

Govt College for Women (Autonomous), Guntur
In Celebration of
NATIONAL NUTRITION MONTH - (September)
Invites you to the
NATIONAL WEBINAR on 30th Sep 2020
Management of Nutrition to
fight against - Diabetes,
Obesity and COVID-19
Guest of Honour – Prof. P. V. Shelvam,
Annamalai University
REGISTRATION <https://forms.gle/NrsqN4WJ3RxewfPb9>
MANDATORY (FREE)
Organizers:
Dept. of Biochemistry & Physical Education in collaboration with IQAC



National Webinar - 30th Sep 2020, 1.30 – 4.00 pm

MANAGEMENT OF NUTRITION TO FIGHT AGAINST DIABETES, OBESITY AND COVID-19

Guest of Honour

Prof. P. V. Shelvam,
HOD Dept of Physical Education, Dean of Education
Annamalai University, Chennai, Tamil Nadu

Distinguished Speakers

Dr. P. Manju Pushpa, PhD Assistant professor,
Bharathiar University, Coimbatore, Tamil Nadu

Dr. Ch. Manjula, MSc, M.Phil, PhD B Grade Guest Faculty,
Acharya Nagarjuna University, Guntur, Andhra Pradesh

Programme Sheet

Welcoming the Guests and Participants	Mrs. D. Vijaya Sree, Convenor Asst. Professor Dept. of biochemistry
Address by Programme Chairman	Dr. V. Rama Jyothsna Kumari Principal, RJD (FAC)
Address by guest of Honour	Prof. P. V. Shelvam, HOD Dept of Physical Education, Dean of Education Annamalai University, Chennai, Tamil Nadu
Address by IQAC coordinaor	Dr. K. Vijaya Babu Associate Professor Dept. of English
Introduction of Guest	Dr. T. Suseelamma Asst. Professor Dept. of Physical Education
Presentation	Dr. P. Manju Pushpa – Nutritional Management for Diabetes and obesity
Introduction of Guest	Mrs. B. Dorka Vijaya Kumari Asst. Professor Dept. of biochemistry
Presentation	Dr. Ch. Manjula – Nutrition is needed to prevent COVID-19, it can save your Life
Vote of Thanks	Dr. T. Suseelamma, Convenor Asst. Professor Dept. of Physical Education

Introduction: The departments of Biochemistry and Physical Education of Govt. College for Women (A), Guntur has organized a National Nutrition Webinar - 2020 to the students and faculty on the theme **“Management of Nutrition to fight against – Diabetes, Obesity and COVID-19”** and invited **Dr. P. V. Shelvam Professor and Dean of Education, Annamalai University** as **Guest of Honour** and Dr. P. Manju Pushpa Asst. Professor in Physical Education at Bharathiar University, Coimbatore, Tamil Nadu and Dr. Ch. Manjula B-Grade Guest Faculty in Nutrition, Acharya Nagarjuna University, Guntur, Andhra Pradesh as resource persons. K. Jaya Prakash, Dr. S. Veena, Dr. K Saileela Asst. Professors from Department of Education, Annamalai University has acted as the technical resource persons. The webinar gives the detailed knowledge on how **Diabetes, Obesity and COVID-19** can be cope up through nutrition.

Day by day new cases were been identified regarding **Diabetes, Obesity and COVID-19** in India. Hence the departments of Biochemistry and Physical Education has thought to organize the webinar to give awareness to the students and faculty through out the Nation especially during the month of National Nutrition Month – September 2020.

Objective: Adequate nutrition is primary for a healthy life and which also reduces the risk of chronic diseases. Consumption of a balanced diet with the right proportion of macro and micronutrients like (carbohydrates, proteins, fats) (vitamins and minerals) on regularly helps to improve immunity, maintain good microbial flora, prevent common diseases like diabetes, hypertension, heart disease, they also help to ensure healthy ageing and increase life expectancy.

Based on the current scenario the departments of Biochemistry and Physical Education of Govt. College for Women (A) has planned to utilize the opportunity **September** as the **National Nutrition Month** declared by the **Honourable Prime Minister Sri. Narendra Modi**. The

decision to celebrate September as the National Nutrition Month every year was taken during the second meeting of National Council on India's Nutrition Challenges under the Poshan Abhiyaan held in July this year.

India being second largest in population has 3.9% obese comparatively but regarding diabetes India was in second place along with the population. Its competing. Obesity also plays a role for diabetes And according to the current scenario due to rapid growth in the no of COVID 19 cases and lack of vaccine; made us to depend on diet to suppress the activity of the virus. Hence to have a brief knowledge on the content necessary to all sorts of people through out the Nation the departments of Biochemistry and physical education of GCW(A) has chosen the theme **“Management of Nutrition to fight against – Diabetes, Obesity and COVID-19”** and arranged the talks accordingly in the webinar.

