Report of Webinar organised by Students Council on "Nutrition and Immunity – The Interconnection"

The Students Council Committee of Junior and Senior College has organised a webinar for students on "Nutrition and Immunity – The Interconnection" on 14th June 2021 at 11.00 a.m. The webinar was conducted through online mode using Google Meet and live Youtube streaming. Regarding the same poster were made and shared with the students.

More than 250 students have actively participated in the Webinar.

Webinar started by the formal introduction of our guest speaker Ms. Amruta Behel (Assistant Professor, Dept. of Food and Nutrition of Smt. P.N. Doshi Women's College) by Ms. Swaroop Bendre.

Principal madam Dr. Leena Raje and Vice principal of Jr. college Mr. Rakesh Singh welcomed blessed webinar with their kind words. Principal madam also communicated the importance of immunity and improving the immunity with the students.

The session started by the guest speaker Ms. Amruta Behel on Body building and its maintenance. Ma'am gave insight about the importance of Vitamins, Nutrition and minerals and how it is useful for building individuals immunity.

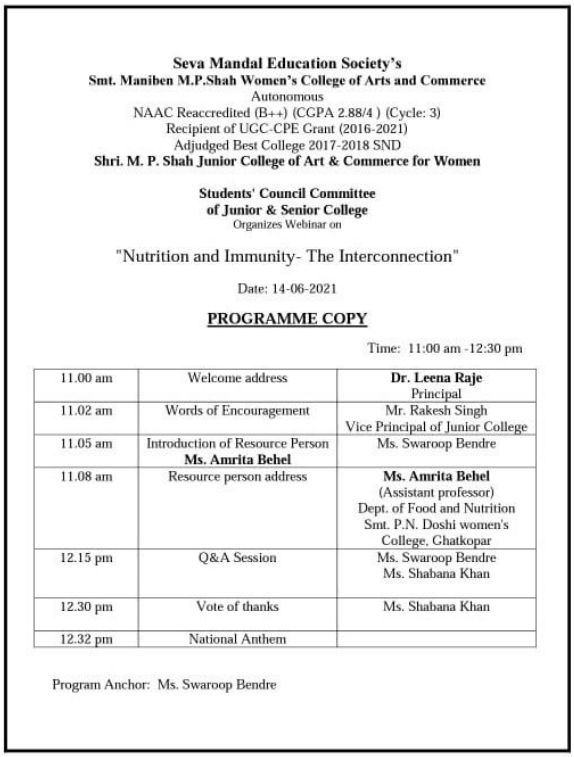
Guest Speaker explained about the threats on immunity and showcased the ways to fight against those threats through balanced diet. She also shared the consumption pattern which need to be followed and food items which needs to be included in daily diet for improving and maintaining immunity.

The session ended with the question answer session where students have asked about their queries regarding health and diet. The session ended by the vote of thanks given by Ms. Shabana Khan.

Learning Outcomes of the students from this webinar are:

- Importance of Immunity and building of immunity.
- Food items which to be included and excluded from daily diet.
- Few myths and facts regarding nutrition, vitamins and minerals in this pandemic.
- Importance of balanced diet.
- Lifestyle management and importance of physical activity in routine life cycle.

The program copy and some screenshots are attached herewith.



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Smt. Maniben M.P.Shah Women's College of Arts and Commerce
Autonomous
NAAC Reaccredited (B++) (CGPA 2.88/4) (Cycle: 3)
Recipient of UGC-CPE Grant (2016-2021)
Adjudged Best College 2017-2018 SND
Shri. M. P. Shah Junior College of Art & Commerce for Women

Students' Council Committee
of Junior & Senior College
Organizes Webinar on

"Nutrition and Immunity- The Interconnection"

