAR ON “STAYING FIT IN TIMES OF CORONA-ERA: AN EXPERT’S INSIGHTS”

Organized by the Department of Computer Application,  
in collaboration with IQAC, St. Edmund’s College, Shillong.

#### RESOURCE PERSONS



**DR. ABHINAV ARUN SONKAR,**  
MS FACS FUICC FCRS(England)  
FRCS(Ireland) FRCS (Glasgow),  
Prof and Head, Dept of Surgery,  
King George’s Medical University,  
Lucknow, Uttar Pradesh.



**DR. JASMINE MARY LYNGDOH,**  
Clinical Psychologist and Director,  
RoUTES  
(Reaching Out and Empowering to  
Understanding Society),  
Shillong, Meghalaya.



**WEBINAR DATE:** 29TH JUNE, 2021. (Tuesday)

**TIMING:** 3:00 P.M.

**PLATFORM:**  zoom

**REGISTRATION LINK:** <https://forms.gle/oESmjZbm6RthM7dUA>



*e-certificates will be provided.*

**Webinar Topic:** *“Staying Fit in Times of Corona-Era: An Expert’s Insights”*, in collaboration with  
IQAC, St. Edmund’s College.

**Date:** 29<sup>th</sup> June, 2021.

**Significance of Event:** The Webinar was conceptualized in the light of the acute situation created by the COVID pandemic. The department believed that efforts to mitigate the lack of awareness and surrounding myths about the virus were the need of the hour.

**Goals of the webinar:**

1. To create an awareness about the COVID-19 pandemic and its effects, along two aspects of well-being that the virus has impacted upon in the lives of people - physical and mental.
2. To contribute towards helping the masses live a healthy and balanced life even in the midst of the pandemic, through healthy practices and measures to prevent the onset and contain the spread of the virus, the efficacy of the vaccine, along with effective stress management techniques to better their day to day lives.

**Resource Person:**

1. Dr. Abhinav Arun Sonkar, MS FACS FUICC FCRS(England) FRCS(Ireland) FRCS (Glasgow), Professor and Head, Department of Surgery, King George's Medical University, Lucknow, Uttar Pradesh.
2. Dr. Jasmine Mary Lyngdoh, Clinical Psychologist and Director, RoUTES (Reaching Out and Empowering to Understanding Society), Shillong, Meghalaya.

**Audience in the Webinar:**

- The event registered participants (students and faculty members) from various departments of the College, as well as other institutions around the city.
- A total of 188 participants attended the event.

**Proceedings of the event:**

1. First session at 3 pm, 29th June, 2021. Speaker: Dr. Abhinav Arun Sonkar.
  - a) The session commenced with an introduction by the host, Ms. Reema Joshi, following which introductory remarks on the programme were shared by (Dr.) Br. Simon S. Coelho, IQAC Coordinator.
  - b) The Invocation Prayer was made by Dr. Baljuda War Nongbri, Dean, St. Edmund's College, and a special address was delivered by Ms. Sarmistha Deb, Head, Department of Computer Application, St. Edmund's College.
2. Second session at 3:50 pm, 29th June, 2021. Speaker: Dr. Jasmine Mary Lyngdoh.
  - a) The session was hosted by Mr. Melvin Majaw, with an introduction of the speaker and the topic of the session.

- b) A Q&A session was held after completion of both the sessions, which saw a very active participation from the audience.
3. Post the Q&A session, concluding remarks on the programme were made by (Dr.) Mrs. Baljuda War Nongbri, Dean, St. Edmund's College.
- The event was drawn to a close with a vote of thanks by the joint coordinator, Ms. R. Khyriem.
  - Group photographs of participants, speaker and organizing committee were recorded by the organizing committee.

### Some Screenshots From the Event:



Zoom Meeting

S Sunila Chanu | lenovo | Reema Joshi | Sarmistha Deb | Baljuda War no...

Recording

## PATHOPHYSIOLOGY

**SARS-CoV-2**

1. Virus enters nasal epithelial cells  
 2. Virus enters epithelial cells  
 3. Virus binds with ACE2 receptor  
 4. Virus enters cells  
 5. Virus releases  
 6. Virus binding by antigen-presenting cell (APC)

**Immune response**

■ Infected cells destroyed  
 ■ Antibodies produced

■ Memory B cells and T cells release

Participants (185)

Find a participant

- MS Melvin S Majaw (Host)
- L lenovo
- RK Rajni Khyriem (Co-host)
- Aaradhya Pandey
- AD Abigail Dkhar
- Afia Zaheen
- Ahsan Sabry
- AS Aiba Suchiang
- AC Ajanta Choudhury
- AK Alva Khyriem
- AR Alvina Rongpipi
- AS Angelista Syiemlieh
- AS Angella Sungoh

Invite Unmute Me

Chat

S Sunila Chanu | Reema Joshi | Jessy | Jasmine Lyngdoh | Melvin S Majaw

Recording

Simon Coelho

Participants (171)

Find a participant

- S Sunila Chanu (Me)
- MS Melvin S Majaw (Host)
- RK Rajni Khyriem (Co-host)
- Reema Joshi (Co-host)
- JL Jasmine Lyngdoh

Invite Unmute

Chat

From Reema Joshi to Everyone:  
reema.csc@gmail.com

From Sujaan Buragohain to Everyone:  
good afternoon ma'am

Who can see your messages? Re

To: Everyone

Type message here...