Details: The webinar was conducted on *30th September 2020* through ZOOM. The convenor of the program Mrs. D. Vijaya sree gave the introduction for the theme of webinar, the college *principal Dr. V. R. Jyothsna Kumari* gave the keynote address and congratulated the organizers for choosing the theme as nutrition was the major part in all life. She also encouraged the participants to be attentive during the webinar to gain the knowledge and utilize the opportunity. Later the *guest of honour Dr. P. V. Shelvam Professor and Dean of Education, Annamalai University* addressed the gathering, encouraged organizers, resource persons and participants. He supported the college for organizing the webinar by providing all the technical help required.

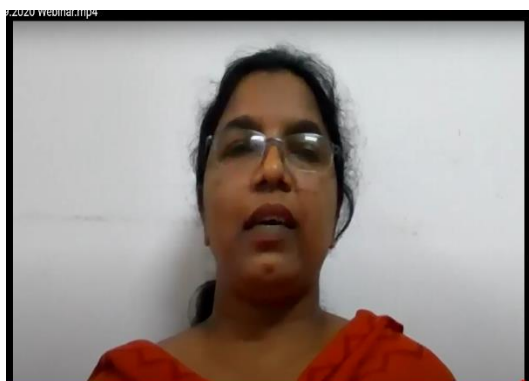
On an average 163 participants has attended the webinar from all states. They include both students and faculty from various departments like Biochemistry, Biotechnology, Microbiology, Botany, Community Science, Nutrition, Food Science, Physical Education, Educational Psychology, Pharmacy Computer Science, Commerce,

History, Tourism, Chemical Engineering, Physics, Homescience, MBA-Hospital Administration, Human Genetics.



Mrs. D. Vijaya Sree, Lecturer in Biochemistry, GCW(A), Guntur Convenor of the webinar giving introduction of the webinar

Dr. P. V. Shelvam Professor and Dean of Education, Annamalai University addressing the gathering



Mrs. B. Dorka Vijaya Kumari, Lecturer in Biochemistry, GCW(A), Guntur introducing the speakers

Dr. P. Manju Pushpa Asst. Professor in Physical Education at Bharathiar University, Coimbatore, Tamil Nadu gave her presentation on Nutritional Management for Obesity and Diabetes. She gave a picture to the participants on the facts of diet and obesity and what actually obesity was? What are the causes and complications of obesity. Regarding women what are the various health issues that can occur due to obesity. She even gave the role of hormone being involved in obesity, how to loose weight. Later she has gone through what actually diabetes was and what are the types and on what basis they occur. What type of diet was preferred but what are the thoughts of people,

importance of exercise etc. and concluded with 'Your body can do it. It's time to convince you'



FACTS ABOUT OVERWEIGHT AND OBESITY (WHO)

- It's a leading risks factors for global deaths.
- 8% of global death each year-2017
- 13% of adult in the world are obese
- 39% of adult are overweight
- 38 million children under the age of 5 -2019
- On an average almost 30% of the population in globe-2019

IN INDIA

- 135 million adults are obese-2015(ICMR-INDIAB)
- It varies from 11.8% to 31.3% .
- 5-8.8% of school children are obese.

Dr. P. Manju Pushpa Asst. Professor in Physical Education at Bharathiar University, Coimbatore, Tamil Nadu presenting her presentation

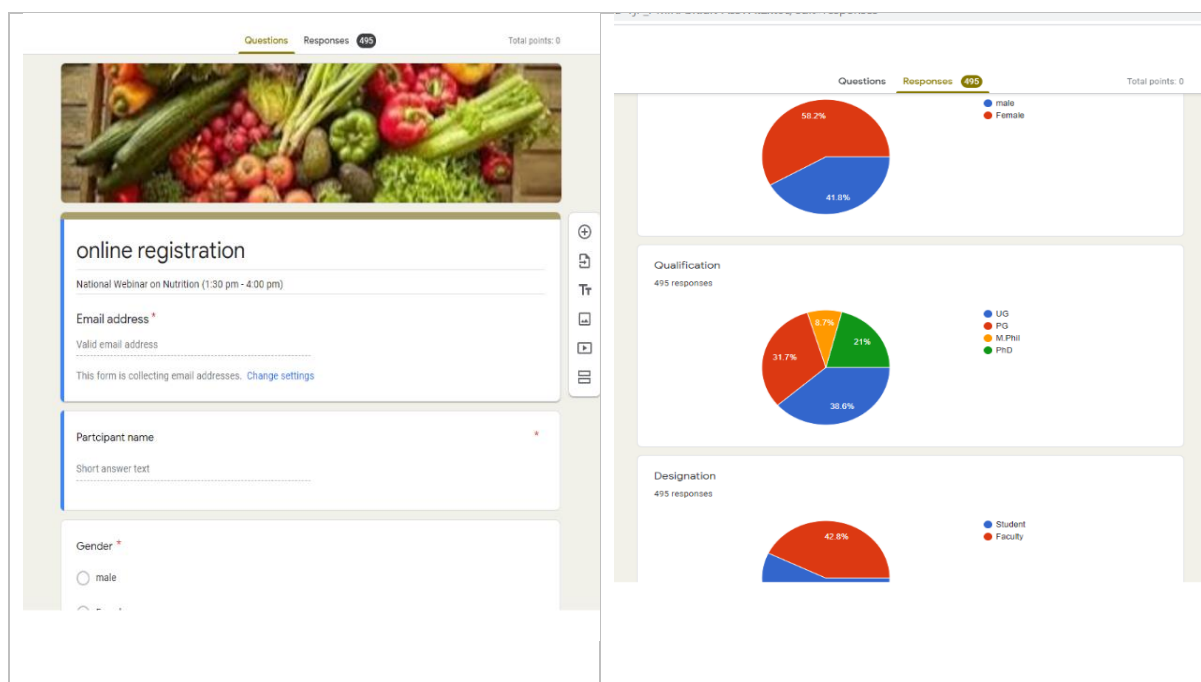
Dr. Ch. Manjula B-Grade Guest Faculty in Nutrition, Acharya Nagarjuna University, Guntur, Andhra Pradesh gave her presentation on Having balanced nutrition is also very important to keep your body in shape and healthy so Eat well, Feel well & Look well. She gave a detailed note on classification of food, balanced diet, recommended

