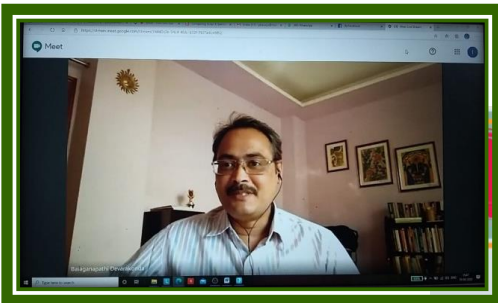


**COVID-19 AND 3LS: LIVES, LIVELIHOOD AND LOCKDOWN**  
**VIRTUAL ALUMNI MEET – 2020**  
**26th April, 2020**

Maitreyi Alumni Association, organized e- Sannidhy, Annual Alumni Meet in the form of the **first international webinar** of Maitreyi College. The event was graced by the presence of Principal Dr Haritma Chopra, Prof. Balaganapathi Devarakonda (Chairperson, Governing Body) and Prof. Amarjeet Kaur (Treasurer, Governing Body). Dr Haritma Chopra, welcomed our alumni, spoke about the lockdown in current pandemic situation and its implication on education as well as our lives. She emphasized about the various ways to, how to utilize this situation as a blessing in disguise and keep our morals up. Prof. Balaganapathi enlightened the participants with his insights on lockdown, isolation and solitude in his keynote address, and Dr. Amarjeet Kaur tied together the various sessions in her concluding remarks. Five alumni from varied fields presented their thoughts on COVID – 19. Dr Latika Nath, Dr Bimlesh Lochab, Ms Siva Kapoor, Dr Pooja Gopal and Ms Prerna Khatri touched upon various aspects of COVID-19 such as the impact on wildlife, research, political configurations etc. They also instilled hope by talking of the various ways to boost immunity through essential oils and the things we need to keep in mind during the lockdown. Around 200 alumni, students and faculty members participated in the event and made it a success through their participation in the form of questions and comments.



*Maitreyi Alumni Association presents*

Webinar on  
COVID-19 & 3Ls : Lives, Livelihood & Lockdown  
under

**e-सान्निध्य**

26th April, 2020 (Sunday) | 03:30PM - 05:00PM

Dr. Latika Nath  
Covid-19 and Wildlife


Dr. Bimlesh Lochab  
Research Then, Now and In Future

Dr. Pooja Gopal  
Covid-19 and Diplomacy

Ms. Purna Khatri  
Do's & Don'ts till the vaccine is invented

Ms. Siva Kapoor  
Essential Oils & their Benefits

Scan/Click To Register | Alumni can register by 22.4.2020




Food habits – Healthy?

The Energy – Food Pyramid

"10% Rule": ~10% of the energy transferred at a lower trophic level is found at the next higher trophic level.

Producers – Most Vegetables, Photosynthetic Green plants, Cyanobacteria, Algae, Fungi, etc.

Consumers – Carnivores, Herbivores, Omnivores, etc.

