


INTERNAL QUALITY ASSURANCE CELL (IQAC)

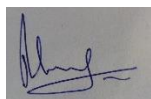
PROFORMA FOR REQUESTING APPROVAL TO CONDUCT ONLINE EVENT

Sl.No.	Particular	Response
1	Name of the Department	IQAC in association with Staff welfare and AMET Covid Cell
2	Name of the Event	Awareness program on Covid-19
3	Category of the Event	Faculty Development Program
4	Date(s) and time of the Event	29.05.21 @ 3pm to 6 pm
5	Name and Designation of Organizing Secretary (Responsible for submission of reports and accounts)	Mr. R.Sundar and Mr. R.Praveen Kumar Assistant Professor, Department of Marine Engineering, Core Working Group -Member
6	Name of the Online Platform proposed to conduct	Zoom
7	If Zoom Webinar slot is requested, whether Slot has been booked with System Manager	Yes, Slot Free during the timing
8	Details of External Resource Person and Collaborating agencies, if any	Dr.Madhukartheesh-B.S, M.S-Siddha practitioner DR.Safi.M.Sulaiman , M.B.B.S,M.D , Diabetologist
9	Budget requirement with brief break up	3000/- each - (3000 * 2 = 6000/-) -Rs.6000/- Six thousand rupees only
10	Whether registration fee is collected from participants? If yes give details.	No
11	Whether the brochure prepared as per guidelines is attached?	Yes
12	Whether draft invitation and certificates are attached	Yes

Notes:

1. All reports in required format to be submitted to iqac@ametuniv.ac.in; Recorded sessions are to be submitted to emrhc@ametuniv.ac.in
2. Honorarium for experts will be paid only after submission of reports to the IQAC in prescribed format
3. For National and International Conference Honorarium, International Experts: 100 USD; National Experts from Premier Institutes Rs 5000; Other experts Rs 3000; For other events like Guest Lecture, FDP, workshops, webinars, kind of events, the Honorarium amount is Rs 2000 for all categories of experts per session/event.
4. Registration fee if any are to be collected only through University/Department official bank accounts


 (R.SUNDAR)



Signature and seal of the HoD

Date of Submission: 27.05.21



AMET
ACADEMY OF MARITIME EDUCATION AND TRAINING
Deemed to be University Under Section 3 of UGC Act 1956

INTERNAL QUALITY ASSURANCE CELL (IQAC)

In association with

CENTER FOR FACULTY AND STAFF WELFARE

and

AMET COVID CELL

Organizes

Orientation Programme on “*Healthy Food Habits and Safety Precautions during Covid 19 Pandemic*”

Date : 29th May 2021

Time : 03.00 PM to 05.00 PM

Mode : Online (Zoom)

Please click the link below to join the webinar :

<https://zoom.us/j/94319559043?pwd=WWk1aWJjU2NkbmphNWtGOTICbS9YUT09>

Passcode : 123

Session - 1



Dr. Madhu Kartheesh, BSMS (Siddha),

Specialist in Nadi Pariksha

Time : 03.00 PM to 04.00 PM

Topic : **Healthy Food Habits during Pandemic**

Session - 2



Dr. Safi. M. Sulaiman, MD. DCH. F.Neo,

Consultant Diabetologist & Neonatal Pediatrician

Time : 04.00 PM to 05.00 PM

Topic : **Safety and Precautions for Covid - 19**

- ▶ The Orientation Programme is for all Faculty and Staff
- ▶ E-certificate will be provided for all participants
- ▶ No Registration fees

Mr. R.Praveen Kumar

Staff Welfare
Coordinator

Mr. R. Sundar

IQAC CWG
Organizing Secretary

Dr. K. Duraipandian

Director- Staff Welfare
Convener

Dr. N.R. Ram Kumar

Director – Students Welfare
Convener

Circular

Sub: Orientation Programme on “Healthy Food Habits and Safety Precautions during Covid 19 pandemic” on 29.05.21 @ 3pm to 5 pm through online Zoom Meet.

Dear Sir/ Madam,

Internal Quality Assurance Cell (IQAC) in association with Center for Faculty and Staff Welfare and AMET Covid Cell Organizes Orientation Programme on “Healthy Food Habits and Safety Precautions during Covid 19 pandemic” on 29.05.21 @ 3pm to 5 pm through online Zoom Meet.

Col. Dr. G.Thriuvassagam Presides over the programme.

Title of the Event: “Healthy Food Habits and Safety Precautions during Covid 19 Pandemic”

Date & Time: 29-05-2021 (Monday) at 03.00 PM to 05.00 PM

Session 1 (3pm-4pm)

**Resource Person: Dr. Madhu Kartheesh – BS.MS (Siddha),
Specialist in Nadi Pariksha**

Topic: Healthy Food Habits during Pandemic

Session 2 (4pm-5pm)

**Resource Person: Dr. Safi. M. Sulaiman. MD. DCH. F.Neo,
Consultant Diabetologist & Neonatal Pediatrician**

Topic: Safety and Precautions for Covid – 19

Zoom Link:

<https://zoom.us/j/94319559043?pwd=WWk1aWJjU2NkbmphNWtGOtICbS9YUT09>

Passcode: **123**

The programme is mandatory for all Administrative, Non-Teaching and Maintenance Staff.

All the faculty members are invited.

E-Certificates will be issued for all participants

Organizing secretary:	Mr. R.Sundar, Assistant Professor, IQAC- Core Working Group Member Mr. R. Praveen Kumar, Coordinator-Staff welfare
Convener	: Dr. K.Duraipandian, Director- Staff Welfare Dr. N.R.Ram Kumar, Director –Student’s Welfare



Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Requesting Approval for Covid Awareness Programme - Reg.

11 messages

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Thu, May 27, 2021 at 11:54 AM

To: Jayaprakashvel Registrar AMET <registrar@ametuniv.ac.in>

Cc: Sundar EEE - Asst Prof <sundar.r@ametuniv.ac.in>, duraipandian Maritime commerce-HOD <duraipandian@ametuniv.ac.in>, covidcell AMET <covidcell@ametuniv.ac.in>

Dear Sir,

I have attached here the proforma for the "Awareness programme for Covid - 19" which is to be organised on 29/05/2021. In this regard I would like to seek your permission for organising the programme for all the faculty and staff of our University.

