



# Vidya Jyothi Institute of Technology

(An Autonomous Institution)

(Accredited by NAAC & Approved by AICTE New Delhi & Permanently Affiliated to JNTUH)  
Aziznagar Gate, C.B. Post, Hyderabad-500 075



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Aziz Nagar Gate C.B. Post, Hyderabad - 500 075, Telangana, India



VJIT-NSS in Collaboration with Dr.Reddy's 'Foundation for Health Education'  
is organizing Webinar on

### “Revised Guidelines for Prevention & Management of Covid-19”



**Dr. Hirennappa B. Udnur,**  
Specialist in Pulmonology,  
Columbia Asia Hospital, Hebbal



Scan to Join

Join the Webinar using Zoom  
<https://us02web.zoom.us/j/81818412797?pwd=MW4vbG VwZHRcWmloKzdIU0FUeks4dz09>

on 25<sup>th</sup> May 2021 at 03:30 PM

For Queries Contact  
Mrs. Sree Devi J, 9985080771

## Report

The Third Webinar In The Series Of Health Management During Pandemic Was Organized By VJIT NSS In Collaboration With Dr Reddy's Foundation For Health Education On 25th May 2021.

Dr. Hirennappa B. Udnur Specialist In Pulmonology, Columbia Asia Hospital In Hebbal, And Visiting Consultant Pulmonologist And Sleep Specialist Was The Luminary Speaker Of The Session. He Has Shared His Valued Knowledge And Guidance On “Revised Guidelines For Prevention & Management Of Covid-19: Second Wave” To Maintain Good Health And Develop Immunity Against The Very Highly Infective Viral Having High Transmission During This Second Wave Of Covid.

Dr. G Narsimha Professor Department Of CSE at Jntuh College Of Engineering, Hyderabad And The NSS Program Coordinator For All The Jntu Affiliated Colleges Was The Guest Of The Event. Dr. G Narsimha Expressed His Happiness In The Programs Organized By Vjit NSS Unit. He Conveyed That Of The 20,000 NSS Volunteers VJIT is One Of The Most Active Nss Unit And Congratulated The NSS Program Officers For Working With Commitment To Serve The Society By Building Awareness In Fighting The Deadly Pandemic.

REC

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**Stop the Spread of Germs** COVID-19

- Stay at least 6 feet (about 2 meters) away from other people.
- Cover your cough or sneeze with a tissue. When done, throw it in the trash and wash your hands.
- When in public, wear a cloth face covering over your nose and mouth.
- Do not touch your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces and objects.
- Wash your hands often with soap and water for at least 20 seconds.

**Is the second wave different from the first?** COVID-19

Is transmission rate's higher?  
 -33 to 40% in the first wave  
 -40 to 60% in the second wave

Are more younger age group infected?  
 Severe for both children as well as adults under 45.

**Are infections turning severe?**

REC

Giri Prasad Goud

Dr HIRENNAPPA B UDNUR

Dr Narsimha G

Srinidhi



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**VJIT-NSS** in Collaboration with **Dr. Reddy's 'Foundation for Health Education'**  
is organizing Webinar on

**“MANAGING HIGH BLOOD PRESSURE (HYPERTENSION)  
DURING THESE CHALLENGING TIMES”**



**Dr. Praneeth Polamuri, MD., DM.**

Consultant Cardiologist Care,  
CARE Super Specialty Hospital & Transplant Centre – Banjara Hills

**Dr.Reddy's**

on 11<sup>th</sup> May, 2021 at 03:00 PM

| For Queries Contact  
Mrs. Sree Devi J, 9985080771

The Second Webinar In The Series Of Health Management During Pandemic Was Organized By VJIT NSS In Collaboration With Dr Reddy's Foundation For Health Education On 11th May 2021.

Dr. Praneeth polamuri, Consultant Cardiologist care was the Luminary Speaker Of The Session. He Has Shared His Valued Knowledge And Guidance On “Managing High Blood pressure (HYPERTENSION) During these Challenging Times Of Covid-19: Second Wave” To Maintain Good Health And Develop Immunity Against The Very Highly Infective Viral Having High Transmission During This Second Wave Of Covid.

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Giri Prasad Goud

Dr A Obulesh Avuku

DR A Padmja

Dr A Obulesh Avuku

REC

**Risk Factors For Hypertension**

Dr. Reddy's Foundation for Education

ENVIRONMENTS

Inactivity  
Stress  
Obesity  
Tobacco  
Salt  
Alcohol

GENES

HYPERTENSION

Race  
Gender

GENE / ENVIRONMENT INTERACTIONS

Wellness for Life



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Dr.Reddy's 

**VJIT-NSS in collaboration with Dr Reddy's  
'Foundation For Health Education'  
is Organizing Webinar  
on  
"Nutrition Care – During and Post Covid"  
By  
Ms. Aastha Jessica**



**Nutritionist, Diabetes Educator, Nutrition Content Expert, Nutrition  
Trainer, Nutrition Speaker**



**5<sup>th</sup> May 2021**

**Time:12:00 noon**

**Zoom:**

**<https://drreddysindia.zoom.us/j/98680032671>**

**[Youtube:https://youtu.be/axR1J6vX\\_7A](https://youtu.be/axR1J6vX_7A)**

The First Webinar In The Series Of Health Management During Pandemic Was Organized By VJIT NSS In Collaboration With Dr Reddy's Foundation For Health Education On 5th May 2021.

