

Report on Webinar Organised by Parent Teacher
Committee on

“Link between Nutrition and Immunity and The
importance of taking Covid-19 Vaccine”

12th June 2021

The Parent Teacher Committee of Smt. Maniben M.P. Shah Women’s College of Arts & Commerce (autonomous), organized a webinar on “Link between Nutrition and Immunity and The importance of taking Covid-19 Vaccine” on 12th June 2021, for the parents of current senior college and post-graduation students of all streams. Owing to the constraints imposed by the Covid-19 pandemic, the session was held in online mode using the Google Meet App & by going live on YouTube. The resource persons were Dr. Anuradha Mitra, Associate Professor, College of Home Science, Nirmala Niketan and Mr. Prashant S. Tambe, Asst Professor – Smt. Sunanda Pravin Gambhirchand College of Nursing.

The poster is a rectangular graphic with a light yellow background and a black border. At the top left and bottom right are circular logos with an apple and the text 'BOOST IMMUNITY'. At the top right and bottom left are circular icons of a virus and a syringe. The central text reads: 'Seva Mandal Education Society's Smt Maniben M. P. Shah Women's College of Arts & Commerce Autonomous Parent Teacher Committee Presents A Webinar on "Link between Nutrition and Immunity and the Importance of taking the Covid - 19 Vaccine" Date: Saturday, 12th June 2021, 5 pm'. Below this, two speakers are listed: 'Link between Nutrition and Immunity by Dr. Anuradha Mitra, Associate Professor College of Home Science, Nirmala Niketan' and 'Importance of taking the Covid 19 Vaccine by Mr. Prashant S Tambe, Assistant Professor Smt. Sunanda Pravin Ghambhirchand College of Nursing'. A small photo of Dr. Leena Raje, Principal, is shown next to her name. At the bottom, three links are provided: 'Registration Link: https://forms.gle/eJ4FKZxvs6sQUL7D8', 'Google meet link : https://meet.google.com/bhs-sizz-uwo', and 'YouTube Streaming Link: https://youtu.be/mSvHjtGyRdA'.

Seva Mandal Education Society's
**Smt Maniben M. P. Shah Women's College
of Arts & Commerce
Autonomous**

Parent Teacher Committee
Presents

**A Webinar on "Link between Nutrition and Immunity and
the Importance of taking the Covid - 19 Vaccine"**

Date: Saturday, 12th June 2021, 5 pm

Link between Nutrition and Immunity
by
Dr. Anuradha Mitra, Associate Professor
College of Home Science, Nirmala Niketan

Importance of taking the Covid 19 Vaccine
by
Mr. Prashant S Tambe, Assistant Professor
Smt. Sunanda Pravin Ghambhirchand College
of Nursing

**Dr Leena Raje,
Principal**

Registration Link: <https://forms.gle/eJ4FKZxvs6sQUL7D8>

Google meet link : <https://meet.google.com/bhs-sizz-uwo>

YouTube Streaming Link: <https://youtu.be/mSvHjtGyRdA>

The event commenced at 5.00 p.m. The session was graced with presence of Dr. Leena Raje, Principal, Smt. Maniben M.P. Shah Women's College of Arts & Commerce, Resource Persons, parents, students and faculty members from our college.

Program Copy

Event		Speaker
5.00 – 5.10 p.m.	Welcome Address	Dr. Leena Raje Principal Smt. M.M.P. Shah Women's College of Arts and Commerce
5.10 – 5.15 p.m.	Introduction of Dr.Anuradha Mitra	Dr. Sarita Kasaralkar Convenor,PTA Smt.M.M.P Shah Women's College of Arts and Commerce
5.15 – 5.50 p.m.	Link between Nutrition and Immunity	Dr. Anuradha Mitra Associate Professor College of Home Science, Nirmala Niketan
	Introduction of Mr.Prashant S Tambe	(CA) Ms. Soumya Nichani Member,PTA
	Importance of taking the Covid 19 Vaccine	Mr.Prashant S Tambe Assistant Professor Smt.Sunanda Pravin Ghambhirchand College of Nursing
5.50 – 6. 00p.m.	Question and Answer Session	Ms. Nidhi Savai , Member, PTA
6.00 – 6.02 p.m.	Vote of Thanks	Mr. Shahjahan Khan Member, PTA

Program Anchor: **Ms. Kiran Jadhav**

Technical Assistance: **Ms. Rajani Kanojia**

The event started with Welcome address by Dr. Leena Raje, Principal of the institution. The resource person was given an introduction and welcome by Dr. Sarita Kasaralkar Convener of The Parent Teacher Committee.

The entire program was anchored by Ms. Kiran Jadhav – Member of The Parent Teacher Committee.

The Resource Person Dr. Mitra shared her insights on the various types nutritional deficiencies faced by youngsters especially adolescent girls and their impact on the individual's well-being. She explained the types of immunity and its importance and shared practical ways to increase nutritive content in our daily meals and thereby improve our immunity She guided the parent audience by giving tips for achieving higher nutritive content in our food with limited time and resources during this pandemic period.

The 2nd resource person of the webinar, **Mr.Prashant S Tambe** gave information about the vaccination against COVID – 19 virus. He gave insight into the side-effects, common myths and the importance of taking the vaccination.

The webinar was attended by around 174 parents on Google meet and on YouTube live.

The event ended with a question & answer session co-ordinated by Ms. Nidhi Savai and a vote of thanks to the resource person. The programme was very well received by the parents and students who participated with enthusiasm. Feedback given by the parents in the chat-box mentioned that the session was very useful to them in helping to address their concerns regarding immunity of themselves and their families. Few parents gave the feedback that many questions and concerns which were in their minds regarding the COVID 19 vaccination were aptly addressed by the resource person in the talk.

The webinar was concluded by Mr. Khan who gave the vote of thanks to the resource person, Principal, Vice-Principal, parents and committee members who made this event a success. The event ended with wishes to all for their safety & well-being.