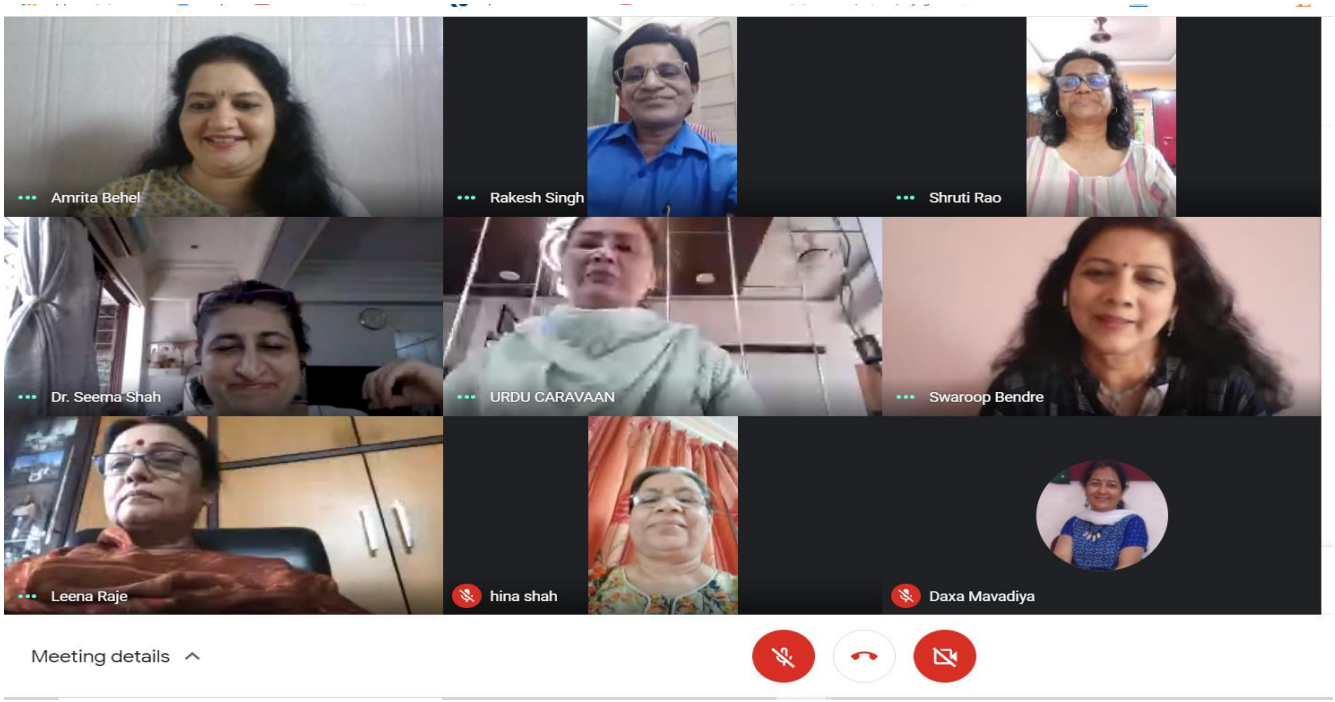
Date: 14-06-2021

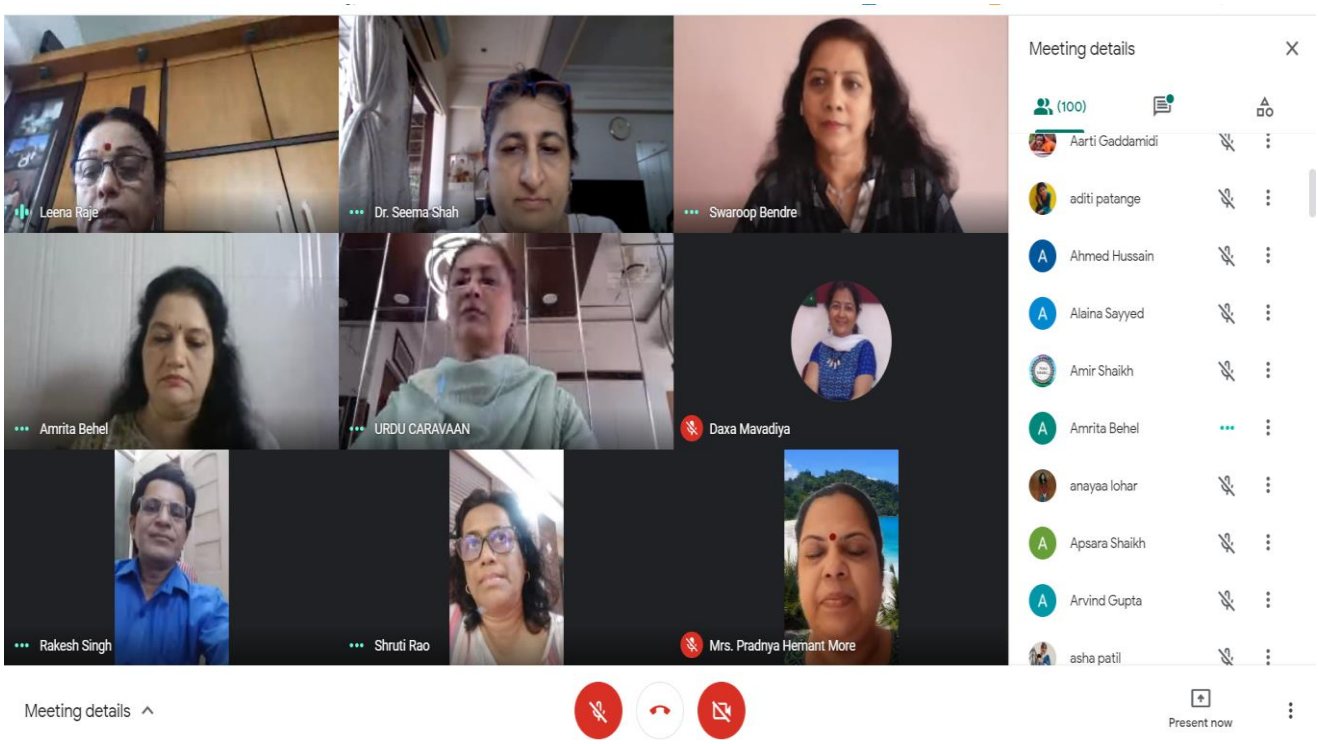
PROGRAMME COPY

Time: 11:00 am -12:30 pm

11.00 am	Welcome address	**Dr. Leena Raje** Principal
11.02 am	Words of Encouragement	Mr. Rakesh Singh Vice Principal of Junior College
11.05 am	Introduction of Resource Person **Ms. Amrita Behel**	Ms. Swaroop Bendre
11.08 am	Resource person address	**Ms. Amrita Behel** (Assistant professor) Dept. of Food and Nutrition Smt. P.N. Doshi women's College, Ghatkopar
12.15 pm	Q&A Session	Ms. Swaroop Bendre Ms. Shabana Khan
12.30 pm	Vote of thanks	Ms. Shabana Khan
12.32 pm	National Anthem	

Program Anchor: Ms. Swaroop Bendre


Amrita Behel
Rakesh Singh
Shruti Rao
Dr. Seema Shah
URDU CARAVAAN
Swaroop Bendre
Leena Raje
hina shah
Daxa Mavadiya
Meeting details


