

Dayananda Sagar College of Arts, Science and Commerce

Department of Computer Applications-MCA

“Healthy Life Style for Sustainable Living”

Summary: The year 2020 is all about “Social Distancing”, ”Self-Isolation”, ”Hand and Sanitizer”, ”Hand wash and Hygiene”. To have knowledge and keep ourselves highly Hygienic and clean, Department of MCA organized a Webinar by inviting 3 Speakers who is “Dr. Deepthi”, ”Dr. Liza Thomas” and Dr. Rashmi” who enlightened us in the area of Health and Nutrition, Maintaining Mental Health and Having Balanced Sleep During this Pandemic period. The speakers concentrated on consuming good food which includes fresh vegetables, proteins, and carbohydrates in their diet. They also concentrated on psychology and mental problems like what exactly in Adolescence people face. At last they included health consciousness, stages of sleep and quality of sleep. The entire session was very informative and full of facts.

The screenshot shows a Google Meet interface with a presentation slide titled "TRANS FATS IN OUR DIETS" by Rashmi H Poojara. The slide is divided into sections: "WHAT'S TASTY ISN'T HEALTHY", "WATCH IT BEFORE YOU GORGE ON THOSE GOODIES", and "TRANS FAT IN INDIAN FOOD". It includes a table of trans fat content in various Indian foods and a warning about the health risks of trans fat consumption.

Trans fat content in fried and baked food items			
Tandoor: 18gms	Tandoor: 7.5gms	Tandoor: 4.4gms	Tandoor: 2.7gms
Kaava: 100gms	Fried potato chat: 100gms	Bhatura: 30gms	Samosa: 7gms
Tandoor: 2.7gms	Tandoor: 1.54gms	Tandoor: 1.32gms	Fried: 1.48gms
Parantha: 34gms	Veg pakode: 100gms	Bakery biscuits: 100gms	Bhaja: 100gms

Research shows trans fat consumption increases bad cholesterol (LDL) in blood and decreases the amount of good cholesterol (HDL)—raising the risk of coronary heart disease and heart attacks

1. Dr. Rashmi presenting on the topic Trans Fats in Our Diets

deepthi pallurath thakethil is presenting

HEALTHY LIFESTYLE FOR SUSTAINABLE LIVING

FOCUS ON PSYCHOLOGICAL ISSUES IN TEENAGE STUDENTS

By:
Dr. Deepthi P.T.
Assistant Professor, Department of Psychiatry
Amrita Institute of Medical Sciences, Kochi.

Meeting details

People (76)

- Shekhar B
- Shriya Barad
- Shweta Kale
- shwetha gowda
- Sibi Binoy
- sinchana sharma
- Srivatsala V
- stalin
- Sunil Rao

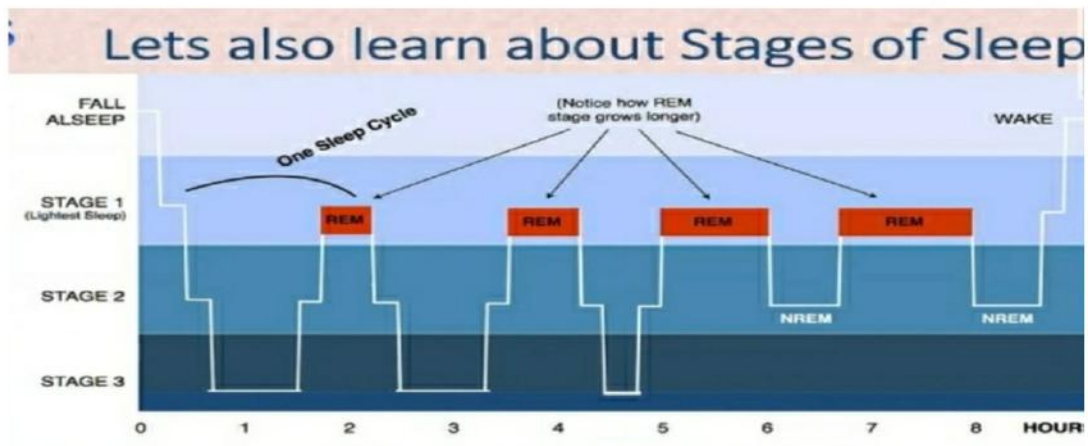
Meeting details ^

Meeting controls: Mute, Video, Raise hand, Turn on captions, deepthi pallurath thakethil is presenting