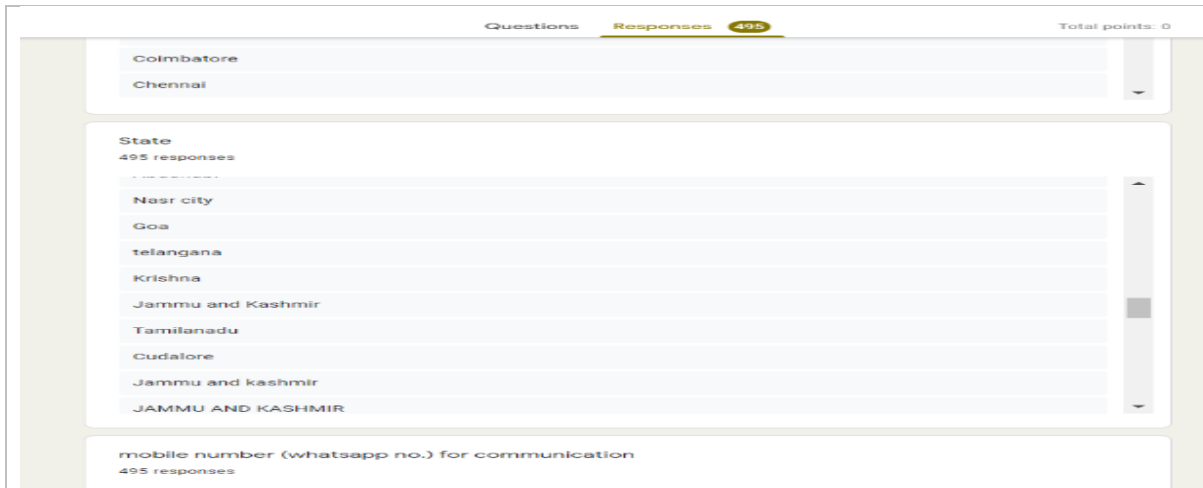


- Covid – 19 or Coronavirus was declared as a global pandemic by the World Health Organization.
- Individuals in certain pre-existing illnesses like **diabetes, hypertension, cardio vascular disease**, and respiratory issues are at a higher risk of having Covid 19 complications.

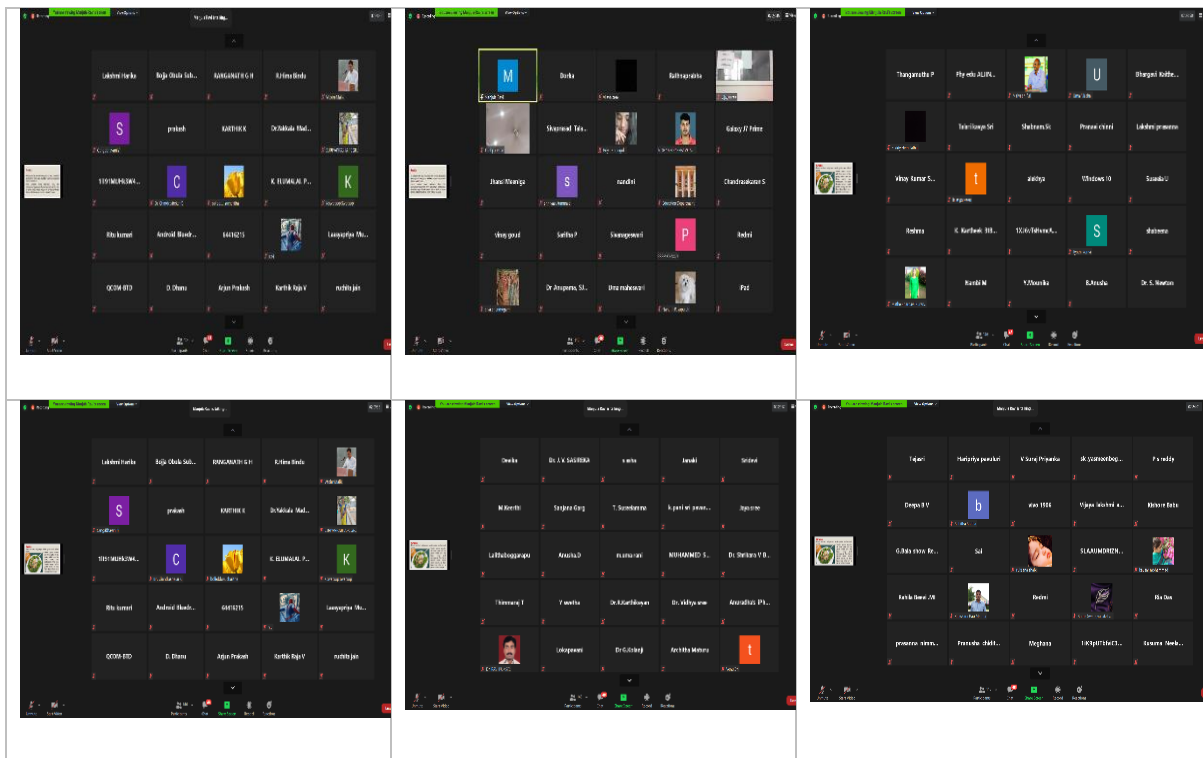
Dr. Ch. Manjula B-Grade Guest Faculty in Nutrition, Acharya Nagarjuna University, Guntur, Andhra Pradesh delivering her presentation

