



**CENTRAL UNIVERSITY OF KERALA**

**APJ ABDUL KALAM CENTRE FOR EXTENSION SERVICES**



**Webinar on**

***GEARING UP TO TACKLE POST COVID SYNDROME***

**30 December 2020**

**3.00 PM – 4.30 PM**

**Join us**

[https://zoom.us/j/92438905142?pwd=YkVBMH  
A2RS9IN2IRamJCQkE2L2Z5Zz09](https://zoom.us/j/92438905142?pwd=YkVBMH<br/>A2RS9IN2IRamJCQkE2L2Z5Zz09)

**Meeting ID: 924 3890 5142**

**Passcode: 462573**



**Dr. A S Kannan MBBS, PGDFM**

**Medical Officer**

**Central University of Kerala**

**Health Centre, CUK**

**Department of Public Health & Community Medicine**

This webinar is organized for students and staff of Central University of Kerala

## Report of the webinar on 'Gearing up to tackle Post-COVID Syndrome'

A webinar on 'Gearing up to tackle Post COVID Syndrome' was organized by the Department of Public Health and Community Medicine and Health Centre, Central University of Kerala (CUK) under the aegis of APJ Abdul Kalam Centre for Extension Services on Wednesday, Decemebr 30, 2020 from 3 PM to 4.00 PM. Speaker of the Webinar was Dr AS Kannan, Medical officer at CUK medical centre. This webinar was organized to sensitize students and staff of the Central University of Kerala regarding the Post-COVID Syndrome.

Dr Elezebeth Mathews (Head of the Department, PH & CM) welcomed the audience. Dr A. K Mohan, Director, APJ Abdul Kalam Centre for Extension Services delivered the Inaugural Address and mentioned the multidimensional impact of COVID-19. The webinar gave the audience an insight into Post-COVID syndrome, which is expected to happen in 60-70% after COVID -19 infection. Dr Kannan explained the COVID-19 infection, symptoms, testing and post-COVID physical and mental symptoms. He talked on how we can effectively handle the symptoms through remedies and precautions we can take so that the impact of the same can be reduced. He stressed on the importance of staying healthy, boosting immunity, reducing mental stress by sharing and caring. He then clarified a few common myths on COVID infection.

The second half of the webinar was allocated for the discussion and questions from the audience. Queries and concerns on infectivity, COVID vaccines, and new coronavirus strains were addressed by Dr Kannan. Prof. (Dr.) K R Thankappan (PH & CM), Capt. Ravindra Kumar (Medical Officer, University of Hyderabad shared expert opinions and Prakash Babu Kodali (PH & CM) delivered the vote of thanks. Dr Sibasis Hense moderated the sessions. The webinar was attended by 180 participants.

The session concluded with a note of hope for a better COVID free new year and on importance of preventing infection through effective precautionary measures while we move forward to the unlocking phase.