I also request you for a zoom link for the programme as we need to accommodate all our faculty and staff for the awareness programme.

PFA

--

R.Praveen Kumar
Assistant Professor,
Department of Mechanical Engineering,
AMET University
Kanathur, Chennai.

**Covid Awareness prog.docx**

63K

Jayaprakashvel Registrar AMET <registrar@ametuniv.ac.in>

Thu, May 27, 2021 at 12:30 PM

To: Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Cc: Sundar EEE - Asst Prof <sundar.r@ametuniv.ac.in>, duraipandian Maritime commerce-HOD <duraipandian@ametuniv.ac.in>, covidcell AMET <covidcell@ametuniv.ac.in>, Glory ADMIN HR <glory@ametuniv.ac.in>

Dear Mr Prvaeen

Your request to conduct an orientation programme for the staff on covid 19 awareness is approved with a budget of Rs 4000 (Rs 2000 each per expert)

Sincerely

Dr M Jayaprakashvel

Registrar i/c

Academy of Maritime Education and Training (AMET)

Deemed to be University

[135, East Coast Road](#)[Kanathur, Chennai-603112](#)

[Quoted text hidden]

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>
To: Jayaprakashvel Registrar AMET <registrar@ametuniv.ac.in>

Thu, May 27, 2021 at 12:45 PM

Dear Sir,

Thank you Will process the further works.

[Quoted text hidden]

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>
To: Sundar EEE - Asst Prof <sundar.r@ametuniv.ac.in>

Thu, May 27, 2021 at 12:52 PM

[Quoted text hidden]

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>
To: system manager <systemmanager@ametuniv.ac.in>

Thu, May 27, 2021 at 12:53 PM

The programme has been approved. Kindly Provide me zoom link for Saturday 29/05/2021 from 03.00PM to 06.00 PM

----- Forwarded message -----

From: **Jayaprakashvel Registrar AMET** <registrar@ametuniv.ac.in>

Date: Thu, May 27, 2021 at 12:31 PM

Subject: Re: Requesting Approval for Covid Awareness Programme - Reg.

To: Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Cc: Sundar EEE - Asst Prof <sundar.r@ametuniv.ac.in>, duraipandian Maritime commerce-HOD <duraipandian@ametuniv.ac.in>, covidcell AMET <covidcell@ametuniv.ac.in>, Glory ADMIN HR <glory@ametuniv.ac.in>

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[Quoted text hidden]

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>
To: Ramanan PRO <pro@ametuniv.ac.in>
Cc: Sundar EEE - Asst Prof <sundar.r@ametuniv.ac.in>

Thu, May 27, 2021 at 1:06 PM

Dear Sir,

Kindly prepare invitation for the same.

Attached here is the draft invitation for the processing.

----- Forwarded message -----

From: **Jayaprakashvel Registrar AMET** <registrar@ametuniv.ac.in>

Date: Thu, May 27, 2021 at 12:31 PM

Subject: Re: Requesting Approval for Covid Awareness Programme - Reg.

To: Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Cc: Sundar EEE - Asst Prof <sundar.r@ametuniv.ac.in>, duraipandian Maritime commerce-HOD <duraipandian@ametuniv.ac.in>, covidcell AMET <covidcell@ametuniv.ac.in>, Glory ADMIN HR <glory@ametuniv.ac.in>

[Quoted text hidden]

[Quoted text hidden]

 **Inavitation.docx**
143K

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>
To: system manager <systemmanager@ametuniv.ac.in>

Thu, May 27, 2021 at 5:36 PM

[Quoted text hidden]

 **Inavitation.docx**
143K

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>
To: system manager <systemmanager@ametuniv.ac.in>

Thu, May 27, 2021 at 5:38 PM

Kindly refer the invitation for date day nd timing and Programme name

[Quoted text hidden]

 **Inavitation.docx**
143K

system manager <systemmanager@ametuniv.ac.in>
To: Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Thu, May 27, 2021 at 5:45 PM

Hi there,

You are invited to a Zoom webinar.

When: May 29, 2021 03:00 PM India

Topic: Healthy Food Habits and Safety Precautions during Covid 19 pandemic

Please click the link below to join the webinar:

<https://zoom.us/j/94319559043?pwd=WWk1aWJlU2NkbmphNWtGOTICbS9YUT09>

Passcode: 123

Or One tap mobile :

US: +19292056099,,94319559043#,,,,*123# or +13017158592,,94319559043#,,,,*123#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 929 205 6099 or +1 301 715 8592 or +1 312 626 6799 or +1 669 900 6833 or +1 253 215 8782 or +1 346 248 7799

Webinar ID: 943 1955 9043

Passcode: 123

International numbers available: <https://zoom.us/j/auQPrQF40>

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Thanks & Regards

J Balasubramanian
System Manager
AMET University
[135,East Coast road](#)
[Kanathur,Chennai -603112](#)
Cell:9841055887

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>
To: Ramanan PRO <pro@ametuniv.ac.in>

Thu, May 27, 2021 at 5:46 PM

Zoom link for the programme

[Quoted text hidden]

Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>
To: Jayaprakashvel Registrar AMET <registrar@ametuniv.ac.in>

Fri, May 28, 2021 at 5:20 PM

Dear Sir,

With Reference to the approval for the orientation programme on "Healthy Food Habits and Safety Precautions during Covid 19 Pandemic" to be organised on 29/05/2021, I am sending you the Invitation, Itinerary and Covering letter for communication purposes.

Please do the needful.

PFA

On Thu, May 27, 2021 at 12:31 PM Jayaprakashvel Registrar AMET <registrar@ametuniv.ac.in> wrote:

[Quoted text hidden]

[Quoted text hidden]

3 attachments

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15K

6/1/2021

Amet University Mail - Requesting Approval for Covid Awareness Programme - Reg.



