Nutritional Supplement and Immunity Diet during Covid 19

Department of Journalism and Mass Communication of St. Albert’s college (Autonomous),

Ernakulam observed the World Environment Day on 7 th June 2021 at 2 p.m. The department

conducted a webinar on the topic, Nutritional Supplements and Immunity Diet during Covid

19 by Ms. Swapna Rajeev, Asst. Manager, Department of Nutrition and Dietetics, Renai

Medicity. The webinar began with a prayer by Sara Siju of B.A. Triple Main and Maria Liz

Keerthana of B.A Triple Main took on the responsibility of emceeing. Asst. Prof. Nikitha

Shaji Thomas, the HoD, welcomed the virtual gathering. Ms. Swapna Rajeev spoke in length

about the supplements required to boost our immunity, generally and also in the specific

context of Covid 19. She presented the facts with charts and pictures and made it a

comprehensive information session. The Q &amp; A session after the talk was eventful with the

audience seeking information and clarifying certain misinformation on food habits and

vaccination. Ms. Maria Liz Keerthana gave the vote of thanks. The session extended up to

3.30 p.m.