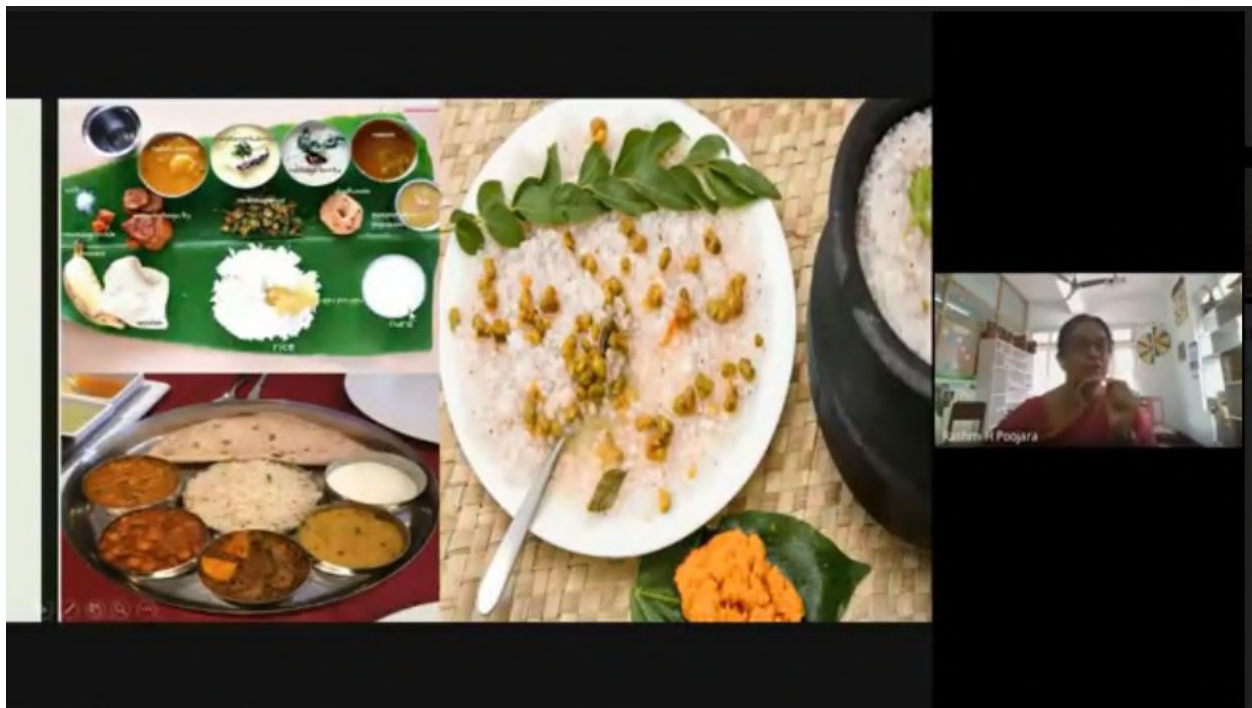
System tray: 2:47 PM, 12/7/2020

2. Dr. Deepthi presentation on Healthy life style for Sustainable Living

STAGES OF SLEEP...



3. Dr. Liza Thomas presenting on Stages of Sleep



4. Describing a complete meal

QUALITY OF SLEEP

- **REGULAR**
- **FALLS TO SLEEP EASILY**
- **DEPTH, DURATION**
- **NO NIGHT AWAKENING**
- **SNORING**
- **ABNORMAL MOVEMENTS**
- **FRESH ON AWAKENING**
- **NO DAYTIME SOMNOLENCE**
- **NO EARLY MORNING HEADACHE**

The slide features a purple background on the right side with a cartoon illustration of a pink unicorn wearing a purple winter hat and blue earmuffs, peacefully sleeping on a yellow crescent moon. The video player interface at the bottom shows a progress bar at 1:32:39 / 2:06:23 and standard playback controls.

Liza Thomas

5. Speaker gives the importance of quality and Quantity of sleep