

St. Xavier's Institute of Education

Health Cell Initiatives --- Lockdown period

Health Cell Initiatives ---- Global Pandemic

Amidst the harsh lockdown times the Health Cell prepared a flyer covering different aspects that would be useful to fight the Pandemic. The flyer covered different aspects of Pandemic

- a. Timeline of COVID 19 Symptoms
- b. Types of Masks – Benefits
- c. The Right way to use a Mask and Dispose It
- d. Beat The Stress --- Managing Corona Virus (COVID 19 Anxiety)
- e. Power Your Lungs To Fight Coronavirus
- f. Pros of Coronavirus on Lifestyle.

Story Writing Making Competition & Creating a Comic Strip Competition

Health Cell conducted a Story Writing Competition & Creating a Comic Strip competition on the theme of Quarantine Days. The competition was open to college students of B.Ed colleges and degree college students. Participants had to mail the entries by 6th June, 2020. 36 students participated for the story writing competition and 8 students participated for creating a comic strip competition. The rules and criteria for the both the events were clearly specified and mentioned in the flyer. The participants submitted the entries in an gmail account created by the Institute exclusively for the health cell purpose. 10 to 12 days were provided to the participants to submit their entries on the email provided. The entries were judged by experts in the respective fields to judge the events. E- Certificates were mailed to the winners and participants.

Yoga for Inner Peace and Harmony with self

A three-day institutional webinar by health cell of ST. Xavier's Institution Of Education on “**Yoga for Inner Peace and Harmony with self**” theme was conducted on 23rd June 2020 to 25th June 2020. Health cell Programme and workshop in St. Xavier's institution of education are conducted to maintain and enhance current student health while addressing the increasing number of health issues that impact students Productivity, absenteeism and morale. The theme of this year's International Yoga Day was "Yoga at Home and Yoga with Family". It was set keeping in mind the worldwide deadly coronavirus pandemic.

The webinar commenced with a keynote speech of principal Dr. Sosamma Samuel and manager Fr Blaise Dsouza explaining the importance of yoga as a powerful tool to deal with the stress of uncertainty and isolation, as well as to maintain physical well-being. Day one yoga session was conducted by Miss Amita Rupes Dhadave a traditional yoga expert who spoke who performed useful asanas for healthy living. Day two session was conducted by Ms. Pradnya Mayekaar who trained the participants on Food for healthy lifestyle. Day three

session was held by Ms. Pramila Irudayaraj teaching the participants on how to reduce stress hormone and cope up with stress.

The sessions were well appreciated by the participants and looked forward to participate in similar sessions in the future.

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