dietary action, eight easy tricks for eating healthy every day, importance of glycemic index and glycemic load. Based on all these now how Chronic Obstructive Pulmonary Disease (COPD) patients have to cope with nutrition was delivered. COVID-19 being one of the COPD she related the importance of diet which plays a major role for the metabolism in our body so that the production of the carbon dioxide levels will play a major role in proper breathing. And at present as there was no vaccine available till now most of the people has to depend on the diet to improve or to boost the immune system against Corona Virus so that the risk of infection can be minimised. Supplements for immune boosting foods were also recommended.





Free online registration of the participants was done; received 495 responses throughout the nation from the faculty and students of various departments.





Dr. T. Suseelamma, Lecturer in Physical Education, GCW(A), Guntur Convenor of the webinar presenting vote of thanks on the webinar

Feedback: Received very good feedback from the participants and also requested to organize such webinar

Questions Responses 140

This section is very useful in this situation iam soo happy to participate in this section ...and I learning soo many unknown information about balance diert and nutrition to fight against diabets and obisity..and speakers are telling very clarity about topic..!q mam !qq soo much

Thankx for the information mam. especially manjula mam explained clearly..

Very useful information mam thank you so much mam

Good session

Very Informative.

Very help ful for me

It is very good and useful webinar. By this we get lots of information about food and it's uses tq so much manjula mam and manju pushpa mam.

Excellent helpful webinar for our health

Suggestions for Improvement
140 responses

No

Good

Nothing

No suggestions

Nothing

Questions Responses **140**

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Suggestions for improvement
140 responses

No

Good

Nothing

No suggestions

Nothing

Outcome: Nearly 200 has participated for the webinar. All the participants had responded well and 140 have provided their feedback through google forms. That shows they have involved in the presentations and gained knowledge from both the presentations. They even thanked the organisers of the webinar for providing the valuable information required to them in the right time. E-Certificates were given to the participants who submitted feedback.



Govt College for Women (Autonomous)
Guntur, Andhra Pradesh



Certificate of Participation

This is to certify that Dr./ Mr./ Ms. S.VEENA
at Annamalai University

participated in the National Webinar on the theme of "*Management of Nutrition to fight against Diabetes, Obesity and COVID-19*" on 30th Sep 2020 organized by the Departments of Biochemistry and Physical Education in collaboration with IQAC, Government College for Women (Autonomous), Guntur, Andhra Pradesh.

Dr. V. Rama Jyothsna Kumari
Principal, RID(FAC)

D. Vijaya Sree
Convenor

Dr. T. Suseelamma
Convenor

WORLD BREAST CANCER AWARENESS

MONTH October 2020

Early Detection Can Help Save Lives

QUIZ BY

Department of Biochemistry
Govt. College for Women(A)
Guntur, Andhra Pradesh



Introduction: On the occasion of October as breast cancer awareness month, Department of Biochemistry, Government College for Women (Autonomous), Guntur, has organized the virtual quiz. In the spirit of raising awareness, we brought this virtual quiz to the students and faculty all through the nation. The students and faculty became part of the awareness by attempting the quiz. The virtual quiz was held by Google forms.

Objective: To provide awareness on the breast cancer the department has chosen the virtual quiz as the choice to provide awareness. This provides every woman has access to education, screening, treatment, support and hope.

Students and families will get awareness on breast cancer and as they love their life can enrich their diet, go for early diagnosis if any symptoms appear and can have a better treatment as it was age related and not gender biased.

Details: To provide awareness on the breast cancer, the department has chosen the 'World Breast Cancer Awareness Month – October' as the platform. So the department has utilized google forms to give awareness on it.