Itenary.docx

36K



IQAC Invitation (1).pdf

3507K



Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Marine Engineering - Permission requested to organize the programme (29.05.2021) - reg

1 message

ametadmin AMET <ametadmin@ametuniv.ac.in>

Thu, May 27, 2021 at 12:59 PM

To: Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Cc: Jayaprakashvel Registrar AMET <registrar@ametuniv.ac.in>, iqac amet <iqac@ametuniv.ac.in>, Jayabharathi AMET University <accountsmanager@ametuniv.ac.in>, Joint Registrar <jointregistrar@ametuniv.ac.in>, Bhoopathy Bhaskaran Principal <bhoopathy@ametuniv.ac.in>, Ramanan PRO <pro@ametuniv.ac.in>, system manager <systemmanager@ametuniv.ac.in>, Dinesh Kumar Information Tech-Asst Professor <dineshkumar@ametuniv.ac.in>

Registrar Proceedings.No.0027/AMET/ME/2021 dt.27.05.2021

This is to inform that Mr.R.Praveen Kumar, Assistant Professor in the Department of Marine Engineering has requested to organize the programme on "**Awareness Programme for Covid-19**" on 29th May 2021. His request has been considered and permitted to conduct the above programme. The "**Awareness Programme for Covid-19**" programme is approved with a total budget of Rs.4,000/-.

The Financial Controller is requested to release Rs.4,000/- towards the expenses for this event under the Department Activity after report submission.

Registrar i/c

To

Mr.R.Praveen Kumar
Assistant Professor
Department of Marine Engineering

Copy to:

1. The Joint Registrar
2. The Principal DGS-Courses
3. The Financial Controller
4. The Secretary to the Vice-Chancellor
5. The Public Relations Officer



Praveen kumar Asst Prof-Mech <praveenkumar@ametuniv.ac.in>

Orientation Programme on "Healthy Food Habits and Safety Precautions during Covid 19 pandemic" on 29.05.21 @ 3pm to 5 pm through online Zoom Meet.

1 message

ametadmin AMET <ametadmin@ametuniv.ac.in>

Sat, May 29, 2021 at 11:34 AM

To: hods@ametuniv.ac.in, Deans_Directors <Deans_directors@ametuniv.ac.in>, teachingfaculty@ametuniv.ac.in, Non Teaching staff <nonteachingstaff@ametuniv.ac.in>

Dear Sir/ Madam,

Internal Quality Assurance Cell (IQAC) in association with Center for Faculty and Staff Welfare and AMET Covid Cell Organizes Orientation Programme on **"Healthy Food Habits and Safety Precautions during Covid 19 pandemic" on 29.05.21 @ 3pm to 5 pm through online Zoom Meet.**

Col. Dr. G.Thriuvassagam Presides over the programme.

Title of the Event: "Healthy Food Habits and Safety Precautions during Covid 19 Pandemic"

Date & Time: 31-05-2021 (Monday) at 03.00 PM to 05.00 PM

Session 1 (3pm-4pm)

Resource Person: Dr. Madhu Kartheesh – [BS.MS](#) (Siddha),
Specialist in Nadi Pariksha

Topic: Healthy Food Habits during Pandemic

Session 2 (4pm-5pm)

Resource Person: Dr. Safi. M. Sulaiman. MD. DCH. F.Neo,
Consultant Diabetologist & Neonatal Pediatrician

Topic: Safety and Precautions for Covid – 19

Zoom Link: <https://zoom.us/j/94319559043?pwd=WWk1aWJjU2NkbmphNWtGOTlCbS9YUT09>

Passcode: **123**

The programme is mandatory for all admin, Non-Teaching and Maintenance Staff.

All the faculty members are invited.

E-Certificates will be issued for all participants

Organizing secretary: Mr. R.Sundar, Assistant Professor,
IQAC- Core Working Group Member
Mr. R. Praveen Kumar, Coordinator-Staff welfare
Convener : Dr. K.Duraipandian, Director- Staff Welfare
Dr. N.R.Ram Kumar, Director –Student's Welfare

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Thanks and Regards
Admin - Office.

2 attachments



Itenary.docx

38K



IQAC Invitation (1).pdf

3508K



Internal Quality Assurance Cell (IQAC)

In association with

Center for Faculty and Staff Welfare

And

AMET Covid Cell

Organizes an Orientation Programme on

“Healthy Food Habits and Safety Precautions during Covid 19 Pandemic”

Itinerary

03.00 PM – Session Commencement

03.00 PM – Welcome Address – Dr.N.R.Ram Kumar, Director- Student’s Welfare

03.05 pm – Presidential Address – Col. Dr. G. Thiruvassagam, Honourable Vice-Chancellor, AMET

03.10 PM – Theme Address and Introduction of Speaker 1 – Mr.R.Sundar, Organizing Secretary, IQAC CWG

03.15 PM – Session 1 on **Healthy Food Habits during Pandemic** by **Dr. Madhu Kartheesh – BSMS (Siddha)**, Specialist in Nadi Pariksha

04.00 PM – Introduction of Speaker 2 – Mr.R.Praveen Kumar, Coordinator- Staff Welfare

04.05 PM – Session 2 on **Safety and Precautions for Covid – 19** by **Dr. Safi. M. Sulaiman. MD. DCH. F.Neo**, Consultant Diabetologist & Neonatal Pediatrician

05.00 PM – Vote of thanks – Dr.K.Duraipandian, Director, Staff Welfare

Date: 29/05/2021

Time: 03.00 PM to 05.00 PM

Zoom link : <https://zoom.us/j/94319559043?pwd=WWk1aWJjU2NkbmphNWtGOTlCbS9YUT09>

Passcode : 123

Mr. R.Praveen Kumar

Staff Welfare

Coordinator

Mr. R.Sundar

IQAC CWG

Organizing Secretary

Dr. K.Duraipandian

Director- Staff Welfare

Convener

Dr. N.R.Ram Kumar

Director – Students Welfare

Convener



Internal Quality Assurance Cell (IQAC)