Leena Raje
Dr. Seema Shah
Swaroop Bendre
Amrita Behel
URDU CARAVAAN
Daxa Mavadiya
Rakesh Singh
Shruti Rao
Mrs. Pradnya Hemant More
Meeting details
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Ahmed Hussain
Alaina Sayyed
Amir Shaikh
Amrita Behel
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Arvind Gupta
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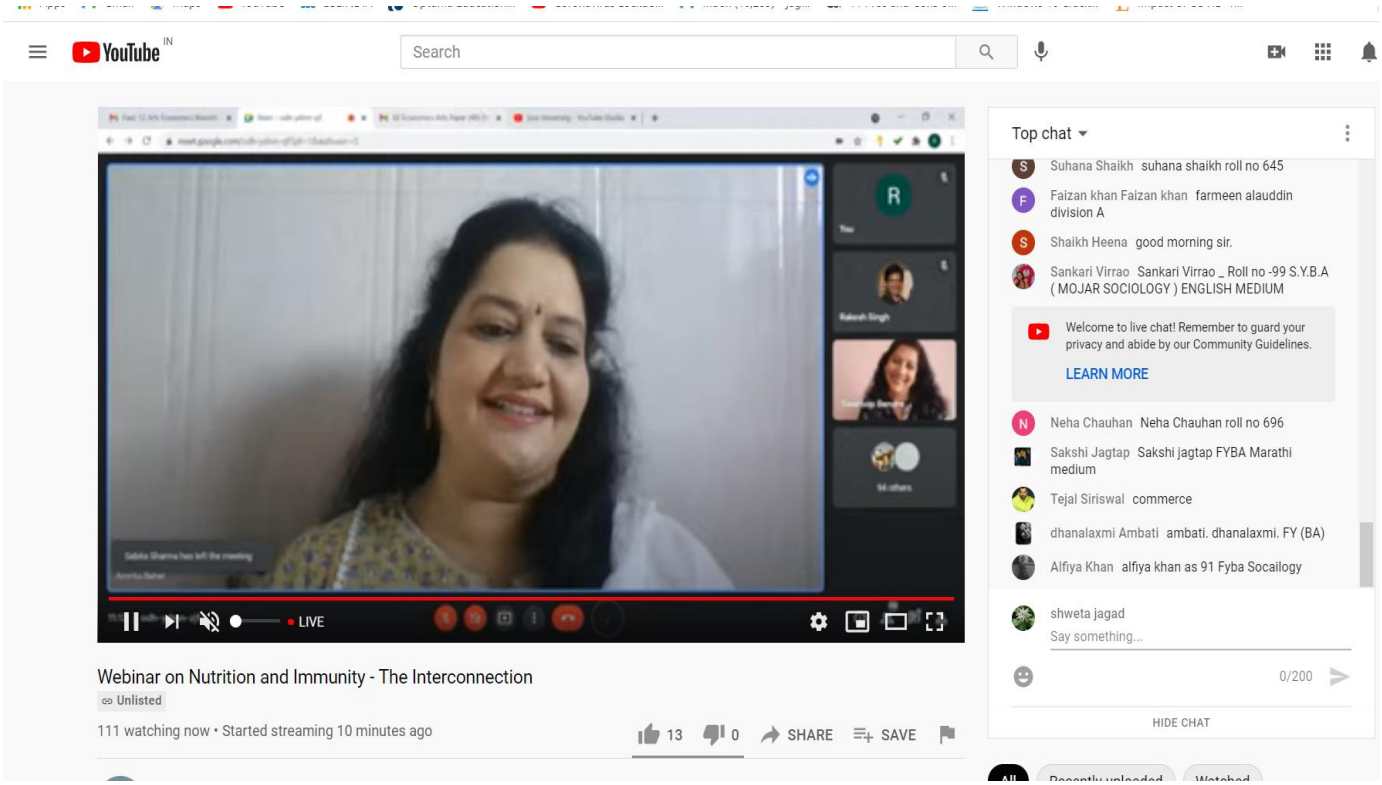
Meeting details
Present now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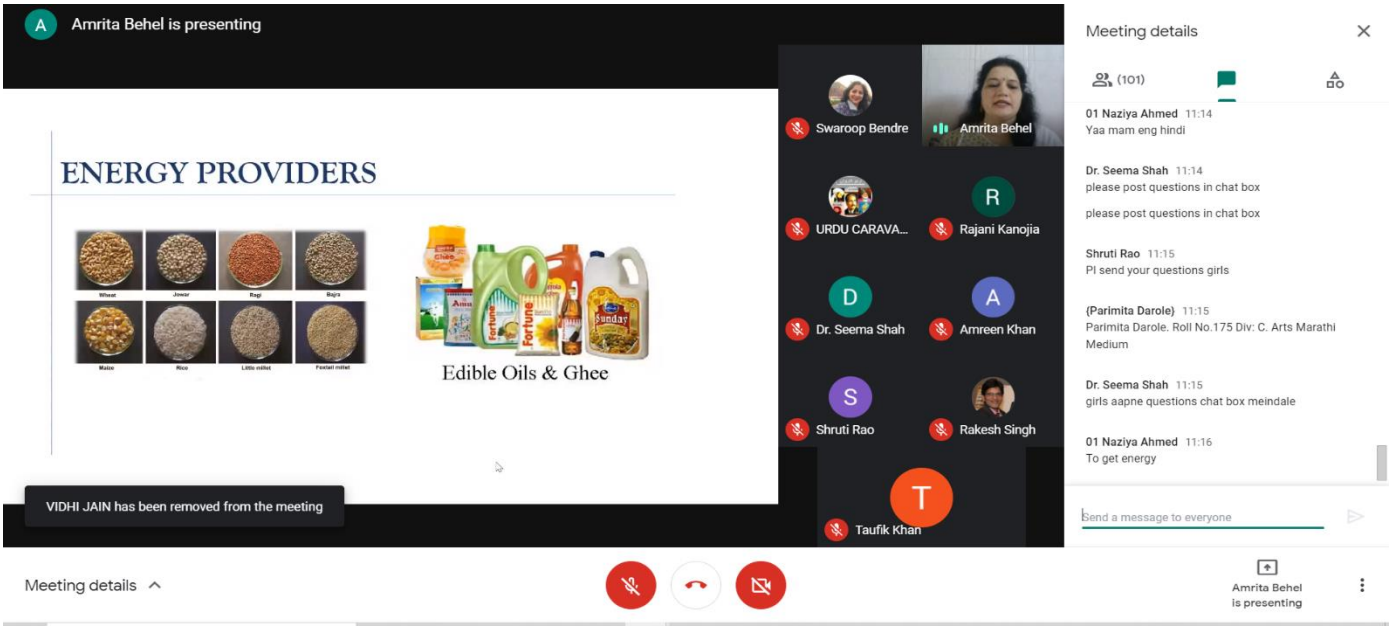
Amrita Behel is presenting
ENERGY PROVIDERS
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Swaroop Bendre
Amrita Behel
URDU CARAVA...
Rajani Kanojia
Dr. Seema Shah
Amreen Khan
Shruti Rao
Rakesh Singh
Taufik Khan
Meeting details
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Dr. Seema Shah 11:14
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Shruti Rao 11:15
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