World Breast Cancer Awareness Month is [observed](#) annually on October for [raising global awareness](#) of the prevention, diagnosis and treatment of [breast cancer](#). As per the current scenario the quiz was conducted virtual by google form platform.

The faculty of the department have encouraged all so as it'll help the students to understand the severity of the condition all facing. As it was not gender, race biased etc; all should gain the knowledge regarding it and have to take necessary precautions to avoid as a family and friends.

“Early Detection Can Help Save Lives” is the theme for this year 2020.

Early detection and treatment as well as palliative care of this disease is most required. Breast cancer is by far the most common cancer in women worldwide, both in the developed and developing countries. In low- and middle-income countries the disease has been rising steadily in the last years due to increase in life expectancy, urbanization and adoption of western lifestyles.

Currently there is not enough knowledge on the causes of breast cancer, therefore, early detection of the disease remains the cornerstone of breast cancer control. When breast cancer is detected early, and if adequate diagnosis and treatment are available, there is a good chance that breast cancer can be cured. If detected late, however, curative treatment is often no longer an

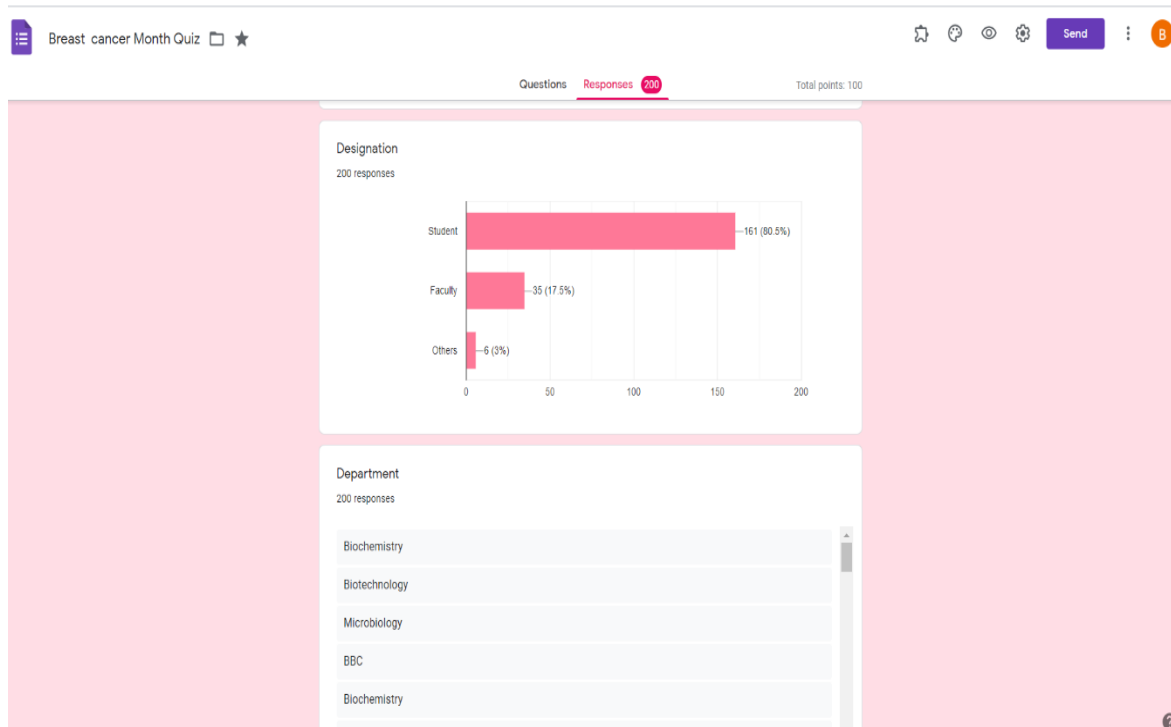
option. In such cases, palliative care to relief the suffering of patients and their families is needed.

The breast must be regularly checked, as after reaching a certain age, getting good advice from the doctors etc were mandatory for every women and recent studies has shown that even men were now prone to breast cancer.

The image shows a screenshot of a Google Forms quiz titled "Breast cancer Month Quiz". At the top, there is a banner for "BREAST CANCER AWARENESS MONTH OCTOBER" with a pink ribbon graphic. The form is divided into sections. The first section, "Section 1 of 2", contains the following fields:

- Email address ***: A text input field with a placeholder "Valid email address" and a note "This form is collecting email addresses. [Change settings](#)".
- Full name ***: A text input field with a placeholder "Short answer text".
- Designation ***: A text input field.

The form interface includes a top navigation bar with "Questions" and "Responses 200" tabs, a "Total points: 100" indicator, and a "Send" button. A sidebar on the right contains icons for zooming, printing, and other actions.



Outcome: 200 participants has attempted the virtual quiz, this shows that most of the citizens has been aware of breast cancer; as this being one of the major type of cancer worldwide especially in women. For every disease 'prevention is better than cure'. Certificates were distributed to all the participants who attempted the virtual quiz.





