

Presentation – How to be healthy in Post Covid era



On 17 May 2022, Jagran College organized an insightful session titled "How to Be Healthy in the Post-COVID Era." The session aimed to address the evolving health challenges in the aftermath of the COVID-19 pandemic and provide practical strategies for individuals to maintain and improve their health. Dr. KVK Singh commenced the session by providing an overview of the health challenges faced in the post-COVID era. He emphasized the importance of staying vigilant despite the relaxation of restrictions, highlighting the risk of emerging variants and the importance of vaccination. Following the presentations, attendees engaged in a lively Q&A session, where they had the opportunity to seek clarification and advice from the experts. Topics ranged from vaccine efficacy to specific dietary recommendations and exercise routines. Overall, the session served as a cornerstone for promoting a culture of health and resilience in the post-COVID era at Jagran College.