

# Anand Institute of Management

## Webinar on “Immunity Boosting Measures for self-care”

**Date:** 26<sup>th</sup> August, 2020

**Time:** 11:00 A.M. onwards

**Venue:** Anand Institute of Management

**Media:** Google meet

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering. Enhancing the body's natural defence system (immunity) plays an important role in maintaining optimum health. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times.

To aware people about Immunity Boosting and self-care Measures, Anand Institute of Management had organised webinar on “Immunity Boosting Measures for self-care on 26<sup>th</sup> August, 2020 through Google meet at 11:00 A: M to 12:00 P: M, under Women Development Cell. More than 100 Participants from various Institutions take benefits of these webinar.



The image shows a Facebook live stream interface. At the top, it says "Anand Institute of Management was live — playing Aim Lab." with a game controller icon and "1 h" indicating the stream duration. The title of the live stream is "Immunity Boosting Measures for Self Care". On the left, there is a video feed of a woman, Dr. Manisha Gohel. To the right of the video feed are the logos for "ANAND INSTITUTE OF MANAGEMENT" and "Bhaikaka University" (विद्या विभूक्तिदायिनी). Below the logos, the text reads: "IMMUNITY BOOSTING MEASURES FOR SELF-CARE", "Dr Manisha Gohel, Professor", "Community Medicine Department,", "Pramukhswami Medical College, Karamsad", and "Mentor- Dr Utpala Kharod", "Provost, Bhaikaka University". At the bottom left, there is a call-to-action: "Call for MBA Admission: 02692 269977, 91062 75015" with a phone icon and the date "26-8-202". At the bottom, there is a red banner with the Facebook logo, the word "LIVE", and "ANAND INSTITUTE OF MANAGEMENT".

The webinar was conducted by Dr. Manisha Gohel, Professor from Community Medicine Department, Pramukhswami Medical College, Karamsad.

She started the webinar by providing the general information regarding the recent Global Pandemic situations and the causes of the Virus.

She covered the number of topics like Measures for enhancing Immunity, Ayurvedic Immunity Enhancing tips, Simple Ayurvedic procedures & Action during Dry coughs/ Sore throats.

Below mentioned measures were advised by her to be followed to the extent possible as per an individual's convenience for the healthy and safe life.



### **General Measures**

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as it is advised by Ministry of AYUSH also.
- Spices like Haldi, Jeera, Dhaniya, and Lahsun are recommended to use in cooking for the healthy lifestyle.

### **Ayurvedic Immunity Promoting Measures**

- She advised to consume Chyavanprash (10gm) in the morning for boosting the immunity power.
- Drink herbal tea or homemade Kadha made from Tulsi Dalchini, Kalimirch, Shunthi and Munakka - once or twice a day.
- Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.



## Simple Ayurvedic Procedures

- **Nasal application** - Apply sesame oil / coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening. She explained nasal therapy by practical approach.
- **Oil pulling therapy**- Take 1 table spoon sesame or coconut oil in mouth. Do not drink, Swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

## During dry cough / sore throat

- Steam inhalation with fresh Pudina leaves or Ajwain can be practiced once in a day.
- Lavang powder mixed with natural sugar / honey can be taken 2-3 times a day in case of cough or throat irritation.
- These measures generally treat normal dry cough and sore throat.
- She also explain the Self-care precautions one can do to prevent from virus.



Dr. Bindiya Soni, I/c Director of Anand Institute of Management, gave a vote of thanks to Dr.Manisha Gohel for their knowledge sharing and valuable time. The Webinar was very effective and informative for the students. She advised how to make our life healthy by showcasing the long-term advantages of exercises, yoga, Meditations, Healthy food etc. Overall the session was very informative and student enjoyed a lot.

**Prepared by: Tejal Patel, Assistant Professor, Anand Institute of Management**