Introduction: On the occasion of National Cancer Awareness Day, Department of Biochemistry, Government College for Women(Autonomous), Guntur, has organized the presentations by biochemistry students to give awareness to their classmates. The presentations were held by Google meet. Four students have presented on the causes, risk factors, prevention and treatment of various types of cancer.

Objective: To provide awareness on the cancer, the department has chosen the 'National Cancer Awareness Day' as the platform. So the department suggested few students to give presentations so that other students and families will get awareness on cancer.

November 7th was considered as a **National cancer awareness Day in India to educate people about cancer, its treatment,**

and its symptoms. According to the World Health Organization (WHO), cancer is the second leading cause of death globally. In 2018, there were around 0.8 million cancer deaths in India against 9.5 million globally. By 2040, the number of new cases is estimated to be double in India.

Details: National cancer awareness Day is observed annually on November 7th to raise national awareness of the prevention, diagnosis and treatment of cancer and various types. It was launched by the Union Health Minister Dr. Harsh Vardhan in September 2014. Therefore in 2014, the day was celebrated for the first time and focuses on the early detection and cure of cancer.

According to the Lancet report about cancer, India is the second biggest killer after heart disease. India is likely to have over 17.3 lakh new cases of cancer and over 8.8 lakh deaths due to the disease by 2020 with cancers of breast, lung, and cervix topping the list

The faculty of the department have encouraged the presenters for preparing and delivering the presentation, so as it'll help the students to understand the severity of the condition all facing. As it was not gender, race biased etc; all have to gain the knowledge regarding it and have to take necessary precautions to avoid as a family and friends. 'P. Sravani, Suma Swarajya Lakshmi, Venusri of third BSc and Swaroopa of second BSc' gave the presentations and focused on the content.

The theme for this year was '**I Can, We Can**' Based on the theme all the presenters has focused on various types of cancer that are common in India. P. Sravani focused on Leukemia, Suma swarajya Lakshmi on Lymphoma, Venusri and Swaroopa on breast cancer. All focused on the national level.

Symptoms of Cancer

It has been seen that usually, cancer has no specific symptoms. Therefore, people should undergo appropriate cancer screening on time. Also, early detection of cancer has made several cancers treatable.

Symptoms of common cancer in general are:

Habits of bowel changed, for example, continuous diarrhoea, Consistent cough or blood in saliva represents simple infections like bronchitis, Unexplained anaemia (low blood count) may also result in the deadly disease, Breast lumps, Urination change, Lumps in testicles, Blood in the stool.

Various types of cancer treatment

Immunotherapy, Chemotherapy, Radiation Therapy, Hormone Therapy, Targeted Therapy, Stem Cell Transplant, Surgery, Precision Medicine etc.

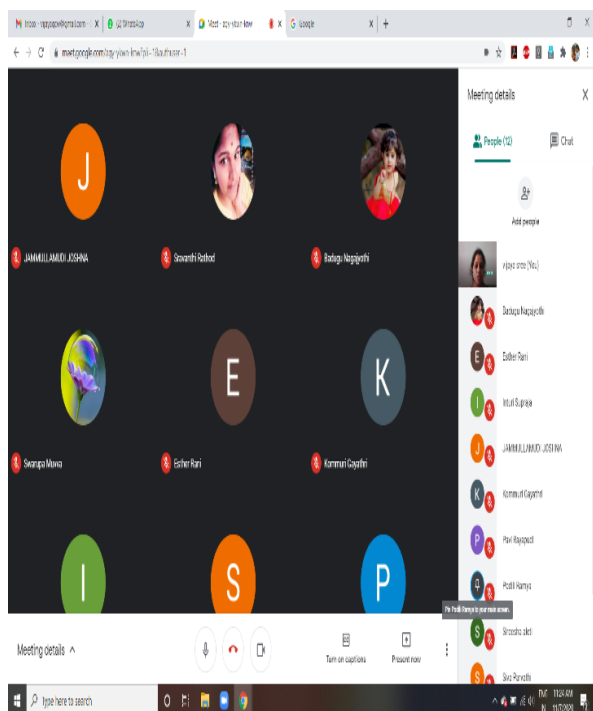
How can be cancer prevented?

Early detection and prevention is must to cure Cancer disease.

Healthy weight, Healthy diet, Physically active, Get vaccinated, Sun Protection, Don't use tobacco, Regular check-ups etc.

