

## Webinar on May 06, 2020

The Department of Zoology, Deshbandhu College, University of Delhi organized a webinar on Covid-19 in collaboration with Delhi Pharmaceutical Sciences Research University (DPSRU) on May 06, 2020 at 3pm on Google Meet App. Dr Pratap Chauhan, The Director of Jiva Ayurveda was the first speaker and he enlightened the audience about how one can build immunity against viral infections using traditional herbs and spices during the spread of Covid-19 pandemic. He also shared the recipe for detox water and methods for keeping the air passage immune to various infections. Dr. Chauhan further highlighted the tips for healthy lifestyle and emphasized on the importance of regular sleep. He also explained the concept of mind, body and soul and mesmerized the participants with his mantra "*Health is your new wealth and Aahar, Vihar, Aachar and Vichar.*" This was followed by another gripping talk on Psychological Issues and Covid-19 which was delivered by Prof Swati Patra, School of Social Sciences, IGNOU, New Delhi. She addressed very interesting issues like live and let live, need for behavioral and attitudinal changes and mental strength in preset situation. She focused on the ways of keeping oneself calm and positive in the present situation of Covid-19 pandemic. Dr. Patra shared tips for making best use of present time by indulging in constructive activities. The concept of learning by way of unlearning and relearning is very relevant for students especially in the present conditions. She also addressed the gathering detailing techniques of managing various stressors. In this webinar, more than 450 participants had registered and attended enthusiastically. Both the talks were very interactive, informative and intellectually apt for the present situation. All the participants who attended the webinar were given E-Certificates.



**DEPARTMENT OF ZOOLOGY  
DESHBANDHU COLLEGE  
UNIVERSITY OF DELHI**

&

**DELHI PHARMACEUTICAL SCIENCES AND RESEARCH  
UNIVERSITY**



*Is*

*Organizing*



**WEBINAR**

*Speaker*

**Dr. Partap Chauhan**  
Director, Jiva Ayurveda  
**Topic: Covid-19 Pandemic and  
Immunity**  
Time: 3:00-3:45pm

**Prof. Swati Patra**  
School of Social Sciences  
IGNOU, New Delhi  
**Topic: Socio Psychological Issues  
and Covid-19**  
Time: 4:00-4:45pm

**Date: 6<sup>th</sup> May 2020**  
For registration fill the Google form-  
<https://forms.gle/ByCwplTReUW2jBAL8>  
(Last Date of Registration is 5<sup>th</sup> May 2020 till 5pm)

**For any query feel free to contact us –  
Email: [skayesth@db.du.ac.in](mailto:skayesth@db.du.ac.in); Mob: 9871828607**

Dr. Varsha Baweja Teachers-in-charge	Dr. Sunil Kayesth Convener	Dr. Kamal Kumar Gupta Co-Convener	Dr. Aditya Saxena IQAC, Coordinator
Dr. Veeranoot Nissapatorn Associate Prof., Walailak University Thailand	Prof. Ramesh K Goyal Vice Chancellor DPSRU	Dr. Rajiv Aggarwal Principal Deshbandhu College	