

# **Prepare Yourself to Stay Fit Indoors on 10<sup>th</sup> May 2020**

Under the banner of Women Welfare Wing, Department organized a webinar on **Prepare Yourself to Stay Fit Indoors** through Cisco Webex on 10th May-20, exclusively for ladies. The session was led by Ms. Aysha Bint Seyd., ATP coordinator and Diet planner in Greens Fitness Studio.

Coordinators name : 1) Ms. Laila V., 2) Ms. Jitha K.

Student Representative : Shabnah

An interactive session was handled by the spokesperson on a variety of topics like:

- ✓ PCOD causes and cures
- ✓ Exercise types and benefits
- ✓ BMI, Waist to Hip ratio
- ✓ Traditional diet and kitchen modifications
- ✓ Natural remedies for acidity, constipation, thyroid, sugar cravings, tiredness and lethargy.
- ✓ Benefits of Haldhi milk at bedtime

The humorous way in which the session was handled that helped all the gathered ladies to have an open discussion on many things which usually girls feel shy to ask. She also reminded us about how important it is to maintain good hygiene and the need for a healthy diet. The talk was indeed of great use to all the participants.

There was an active participation of about 50 from various parts of Kerala. The session was very interesting and informative.



WEBINAR ON

# PREPARE YOURSELF TO STAY FIT INDOORS

Exclusively for ladies



SESSION BY :

**AYSHA BINT SEYD**

( ATP Coordinator & Diet Planner  
in Greens Fitness Studio )

- ❶ PCOD causes and cures.
- ❶ Exercise type and benefits.
- ❶ BMI, Waist to hip ratio.
- ❶ Traditional diet and kitchen modifications.
- ❶ Natural remedies for acidity, constipation, thyroid, sugar cravings, tiredness and lethargy.
- ❶ Benefits of Haldhi milk at bedtime.

📅 10 MAY 2020

🕒 11 am to 12 pm

REGISTER AT :- [BIT.LY/WIEWEBINAR2](https://bit.ly/wiewebinar2)



Department of Computer Science & Engineering  
MEA Engineering College, Perinthalmanna.

The image shows a Zoom meeting grid with 20 participants. The participants are arranged in a 5x4 grid. The first row shows four participants: Abchar P (Host) with initials AP, Dr.Fathima Abdul khader with initials DK, laila, and adhilashoukath. The second row shows shamna k, Zuhra Ashraf, a placeholder with initials ???, ANU.K.P with initials AK, and ASUS with initials A. The third row shows Aswani k with initials AK, best with initials B, divyavs667 with initials D, fathimaanwar.v with initials F, and HOME-PC with initials H. The fourth row shows Jameela A with initials JA, jaseena C A with initials JA, jashi108 with initials J, jauharakhader with initials J, and Jeeja Menon with initials JM. The fifth row shows jitha k with initials JK, lilu.liloja7 with initials L, mubeena194ak with initials M, Naseera marvan with initials NM, and sahla aboobacker with initials SA. A chat bubble from user 'jashi108' is visible, containing the text: "jashi108: can u suggest a good brand of ghee". The Zoom interface includes a toolbar at the bottom with icons for mute, video, chat, and other functions.

