

REPORT ON WEBINAR

UNLOCK YOUR POTENTIAL WITH GOOD NUTRITION

2nd Oct, 2020

The NUTRITION webinar series is being organised by the Internal Quality Assurance Cell (IQAC) of Sri Guru Nanak Dev Khalsa College and the first session was on topic Unlock Your Potential with Good Nutrition on 2nd Oct, 2020.

The webinar series is being conducted by Dr. Shobha G., a well-known Educator, Counsellor, Nutritionist, Wellness and Life skills Coach. She is currently working as an Associate Professor, Department of Human Development, Smt. VHD College of Home Science, Bangalore. The first session was a great success.

The webinar began with a welcome note by the Principal, Dr. Gurmohinder Singh, followed by a brief introduction to the speaker by Ms. Priyanka Modi.

Dr. Shobha G. highlighted the importance of food in our life through her presentation. She spoke of how a healthy lifestyle consists of all the healthy activities that we do like eating healthy, being active, lead a smoke free life etc. She told us that how nutrition comprises 70% of our health.

Food plays a major role in connecting us with our culture. As we all know that India has a diversified culture and food helps us to keep in touch with our different culture.

She told us about the different types of nutrients that one should consume and also the amount of nutrients that should be consumed on a daily basis. The importance of how protein helps us to grow and carbohydrates give us the energy to do our daily work was also stressed. She then showed us the food chart that how it comprises of all the healthy nutrition in it.

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

The programme ended with vote of thanks by Dr. Ashish Thomas.