Zoom Meeting

Recording

S Sunila Chanu Simon Coelho Reema Joshi Sarmistha Deb Jessy

Baljuda War nongbri

Participants (176)

Find a participant

- S Sunila Chanu (Me)
- MS Melvin S Majaw (Host)
- RK Rajni Khyriem (Co-host)
- BW Baljuda War nongbri
- RJ Reema Joshi

Invite Unmute Me

Chat

From Reema Joshi to Everyone:  
reema.csc@gmail.com

From Sujaan Buragohain to Everyone:  
good afternoon ma'am

Who can see your messages? Recording On

To: Everyone File

Type message here...

Zoom Meeting

Recording

S Sunila Chanu Simon Coelho Reema Joshi Baljuda War no... Jessy

Sarmistha Deb

Participants (178)

Find a participant

- MS Melvin S Majaw (Host)
- RK Rajni Khyriem (Co-host)
- SD Sarmistha Deb
- Aaradhya Pandey
- AD Abigail Dkhar
- A Abraham Tayung
- Afia Zaheen
- A Ahsan Sabry
- AS Aiba Suchiang
- AC Ajanta Choudhury
- AK Alva Khyriem
- AR Alvina Rongpipi
- AS Angelista Syiemlieh

Invite Unmute Me

Chat



Zoom Meeting

Recording

S Sunila Chanu | lenovo | Reema Joshi | Sarmistha Deb | Baljuda War no...

## Decide for the need for hospital admission

**Mild Symptoms**  
(Fever < 38°C or cough or sore throat)

Home Isolation And Treatment

**Mod To Severe Symptoms**  
(severe cough or fever > 38°C or SOB)

Hospital Admission / COVID-19 screening  
SWABS, Lab: CBC, CRP, urea, creat, SGOT, SGPT, PT, PTT, INR, CXR/ CT chest

**COVID-19 Was Diagnosed**

Transfer immediately To The Designated (Isolation) Hospital

**COVID-19 Cannot Be Ruled Out**

(Isolation) Ward/ICU in non-designated hospital

**Covid-19 Was "Excluded" Temporarily**

(ER Buffer Ward/ICU)

If COVID-19 was still negative after 48 h ICU in cardiology department in non-designated hospital

Participants (184)

Find a participant

- S Sunila Chanu (Me)
- MS Melvin S Majaw (Host)
- L lenovo
- RK Rajni Khyriem (Co-host)
- Aaradhya Pandey
- AD Abigail Dkhar
- Afia Zaheen
- A Ahsan Sabry
- AS Aiba Suchiang
- AC Ajanta Choudhury
- AK Alva Khyriem
- AR Alvina Rongpipi
- AS Angelista Syiemlieh

Invite | Unmute Me

Chat

Zoom Meeting

Recording

S Sunila Chanu | lenovo | Reema Joshi | Sarmistha Deb | Baljuda War no...

## TWO VACCINES GET EMERGENCY APPROVAL FOR USE IN INDIA

Serum Institute of India, Pune has presented a Recombinant Chimpanzee Adenovirus vector vaccine (**Covishield**) while Bharat Biotech has developed a Whole Virion Inactivated Corona Virus Vaccine (**Covaxin**)

**COVISHIELD**

Efficacy  
70.42%

Doses  
2


Storage temperature  
2-8 DEGREES CELSIUS

**COVAXIN**

Efficacy  
N/A

Doses  
2

Storage temperature  
2-8 DEGREES CELSIUS



Chat

From Mismita Datta to Everyone:  
good afternoon ma'am

From Dipon Narzary to Everyone:  
good afternoon ma'am

From Reema Joshi to Everyone:  
reema.csc@gmail.com

From Sujaan Buragohain to Everyone:  
good afternoon ma'am

From Simon Coelho to Everyone:  
Sir, Thanks for mentioning the reluctance due to the 'stigma'. How would you deal with it, including the fear of being declared positive.

Who can see your messages? Recording On

To: Everyone | File

Type message here...

Zoom Meeting

Recording

S Sunila Chanu Reema Joshi Sarmistha Deb Jasmine Lyng... Bajjuda War no...

Chat

From Me to Everyone:  
What are the normal changes that can occur after vaccination?

From Eric Nongkynrih to Everyone:  
What about Auto-immune disease patients

From Simon Coelho to Everyone:  
Thank you Sir.

From Sarmistha Deb to Everyone:  
Thank you so much Sir.