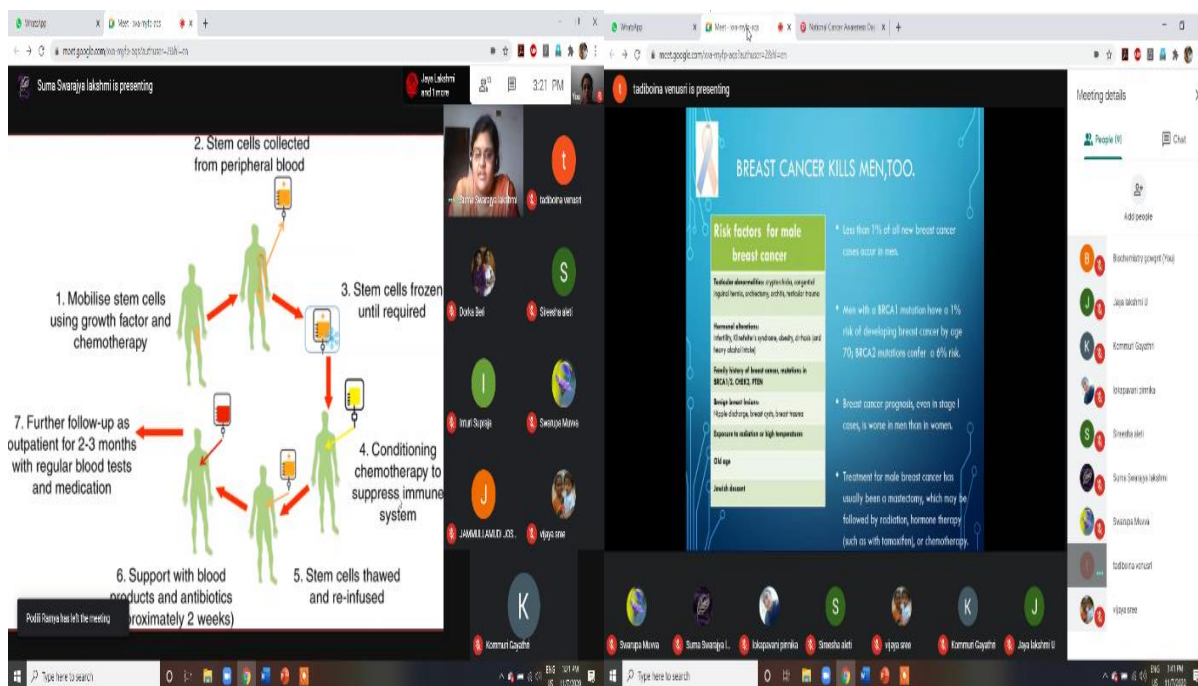
Therefore, National Cancer Awareness Day highlights the cancer disease across the country to reduce the risk of cancer and to provide knowledge on how to tackle this disease and what are the probable symptoms that should not be neglected. [World Cancer Day](#) is also celebrated on 4 February annually to raise awareness about cancer globally.

As per the current scenario the presentations were done online by google meet platform. Second and third year students of biochemistry were the target audience.



TYPES OF LUKEMIA

- The four most common types of leukemia are acute lymphocytic leukemia, chronic lymphocytic leukemia, **acute myeloid leukemia**, and **chronic myeloid leukemia**.
- Acute lymphocytic leukemia** (ALL, also known as acute lymphoblastic leukemia) is the most common type of leukemia in children, but it can also affect adults. In this type of leukemia, immature lymphoid cells grow rapidly in the blood. It affects almost 6,000 people per year in the U.S.
- Acute myeloid leukemia** (AML, also called **acute myelogenous leukemia**) involves the rapid growth of myeloid cells. It occurs in both adults and children and affects about 19,500 people each year in the U.S.



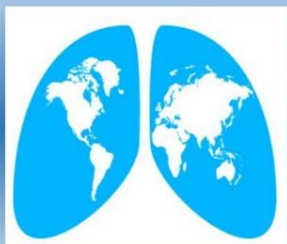
Outcome: The presenters and students have gained some knowledge on the content and are now willing to give awareness to their family and friends so that for every disease 'prevention is better than cure.' Giving a topic for presentation made students to develop vocabulary, presentation skills & communicative skills too.

World Pneumonia Day

College Level Quiz

12th Nov 2020

Healthy Lungs for All



Department of Biochemistry,
Government College for Women (A),
Guntur, Andhra Pradesh.

Introduction: On the occasion of World Pneumonia Day, Department of Biochemistry, Government College for Women (Autonomous), Guntur, has organized the virtual quiz at college level. In the spirit of raising awareness, we brought this virtual quiz to the students of our college. The students became part of the awareness by attempting the quiz. The virtual quiz was held by Google forms.

Objective: **Pneumonia was the world most disease among children and adults which cause maximum death rate - claiming the lives of 2.5 million, including 672,000 children, in 2019. As it was the respiration related disease and as per the current scenario COVID-19 which was again respiratory disease which enhance the effect ratio dramatically.** So to provide awareness on the Pneumonia that too in this pandemic situation, the department has chosen the virtual quiz on 'World

Pneumonia Day' as the choice to provide awareness. This provides to educate, screening, treatment, support and hope.

Students and families will get awareness on pneumonia and as they love their children can enrich their care and attention and will go for early diagnosis if any symptoms appear and can have a better treatment as it was age related and not gender biased.

