

REPORT ON WEBINAR

FOOD FAMILY AND CONNECT

31st Oct, 2020

The third lecture in NUTRITION webinar series was organised by the Internal Quality Assurance Cell (IQAC) of Sri Guru Nanak Dev Khalsa College on 31st Oct, 2020. The topic of this session was “Food, Family and Connect”

Dr. Shobha G. began with her presentation by asking the participants about the implementation they did from the previous lectures of the series. She also asked some questions regarding the same, then she began with a story of FRSM- Fat Rich Sick Man —how he suffers from his current state and how he changed himself with help of holy practitioner.

The difference between what health was in the past and what health is in present has drastically changed, as nowadays we are living on pills, medicines and drugs. Our definition of health has been changed and reasons of these are the modern era issues that we face like stress, smoking alcohol, and a low quality of balanced diet.

Health disorders consist of two factors our diet which we eat and environment in which live. Food becomes you, every thing that we eat will get into each cell of our body. Our surrounding also effect on how our health will be. Our body is like a car. We need a regular service check of our body like a car to clean it and make it function properly.

She spoke about how energy being consumed into our body functions- Digestion, Physical activates, Basal Metabolic activates. She also explained how to calculate our Body Mass Index. How people as obese but did even know, how children are malnourished due to any reason. Everything can be changed again but the choice is ours whether we want to take an action or not.

After the presentation there was a Q&A session where all the participants asked their queries.

The programme ended with vote of thanks by Ms. Harpreet Kaur Bahri.