In association with

Center for Faculty and Staff Welfare

And

AMET Covid Cell

Organizes an Orientation Programme on

“Healthy Food Habits and Safety Precautions during Covid 19 Pandemic”

Date: 29/05/2021

Time : 03.00 PM to 05.00 PM

Panelist

Mr. R. Praveen Kumar – praveenkumar@ametuniv.ac.in

Mr. R. Sundar – sundar.r@ametuniv.ac.in

Dr.N.R.Ramkumar - studentswelfare@ametuniv.ac.in

Col. Dr. G. Thiruvassagam – vc@ametuniv.ac.in

Dr. M. Jayaprakashvel- registrar@ametuniv.ac.in

Dr. K. Duraipandian – mtc@ametuniv.ac.in

Dr. Safi. M. Sulaiman – Safihealthbay@gmail.com

Dr. Madhu kartheesh - drmadhukartheesh@gmail.com



Internal Quality Assurance Cell (IQAC)

In association with

Center for Faculty and Staff Welfare

And

AMET Covid Cell

Organizes an Orientation Programme on

“Healthy Food Habits and Safety Precautions during Covid 19 Pandemic”

Zoom.us meeting interface showing a video call in progress. The main window displays a large video feed of Dr. Madhu kartheesh, who is speaking into a microphone. Above the main feed, three smaller video feeds show other participants: Mr. R. Praveen Kumar, Dr. N.R. Ramkumar, and Mr. R. Sundar. The right sidebar shows the 'Participants' list with 96 attendees (9 panelists, 87 attendees). The chat window on the right shows a message from 'Me To All panelists and attendees' at 3:09:44 PM, stating 'queries to be posted in chat box sudhakar sir' and 'it will be addressed'. The bottom toolbar includes icons for Mute, Stop Video, Participants, Q&A, Share Screen, Chat, and More. The Windows taskbar at the bottom shows the system clock as 15:35 on 29-05-2021.

Zoom.us meeting interface showing a video call in progress. The main window displays a large video feed of Mr. R. Sundar, who is speaking. Above the main feed, three smaller video feeds show other participants: Mr. R. Praveen Kumar, Mr. R. Sundar, and Dr. Madhu kartheesh. The right sidebar shows the 'Participants' list with 90 attendees (10 panelists, 80 attendees). The chat window on the right shows a message from 'Me To All panelists and attendees' at 15:27, stating 'queries to be posted in chat box sudhakar sir' and 'it will be addressed'. The bottom toolbar includes icons for Certificate for R.Pr..., Logo-png.png, ppt certificate te..., and IQAC Invitation (1).pdf. The Windows taskbar at the bottom shows the system clock as 15:27 on 29-05-2021.

Zoom.us meeting interface showing a video call in progress. The main window displays a large video feed of Mr. R. Praveen Kumar, with smaller thumbnails of other participants (Dr. N.R. Ramkumar, Mr. R. Sundar, Dr. Madhu Kartheesh) visible in the top left corner. The right sidebar shows the 'Participants' list (88 total, 10 panelists, 78 attendees) and a 'Chat' window. The chat history shows a message from 'Me To All panelists and attendees' stating 'queries to be posted in chat box sudhakar sir' and 'it will be addressed'. The bottom status bar indicates the meeting is recorded (REC) and shows the system tray with the date 29-05-2021 and time 15:23.

Zoom.us meeting interface showing a video call in progress. The main window displays a large video feed of Mr. R. Sundar, with smaller thumbnails of other participants (Mr. R. Praveen Kumar, Dr. N.R. Ramkumar, Dr. Madhu Kartheesh) visible in the top left corner. The right sidebar shows the 'Participants' list (88 total, 10 panelists, 78 attendees) and a 'Chat' window. The chat history shows a message from 'Me To All panelists and attendees' stating 'queries to be posted in chat box sudhakar sir' and 'it will be addressed'. The bottom status bar indicates the meeting is recorded (REC) and shows the system tray with the date 29-05-2021 and time 15:22.

Zoom.us meeting interface showing a video call with participants Dr. K. Duraipandian, Dr. M. Jayaprakashvel, and Dr. Safi. M. Sulaiman. The main video feed displays Dr. Madhu kartheesh. The interface includes a top navigation bar, a participant list on the right, a chat window, and a bottom toolbar with controls like Mute, Stop Video, Participants, Q&A, Share Screen, Chat, and More. The bottom status bar shows the system clock and weather.

Participants (85)

Panelists (10)	Attendees (75)
systemmanager@ametuiv.ac.in(Co-host)	
Dr.N.R.Ramkumar	
Mr. R. Sundar	
Dr. Madhu kartheesh	
Dr. K. Duraipandian	
Dr. M. Jayaprakashvel	
Dr. Safi. M. Sulaiman	
Col. Dr. G. Thiruvassagam	

Chat

Me To: All panelists and attendees

queries to be posted in chat box sudhakar sir

It will be addressed

Who can see your messages? Recording On

To: All panelists and attendees

Type message here ...

Participants (86)

Panelists (10)	Attendees (76)
systemmanager@ametuiv.ac.in(Co-host)	
Dr.N.R.Ramkumar	
Mr. R. Sundar	
Dr. Madhu kartheesh	
Dr. K. Duraipandian	
Dr. M. Jayaprakashvel	
Dr. Safi. M. Sulaiman	
Col. Dr. G. Thiruvassagam	

Chat

Me To: All panelists and attendees

queries to be posted in chat box sudhakar sir

It will be addressed

Who can see your messages? Recording On

To: All panelists and attendees

Type message here ...

Zoom.us meeting interface showing a large video feed of Dr. N.R. Ramkumar. The top bar displays the meeting URL: zoom.us/j/94319559043?track_id=8jmf_code=&meeting_result=&tk=cNwmiWg3h9LB1RHfKN3GunXbP49rLLQIUml5wPNTs.DQIAAAV9eI8gxZMRUs3MWFSNFF1S2t.... The top navigation bar includes links for Apps, Bookmarks, and Make Google your... The top right corner shows the Zoom logo and a link to the Zoom website.