From Me to Everyone:  
Thank you Sir...

From Reema Joshi to Everyone:  
<https://www.mygov.in/aarogya-Setu-app/>

Who can see your messages? Recording On

To: Everyone File

Type message here...

Zoom Meeting

Recording

S Sunila Chanu Jasmine Lyngdoh Melvin S Majaw Reema Joshi Sarmistha Deb

Reality of COVID-19 Scenario

Chat

vaccination?

From Eric Nongkynrih to Everyone:  
What about Auto-immune disease patients

From Simon Coelho to Everyone:  
Thank you Sir.

From Sarmistha Deb to Everyone:  
Thank you so much Sir.

From Me to Everyone:  
Thank you Sir...

From Reema Joshi to Everyone:  
<https://www.mygov.in/aarogya-Setu-app/>

Sharing the link of the Aarogya Setu App, that was mentioned by Dr. Abhinav

Who can see your messages? Recording On

To: Everyone File

Type message here...

Zoom Meeting

Recording

S Sunila Chanu, Jasmine Lyngdoh, Melvin S Majaw, Reema Joshi, Sarmistha Deb

### What your score indicates...

- 0-149 : **LOW SUSCEPTIBILITY** to stress-related illness.
  - Excellent, you are balanced.
- 150-299: **MEDIUM SUSCEPTIBILITY** to stress-related illness.
  - Learn and practice relaxation and stress management skills and a healthy well life style.
- 300 and over: **HIGH SUSCEPTIBILITY** to stress-related illness.
  - Daily practice of relaxation skills is very important for your wellness. Take care of it now before a serious illness erupts or an affliction becomes worse.

Participants (164)

Q Find a participant

- BM
- Cheerfully Mallai
- Chelsea Wanniang
- Chingsan Sangma.219
- Chingyami Ragui

Invite Unmute Me

Chat

From Reema Joshi to Everyone:

<https://www.mygov.in/aarogya-setu-app/>

Sharing the link of the Aarogya Setu App, that was mentioned by Dr. Abhinav

Who can see your messages? Recording On

To: Everyone

Type message here...

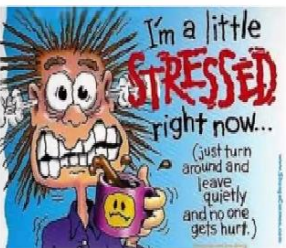
Zoom Meeting

Recording

S Sunila Chanu, Jasmine Lyngdoh, Melvin S Majaw, Sarmistha Deb, Elizabeth Lyngd...

### Immobilizing/ Freezing: Exhaustion & Fatigue Stage

- Tend to "freeze" or become "stuck" under stress.
- Rouse your nervous system to a fight or flight response.
- Choose physical activity that engages both arms and legs, such as running, dancing, or tai chi, and perform it mindfully, focusing on the sensations in your limbs as you move.



Participants (164)

Q Find a participant

- BM
- Cheerfully Mallai
- Chelsea Wanniang
- Chingsan Sangma.219
- Chingyami Ragui

Invite Unmute Me

Chat

From Reema Joshi to Everyone:

<https://www.mygov.in/aarogya-setu-app/>

Sharing the link of the Aarogya Setu App, that was mentioned by Dr. Abhinav

Who can see your messages? Recording On

To: Everyone

Type message here...



Zoom Meeting

S Sunila Chanu Melvin S Majaw Baljuda War no... Jasmine Lyngdoh Bharilang

Rajni Khyriem's network bandwidth is low

Recording

Rajni Khyriem

Participants (122)

Find a participant

- Aaradhya Pandey
- AD Abigail Dkhar
- AC Ajanta Choudhury
- AK Alva Khyriem
- AR Alvina Rongpipi

Invite Unmute Me

Chat

Thank you so much for the webinar.

From Reema Joshi to Everyone:

Kindly fill the feedback form using the above link

Who can see your messages? Recording On

To: Everyone File

Type message here...

Zoom Meeting

Recording

NEW Drag and drop to reorder videos

Melvin S Majaw S Sunila Chanu Reema Joshi Lucky Momin Rebelson Umsong

V. R Rao Pampji Senbwal Rajni Khyriem Sarmistha Deb Baljuda War non...

Rana Das Dipankar Shome Ritika Singha Sujana Buragohain Tanushree Dey

Larihun Gourav Poddar GONMET PETER Pravesh Burathoki Gaurav Deb

Ricky Basaiawmoit sofia gashnga Darihun Nangilei Elizabeth Lyngdo... Lasoborki Pyngap

Participants (113)

Find a participant

- AD Abigail Dkhar
- AC Ajanta Choudhury
- AK Alva Khyriem
- AR Alvina Rongpipi
- AS Angelista Syiemlieh

Invite Unmute Me

Chat

using the above link

From Dipankar Shome to Everyone:

Congratulations to the organizers for successfully organising such an informative session.

Who can see your messages? Recording On

To: Everyone File

Type message here...