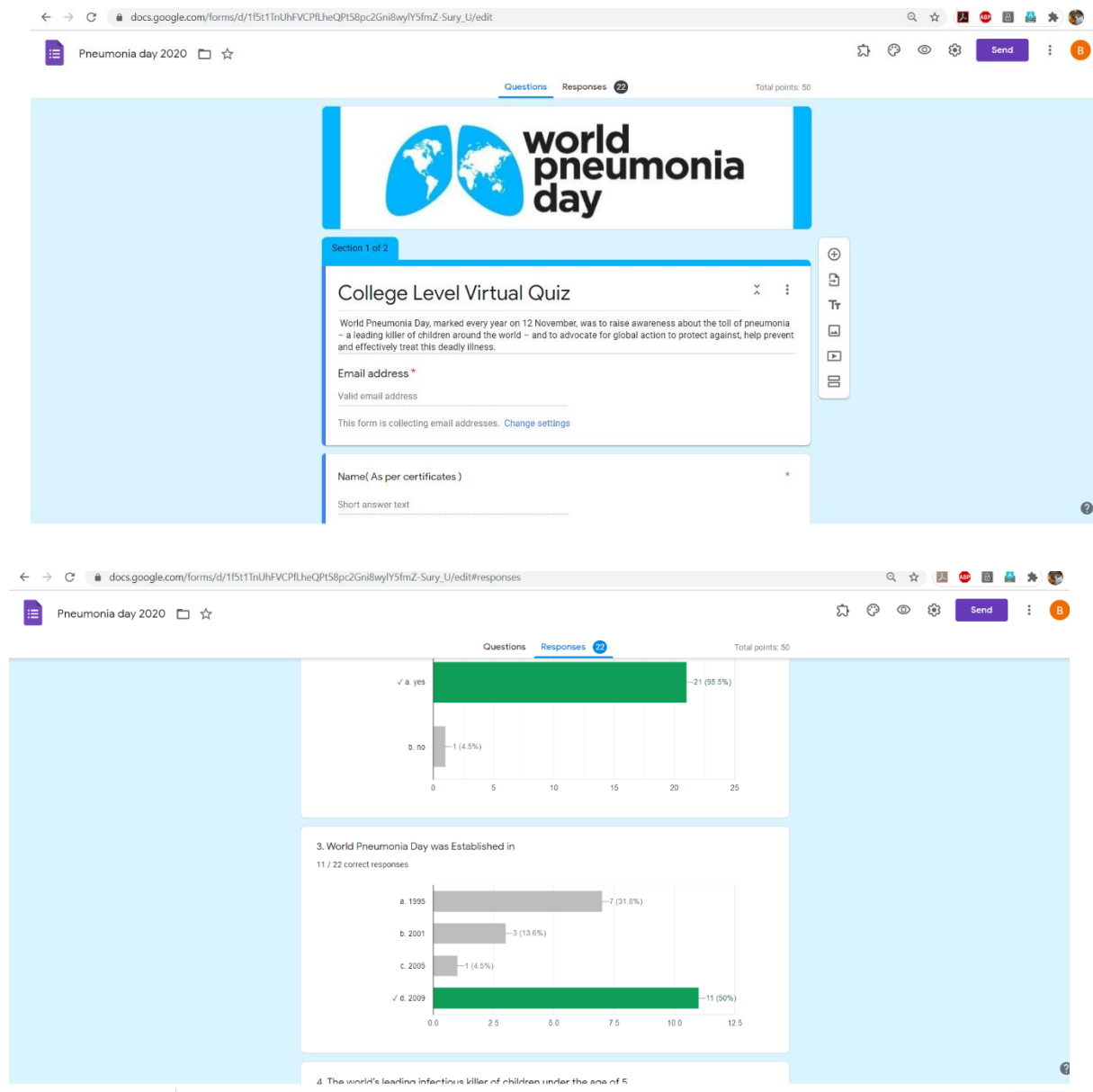
Details: To provide awareness on the pneumonia, the department has chosen the 'World Pneumonia Day' as the platform. So the department has utilized google forms to give awareness on it.

World Pneumonia Day is [observed](#) annually on November 12th for [raising global awareness](#) of the prevention, diagnosis and treatment. As per the current scenario the quiz was conducted virtually by google form platform.

The faculty of the department have encouraged all so as it'll help the students to understand the severity of the condition all facing. As it was not gender, race biased etc; all should gain the knowledge regarding it and have to take necessary precautions to avoid as a family and friends.

'Healthy lungs for All' is the theme for this year 2020.

COVID-19 could add 1.9 million to the death toll this year. **Hence the theme for this year suits aptly. And <https://stopppneumonia.org> ‘every breath counts’ suggests WORLD PNEUMONIA DAY – LET’S INCREASE ACCESS TO MEDICAL OXYGEN. As COVID patients require more oxygen for their survival.**



Early detection and treatment as well as palliative care of this disease is most required. Pneumonia is by far the most common

disease in children worldwide, both in the developed and developing countries. In low and middle income countries the disease has been rising steadily in the last years.

Outcome: 22 participants has attempted the virtual quiz from our college. This shows that most of the students were not aware of the disease; so it indicates our responsibility to provide awareness in all aspects to eradicate it completely. Certificates were distributed to all the participants who attempted the virtual quiz.