The main video feed shows Dr. N.R. Ramkumar, a man with a beard and glasses, wearing a blue shirt. The bottom toolbar includes buttons for Mute, Stop Video, Participants (80), Q&A, Share Screen, Chat, and More. The bottom status bar shows the system clock as 15:15 on 29-05-2021.

The right sidebar displays the Participants list (80) and the Chat window. The Participants list shows 10 Panelists and 70 Attendees. The Chat window shows a message from "Me To All panelists and attendees" stating "queries to be posted in chat box sudhakar sir it will be addressed".

Zoom.us meeting interface showing a large video feed of Dr. Madhu kartheesh. The top bar displays the meeting URL: zoom.us/j/94319559043?track_id=8jmf_code=&meeting_result=&tk=cNwmiWg3h9LB1RHfKN3GunXbP49rLLQIUml5wPNTs.DQIAAAV9eI8gxZMRUs3MWFSNFF1S2t.... The top navigation bar includes links for Apps, Bookmarks, and Make Google your... The top right corner shows the Zoom logo and a link to the Zoom website.

The main video feed shows Dr. Madhu kartheesh, a man with a beard and glasses, wearing a blue shirt. The bottom toolbar includes buttons for Mute, Stop Video, Participants (61), Q&A, Share Screen, Chat, and More. The bottom status bar shows the system clock as 15:01 on 29-05-2021.

The right sidebar displays the Participants list (61) and the Chat window. The Participants list shows 8 Panelists and 53 Attendees. The Chat window shows a message from "Good afternoon all" and a message from "Bhoopathi Bhaskaran To All panelists" stating "Sir my video is not working".

Zoom.us meeting interface showing a session titled "Healthy Food Habits" with participants including Mr. R. Praveen Kumar, Dr. Madhu kartheesh, and Dr. K. Duraipandian. The interface displays a video feed of Dr. K. Duraipandian, a list of participants, and a chat window. The chat shows messages from K.sampath and sudhakar, and a feedback link for participants.

Participants (53)

Panelists (8)	Attendees (45)
Mr. R. Praveen Kumar(Me)	
systemmanager@ametuiv.ac.in(Host)	
systemmanager@ametuiv.ac.in(Co-host)	
Dr.N.R.Ramkumar	
Mr. R. Sundar	
Dr. Madhu kartheesh	
Dr. K. Duraipandian	
Dr. M. Jayaprakashvel-	

Chat

K.sampath To All panelists
google meet better sir

sudhakar To All panelists
Who can see your messages?

To: All panelists and attendees
Type message here...

Participants (90)

Panelists (7)	Attendees (83)
sudhakar	
Paul Nandagopal Quality Manager	
Kannan	
gandhi gnadhi	
123	
K.sampath	
91799	
vivo 1977	
Manigandan K	

Chat

G.Themazhi To All panelists
Good evening sir, areMillets good for health sir

123 To All panelists
IT IS VERY USEFUL SESSION THANK YOU SIR

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Meeting ID	Topic	Start Time	End Time	User Email	Duration (Minutes)	Participants
94319559043	Healthy Food Habits and Safety Precautions during COVID-19	05/29/2021 02:46:23 PM	05/29/2021 03:00:00 PM	systemmanager@ametuniv.ac.in	177	268
Name (Original Name)	User Email	Total Duration (Minutes)	Guest			
R. Elavarasi	elavarasi.r@ametuniv.ac.in	162	Yes			
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14HL6422 KIRIKARAN	m.kirikaran19524@gmail.com	132	Yes			
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123	susadraj@gmail.com	170	Yes			
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123	padaikathan@gmail.com	169	Yes			
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J. Govindaraju	amet.govind@gmail.com	19	Yes			
Ramesh	krishnan_rmsh@yahoo.co.in	1	Yes			



Internal Quality Assurance Cell (IQAC)

In association with

Center for Faculty and Staff Welfare

And

AMET Covid Cell

Organizes an Orientation Programme on

“Healthy Food Habits and Safety Precautions during Covid 19 Pandemic”





AMET

ACADEMY OF MARITIME EDUCATION AND TRAINING
(Deemed to be University Under Section 3 of UGC Act 1956)

CERTIFICATE OF PARTICIPATION

PRESENTED TO

Dr. M. Sathya

Of AMET Deemed to be University have participated in the orientation programme on "HEALTHY FOOD HABITS AND SAFETY PRECAUTIONS DURING COVID 19 PANDEMIC" organised by *Internal Quality Assurance Cell (IQAC)* in association with *Centre for Faculty and Staff Welfare and AMET Covid Cell*

29/5/2021

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(Deemed to be University Under Section 3 of UGC Act 1956)

CERTIFICATE OF PARTICIPATION

PRESENTED TO

Anusha

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29/5/2021

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(Deemed to be University Under Section 3 of UGC Act 1956)

CERTIFICATE OF PARTICIPATION

PRESENTED TO

ABITHA.R

Of **AMET Deemed to be University** have participated in the orientation programme on **"HEALTHY FOOD HABITS AND SAFETY PRECAUTIONS DURING COVID 19 PANDEMIC"** organised by **Internal Quality Assurance Cell (IQAC)** in association with **Centre for Faculty and Staff Welfare and AMET Covid Cell**

29/5/2021

Date

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CERTIFICATE OF PARTICIPATION

PRESENTED TO

Glory A J

Of **AMET Deemed to be University** have participated in the orientation programme on **"HEALTHY FOOD HABITS AND SAFETY PRECAUTIONS DURING COVID 19 PANDEMIC"** organised by **Internal Quality Assurance Cell (IQAC)** in association with **Centre for Faculty and Staff Welfare and AMET Covid Cell**

29/5/2021

Date

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PRESENTED TO

J D J S

Of **AMET Deemed to be University** have participated in the orientation programme on **"HEALTHY FOOD HABITS AND SAFETY PRECAUTIONS DURING COVID 19 PANDEMIC"** organised by **Internal Quality Assurance Cell (IQAC)** in association with **Centre for Faculty and Staff Welfare and AMET Covid Cell**

