

#### Koneru Lakshmaiah Education Foundation

(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

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Ref: KLEF/RO/SA/WOMEN'S FORUM/2021-22

## Orders of Vice-Chancellor dt. 07-02-2022

#### CIRCULAR

Sub: AWARESNESS ON SKIN CARE-POST COVID - Reg.

Ref: Letter dated 07-02-2022 from Dr.S.V.N. L. Lalitha, Convener, Women's Forum.

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This is to inform that Women's Forum is organizing a program on AWARESNESS ON SKIN CARE-POST COVID as per the details given below.

Date : 10/02/2022

Time : 11:00 A.M to 12:00 Noon

Venue : KLEF

Interested students and faculty may attend the program. HoDs are requested to permit their students to attend the program.

(Prof. Y.V.S.S.V. Prasada Rao) Registrar

Date: 07-02-2022

Prof.Y.V.S.S.S.V. Prasada Rao REGISTRAR Komeru-Lakshmilah Education Foundation (Commert to the University) Green Fields, VACOUESY/MRAM-522 302 Guntur District, Andhra Pradesh





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#### AWARESNESS ON SKIN CARE-POST COVID

Date : 10/02/2022

Time: 11:00 A.M to 12:00 Noon

Venue: KLEF

### **OBJECTIVES**

The primary objectives of organizing an awareness campaign on "Skin Care Post COVID" are to educate the community about the unique skin-related challenges and concerns that may arise in the aftermath of the pandemic. This campaign aims to provide valuable information and guidance on maintaining healthy skin, managing potential skin issues stemming from prolonged mask-wearing and stress, and adapting skincare routines in the new normal. It seeks to empower individuals with practical knowledge to enhance their overall well-being, promote self-care, and ensure that skin health is prioritized as an essential aspect of post-pandemic recovery, ultimately contributing to improved physical and mental health for individuals and communities.

#### DESCRIPTION

The "Awareness on Skin Care-Post COVID" campaign was successfully organized by KLEF Women Development Cell/ Women's Forum, providing invaluable insights and guidance to participants about post-pandemic skin health. Through informative sessions and expert guidance, attendees gained a deeper understanding of the challenges posed by prolonged mask-wearing, stress, and changes in lifestyle. The campaign not only increased awareness but also empowered individuals to adopt healthier skincare practices, emphasizing self-care as an integral part of post-pandemic recovery. It was evident that the event had a positive impact on the community, as participants left with practical knowledge and a renewed commitment to prioritize skin health and overall well-being. This campaign has contributed to creating a more informed and proactive community, ready to face the unique ski ncare challenges of the post-COVID era with confidence and resilience.

The Resource person Dr. Yasmeen Shaik completed Basic education cosmetic dental surgeon from NTR University and PG Diploma in Medical Cosmetology from Delhi and taken Fellowship in facial aesthetics and master course in micro pigmentation from Norwest university Georgia, and in Trichology from Mumbai and she told that During COVID, a lot of people get a small rash that is barely visible; that rash results in skin shedding. While recovering from COVID-19, many patients suffer from hair and skin-related issues like hair fall, acne, body pimples, skin peeling, and herpes among others. Is it normal to get skin peeling after COVID?

Does one need to take supplements to maintain skin and hair post COVID? If yes, which ones?

Some people have complained of severe hair fall, losing as much as 50 per cent of the hair, post-COVID. What is the reason and will hair regrow?

General questions: bald head, pigmentation

The program is ended with a vote of thanks to the resource person by Dr S.V.N.L.Lalitha -Convener women's Forum. Dr. Ch. Hanumantha Rao Dean (SA) felicitated the Guest, with shall and a mementoes

#### **OUTCOMES**

The outcomes of organizing an awareness campaign on "Skin Care Post COVID" are expected to include heightened knowledge and awareness among participants about post-pandemic skin health concerns and effective skincare practices. This campaign can lead to the adoption of healthier skincare routines, reducing the risk of skin issues associated with mask-wearing and stress. Additionally, it can promote the importance of self-care and well-being in the community, fostering a proactive mindset toward holistic health. Ultimately, the campaign aims to contribute to better skin health for individuals, reduced dermatological concerns, and an overall improved quality of life as we transition into the post-COVID era.

#### **PHOTOS**





Resource Person: Dr.YASMEEN SHAIK – addressing the gathering on 10/2/2022



Dr. Yasmeen Shaik addressing the gathering & Felicitation to the Guestson 10/2/2022

# PARTICIPANTS LIST:

S.No.	Emp No	Name of the Faculty/ staff
1	3564	Dr.Kommalapati Beaulah Glory
2	7919	Ms. Nidhi Srivastava
3	5381	Dr.Joshitha C
4	5959	Dr. Muthunadar Actlin Jeeva
5	6722	Mrs. Prasanna Lakshmi Akella
6	6606	Dr.Manoharmayum Dolpriya Devi
7	6780	Dr. Bonu Rama Devi
8	6781	Dr.M Gayathri
9	7289	Dr. Sravani Dumala
10	7356	Dr.Nukasani Sagarika
11	7390	Dr.H.A.Archana
12	2695	MS. K.VIJAYA LAKSHMI
13	5509	Ms.Munagapati Padmavathy
14	2364	Dr.Matta Sujatha
15	4117	Ms.Adhikesavalu Priya
16	6772	Ms.Kavuri Venkata Lakshmi
17	7015	Ms.Tanushree Das
18	4630	Ms.Sikhakolli V K J Sravani
19	5946	Ms.Harshitha Kuntamukkala
20	3479	MS.G.SWATHI
21	577	Dr.Sivapurapu Lavanya

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(Prof. Y.V.S.S.S.V. Prasada Rao) Registrar

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