



VISHWAKARMA GOVERNMENT ENGINEERING COLLEGE, CHANDKHEDA

Report on a Webinar on "Eating for 'All-Day-Energy' & Immunity"

Name of Department	:	Women Development Cell, VGEC
Title of Workshop	:	Webinar on "Eating for 'All-Day-Energy' & Immunity"
Expert Name & Affiliation	:	Dt. Komal Patel, Dietitian / Nutritionist
Date & Time	:	02/01/2021, 03:00 to 05:00 P.M.
Venue	:	ONLINE (Microsoft Teams)
No of Participants	:	145

Objectives

- This Seminar was intended to provide awareness to girl students and female faculties of VGEC about importance of having a balanced diet for proper functioning of various parts of human body.
- The other objective of webinar was also to understand how junk/unhealthy diet is harmful for our body.


Contents of the Event

- Importance of Balance diet in day to day eating
- Importance of water consumption
- Role of various types of food in different seasons/area
- How to solve genetic issues with diet
- Health and wellness- the problem and concern
- Importance of mental health
- Healthy eating options at breakfast/lunch/dinner for teenage girl's students and female working women

Outcomes

- Students learned about importance of eating balanced food in day to day life. Diet and nutrition play an essential role in enhancing learning ability and better behavior.
- They also learn that nutritious foods provide our body and mind with the energy needed to grow, feel well, be active, stay healthy and learn.
- The program was very informative to the students as per their feedback.


Event Photographs



VISHWAKARMA GOVERNMENT ENGINEERING COLLEGE
CHANDKHEDA, AHMEDABAD

Women Development Cell, VGEC
conducted a Webinar on

Eating for 'All-Day-Energy' & Immunity



Date :
2nd January 2021

Expert :
Dt. Komal Patel
Dietician/Nutritionist

**“Take Protein Rich Diet for
Strengthening Bones & Muscles”**
-Dt. Komal Patel