29/5/2021

Date

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ACADEMY OF MARITIME EDUCATION AND TRAINING
(Deemed to be University Under Section 3 of UGC Act 1956)

CERTIFICATE OF PARTICIPATION

PRESENTED TO

R. SUNDAR

Of **AMET Deemed to be University** have participated in the orientation programme on **"HEALTHY FOOD HABITS AND SAFETY PRECAUTIONS DURING COVID 19 PANDEMIC"** organised by **Internal Quality Assurance Cell (IQAC)** in association with **Centre for Faculty and Staff Welfare and AMET Covid Cell**

30/5/2021

Date

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AMET

ACADEMY OF MARITIME EDUCATION AND TRAINING
(Deemed to be University Under Section 3 of UGC Act 1956)

CERTIFICATE OF PARTICIPATION

PRESENTED TO

T.SATHISH

Of AMET Deemed to be University have participated in the orientation programme on "HEALTHY FOOD HABITS AND SAFETY PRECAUTIONS DURING COVID 19 PANDEMIC" organised by *Internal Quality Assurance Cell (IQAC)* in association with *Centre for Faculty and Staff Welfare and AMET Covid Cell*

31/5/2021

Date

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ACADEMY OF MARITIME EDUCATION AND TRAINING
(Deemed to be University Under Section 3 of UGC Act 1956)

CERTIFICATE OF PARTICIPATION

PRESENTED TO

K. Jayabharathi

Of AMET Deemed to be University have participated in the orientation programme on "HEALTHY FOOD HABITS AND SAFETY PRECAUTIONS DURING COVID 19 PANDEMIC" organised by *Internal Quality Assurance Cell (IQAC)* in association with *Centre for Faculty and Staff Welfare and AMET Covid Cell*

29/5/2021

Date

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Internal Quality Assurance Cell (IQAC)

In association with

Center for Faculty and Staff Welfare

And

AMET Covid Cell

Organizes an Orientation Programme on

“Healthy Food Habits and Safety Precautions during Covid 19 Pandemic”

The recording of the event could be found in the following link:

https://drive.google.com/file/d/1TudqgppqUz6b-0WpK-Ov2X4d95_Jm22cB/view

"Healthy Food Habits and Safety Precautions during Covid 19 Pandemic" Feedback form

Thank you for participating in our event.

Date: 29/05/2021

Time: 03.00 PM to 05.00 PM

* Required

Email *

Your email

Full Name *

In Capital Letter



Your answer

Department *

Admin, Accounts, Marine Engineering, etc.,

Your answer

Institution/Organization *

AMET Deemed to be University

Your answer

How satisfied were you with the event? *

	1	2	3	4	5	
Not very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much



How do you feel about the event being organized? *

	1	2	3	4	5	
Not very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very much

What were your key take aways from this event? *

Your answer



Which sessions did you find most relevant? *

	Not relevant	Relevant	Very relevant
Welcome activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Session 1 - Healthy Food Habits during Pandemic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Session 2 - Safety and Precautions for Covid – 19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Closing activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How satisfied were you with the session 1 content? *

1 2 3 4 5



Poor



Excellent

How satisfied were you with the session 2 content? *

1

2

3

4

5

Poor



Excellent

Any additional comments regarding the sessions or overall agenda? *

Your answer

Any overall feedback for the event? *

Your answer



Send me a copy of my responses.



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“Healthy Food Habits and Safety Precautions during Covid 19 Pandemic” Feedback form

80 responses

[Publish analytics](#)

