

**Webinar**  
on  
**“COVID-19 Awareness, Preparedness & Myths”**  
May 21, 2020

In order to address the various issues related to COVID-19 and spread its awareness among the Integral fraternity, Human Resource Development Centre (HRDC), Integral University, Lucknow had organized a Webinar on “**COVID-19 Awareness, Preparedness & Myths**” on May 21, 2020 at 3:15 PM IST with a focus on **workplace preparedness in post lockdown scenario** wherein participants from various departments of Integral University had participated. The webinar was organized using Google Meet platform hosted by [directorhrdc@iul.ac.in](mailto:directorhrdc@iul.ac.in) (Link: <https://meet.google.com/gff-vgqh-miu>). The learned resource person of the program was Dr. Saurabh Kashyap, Associate Professor, Department of Community Medicine, IIMS&R, Integral University, Lucknow.

The program started with a welcome address by Prof. Syed Aqeel Ahmad, Director, HRDC, wherein he clearly stated the need of the hour. Dr. Saurabh Kashyap, emphasis on the following topics:

1. Brief awareness about the COVID19 disease, mode of transmission and its origination.
2. Preparedness of the workplace before the lockdown gets over.
3. Myths related to COVID 19 disease.

Participants enthusiastically asked several important questions, while replying to one of the questions; Dr. Saurabh Kashyap explained the simple procedure of testing effectiveness of the face mask. He suggested blowing out a candle placed near by blowing out air from the mouth while putting on the mask, if the candle remained lit, the mask may be considered safe for use.

Webinar concluded with a vote of thanks proposed by Mr. Zishan Raza Khan, Dy. Director, HRDC to the dignitaries and participants.