Ms. Aastha Jessica Nutritionist, Diabetes Educator, Nutrition Content Expert, Nutrition trainer and Speaker was the Luminary Speaker Of The Session. She has Shared her Valued Knowledge And Guidance On "Nutrition Care-During and Post Covid Second Wave" To Maintain Good Health And Develop Immunity Against The Very Highly Infective Viral Having High Transmission During This Second Wave Of Covid.

REC REC



### Nutrition Care – During and Post Covid

COVID-19 CORONAVIRUS



Symptoms may appear 2-14 days after exposure to the virus. Virus primarily affects upper respiratory tract, oral cavity, throat, conjunctiva and those of respiratory system. Patients with atypical COVID symptoms in GI tract and other body systems.

REC REC



### Nutrition Care – During and Post Covid

COVID-19 CORONAVIRUS



Symptoms may appear 2-14 days after exposure to the virus. Virus primarily affects upper respiratory tract, oral cavity, throat, conjunctiva and those of respiratory system. Patients with atypical COVID symptoms in GI tract and other body systems.

### Maintaining a Healthy Diet



- Energy Rich Foods**
  - Cereals
  - Rice
  - Maida
  - Fats and Oils
- Immunity Boosters**
  - Kitchen herbs like Turli, Ginger, Garlic, Turmeric, Jaggery, Cinnamon
- Protective Foods**
  - Vitamin C rich foods
  - Iron rich foods
  - Vitamin E and D rich foods
- Body Building Foods**
  - Protein foods such as Eggs, Chicken and Fish
  - Milk and milk products
  - Dals and legumes
  - Soy and soy products
  - Nuts and seeds



### About the Speaker



**Aastha Jessica**

Aastha Jessica has over 11 years of experience in the field of Food Nutrition and Health. She holds a Master in Food, Nutrition, and Dietetics recognized by the ICAAR and Post Graduate Degree in Diabetes Education recognized by the International Diabetes Federation.

She has experience in managing patients of Diabetes, Cardio metabolic issues, Lifestyle related diseases, SA (she is the Official Health and Safety Consultant for Corporates like Indian Oil Corporation, Citibank, and an Nutrition Consultant for Femina Style Diva Miss India 2015. She is an active blogger. Writing in her passion loves writing anything from self help, religion, integrative medicine, nutrition, health and fitness.

Aastha is also a Nutrition Columnist for various online platforms like momspresso.com, women's web, Edustoppress.com to name a few.

Aastha's screen Aastha's screen

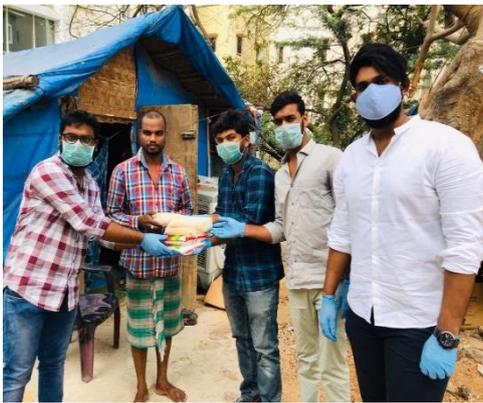
## COVID ACTIVITIES

S.no	Date	Event	Organized at
<b>2020-2021</b>			
1	3 <sup>rd</sup> May 2020	COVID-19 Activity- 7	Mokila thanda, Shankarpally
2	27 <sup>th</sup> April 2020	COVID-19 Activity-6	Gachibowli,
3	24 <sup>th</sup> April 2020	COVID-19 Activity-5	Bibinagar
4	18 <sup>th</sup> April 2020	COVID-19 Activity- 4	Nanakramguda,
5	18 <sup>th</sup> April 2020	COVID-19 Activity-3	Indira nagar,
6	6 <sup>th</sup> April 2020	COVID-19 Activity-2	Kothaguda
7	6 <sup>th</sup> April 2020	COVID-19 Activity- 1	Kondapur

This Lockdown period our VJIT - NSS volunteers have donated for around 300 families in Gachibowli, Nanakramguda, Indira nagar, Kothaguda and Kondapur areas. Were we have distributed Rice and groceries like Toor dal, Atta etc., Sanitizers and biscuits to Police and Sanitation workers.

The volunteers behind this successful distribution are Rohit Kumar Thotla, M. Sai Prakash, Vamshi Krishna Boda, Vishnu, Harsha Reddy, Pavan Reddy, Pranay and few others. We thank each and every person who donated and supported us.

And our special thanks to Police department for their support and friendly policing and we had huge respects towards Sanitation workers who are the real warriors fighting against this pandemic Covid 19.



**Distribution of groceries & hand sanitizers to the sanitation workers and police by NSS & HITA volunteers**