Full Name

80 responses

ARJUN N

A.JAYASEKARAN

V. THANGARAJ

M. SHASHIDHARAN

Jayashree

K. SAMPATH

Gandhi

Dr.D.Lakshmi

PREMNATH M



Department

80 responses

Admin

AMET Business School

Graduate Marine Engineering

Marine Engineering

GMDSS

Purchase

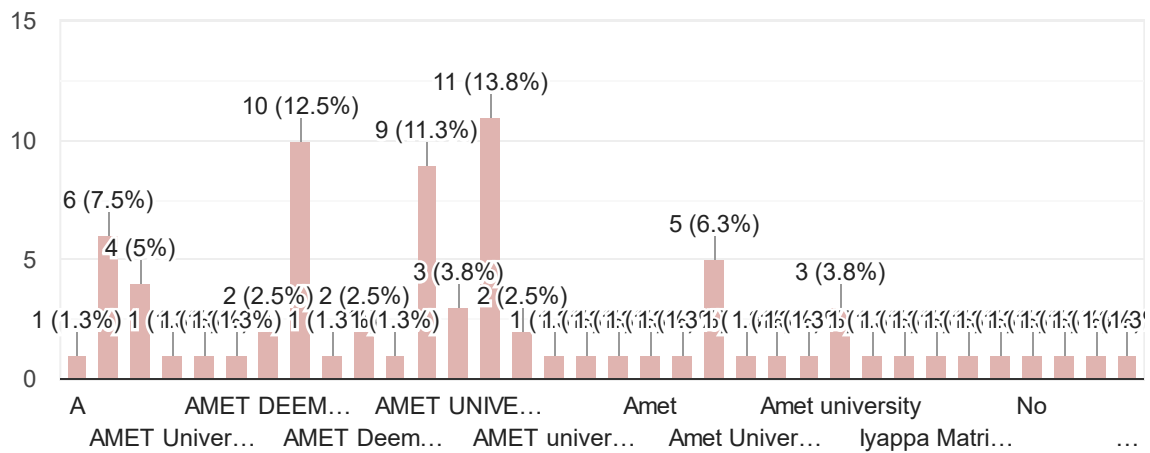
Nautical Science

Admission

Physics

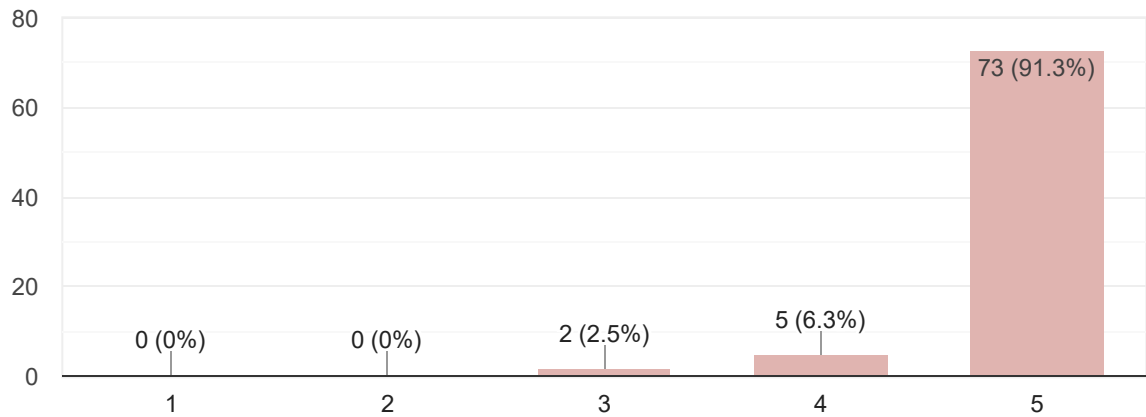
Institution/Organization

80 responses



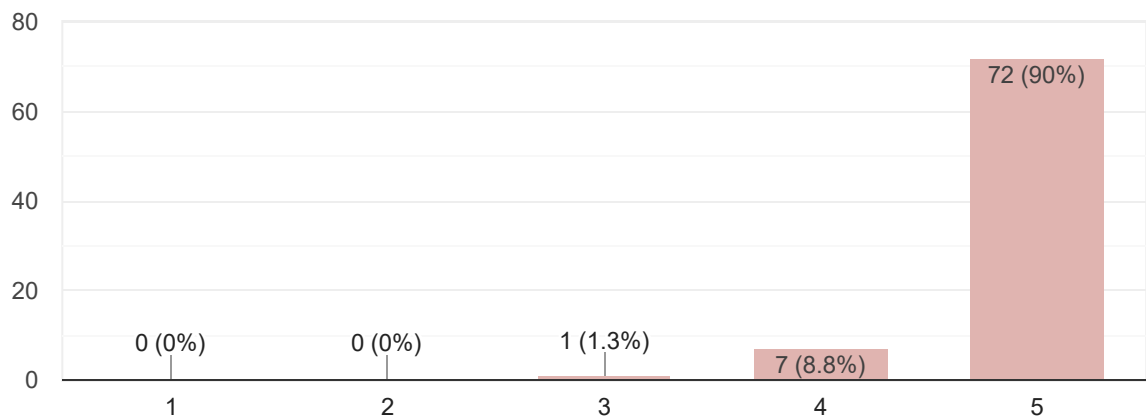
How satisfied were you with the event?

80 responses



Hoe you feel about the event being organized?

80 responses



What were your key take aways from this event?

80 responses

.

Healthy foods

Very useful for covid19

Health is Wealth

To follow healthy food in my diet. Also the precaution measure after my vaccine

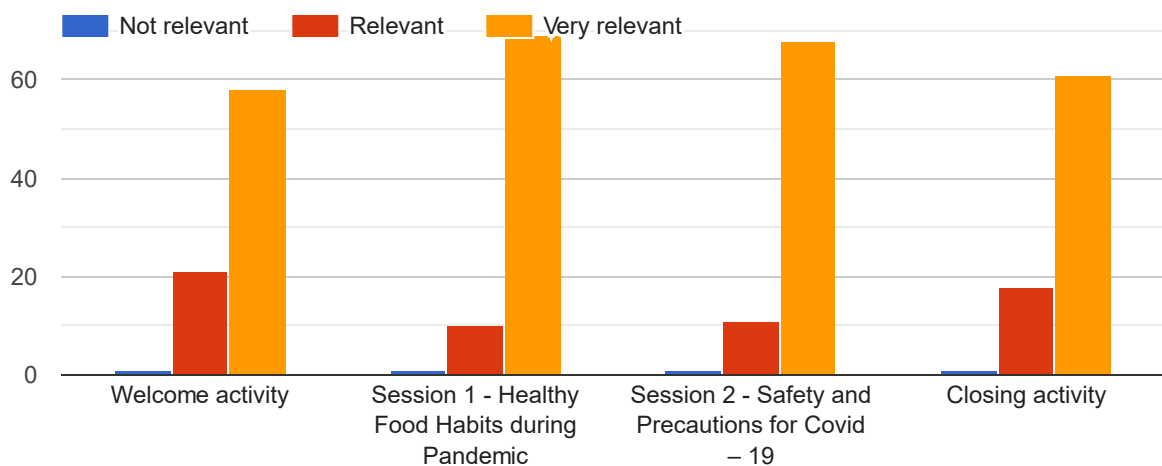
All

Very useful to me.

Safety measures for covid

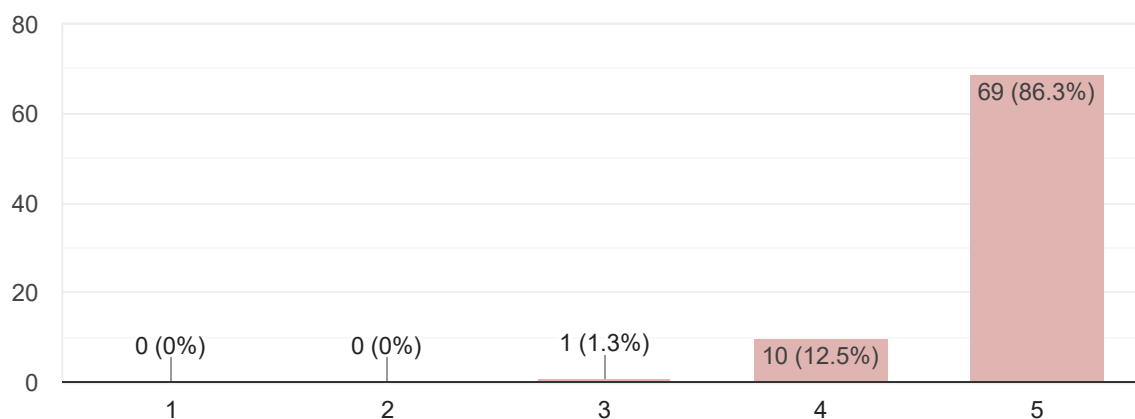
Informative session about vaccination and healthy foods to intake

Which sessions did you find most relevant?



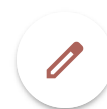
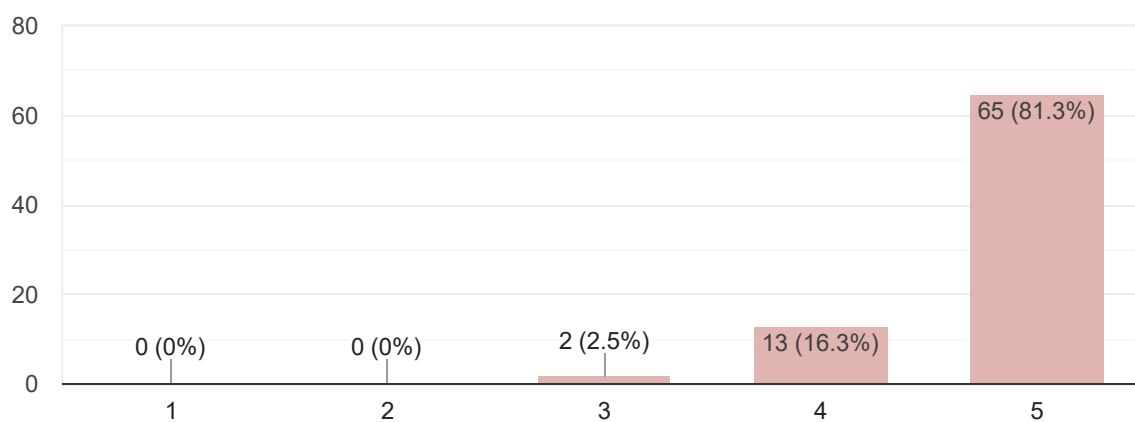
How satisfied were you with the session 1 content?

80 responses



How satisfied were you with the session 2 content?

80 responses



Any additional comments regarding the sessions or overall agenda?

80 responses

Good

No

Nil

Excellent

Nice

Nothing

Good event

Good information to the covid19

Excellent Presentation



Any overall feedback for the event?

80 responses

Excellent

Good

Excellent

Very useful

Nil

Very good

No

Excellent Presentation

Well orgnised

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IQAC in association with Staff welfare and AMET Covid Cell organize the **Orientation Programme on “Healthy Food Habits and Safety Precautions during Covid 19 Pandemic” 29.05.21 @ 3pm to 5 pm.**

Speaker

1. Dr.Madhukartheesh-B.S, M.S-Siddha practitioner

Bank Account Details

Mother mirra siddha health Center
50200052050422
Selaiyur branch
HDFC BAnk
HDFC 0000676

2. Dr.Safi.M.Sulaiman , M.B.B.S,M.D ,

Bank Details:

Dr.Safiullah

Bank : Axis Bank –Nagercoil Branch
A/c.No-915010044622873
IFSC Code-UTIB 0000405
MICR Code-629211002



Internal Quality Assurance Cell (IQAC)

In association with

Center for Faculty and Staff Welfare

And

AMET Covid Cell

Organizes an Orientation Programme on

“Healthy Food Habits and Safety Precautions during Covid 19 Pandemic”

The Internal Quality Assurance Cell (IQAC) of AMET in association with Center for Faculty and Staff Welfare and AMET Covid Cell arranged an orientation Programme “Healthy Food Habits and Safety Precautions during Covid 19 Pandemic” for the faculty and Staff of the University. The main objective of the programme is to take out the fear and negative thoughts of COVID 19 from the Faculty and Staff of the University.

The programme commenced with the warm welcome address from Dr. N.R.Ram Kumar, Director of Students Welfare. He greeted and welcomed all the members and the guests of the programme. Followed with the Presidential Address by the Honourable Vice Chancellor Col. Dr. G.Thiruvassagam, his motive is to making the faculty members stress free from the Pandemic effect of Covid – 19. He expressed his gratitude for organizing such a welcoming event during the right time.

Mr.R.Sundar, IQAC CWG delivered the Theme address for the programme, introduced the guest speaker 1 Dr. Madhu Kartheesh – BSMS (Siddha), Specialist in Nadi Pariksha, and explained his past experience and efficiency in handling people during Pandemic period.

The session one commenced and the guest speaker Dr. Madhu Kartheesh – BSMS (Siddha), Specialist in Nadi Pariksha gave his lecture on the topic HEALTHY FOOD HABITS DURING PANDEMIC. He explained in detailed how to eat, what to eat and when to eat as these three basic questions served all the purpose. He also broke the myth among the public about the improper food habit which we were following blindfolded. All the participants actively participated and noted down his food habit procedure and clarified their queries for healthy life style and how to improve our immune system during this pandemic period.

Mr.R.Praveen Kumar, Coordinator, Faculty and Staff Welfare introduced the guest speaker 2 Dr. Safi. M. Sulaiman. MD. DCH. F.Neo, Consultant Diabetologist & Neonatal Pediatrician and detailed about his achievements and publications.

The Session 2 commenced and the next guest speaker Dr. Safi. M. Sulaiman. MD. DCH. F.Neo, Consultant Diabetologist & Neonatal Pediatrician delivered his lecture on the topic SAFETY AND PRECAUTIONS FOR COVID – 19. He detailed about the safety and precautions during this pandemic period and insisted on the importance of vaccination. The staff members clarified all their doubts and the doctor too attended to all faculty queries. Finally, the session ended with the Vote of Thanks from Dr.K.Duraipandian, Director – Faculty and Staff Welfare. He thanked both the speakers along with Management and Administration for arranging for such a useful event at the right time for the benefit of the faculty and staff members and to get rid of the fear of covid.