

National Webinar

on

"Impact of Diet on Health and Immunity"

Department of Mathematics in collaboration with the Internal Quality Assurance Cell (IQAC), Janki Devi Memorial College, University of Delhi organized a National Webinar for all the students, faculty and non-teaching staff on 08.10.2020. The topic of the webinar was **"Impact of Diet on Health and Immunity"**. The speaker of the day was Dr. Richa Garg, a renowned Dietician based in Delhi and Founder of Arogyam Nutrition.

Welcome note by Dr. Ritu Arora, Teacher In-charge, Department of Mathematics and introductory address by honorable Principal Prof. Swati Pal marked the beginning of the webinar. Dr. Shilpa Chaudhary (IQAC Coordinator) introduced the guest speaker.

Dr. Richa Garg explained in depth about the concept of a balanced healthy diet, its mental and physical outcomes. She recommended that we should include fresh fruits, vegetables, herbs, nuts and seeds in our daily diet to boost our immunity. She also touched upon the PMS and PCOD among teenage girls. The participants queries were answered towards the end of the session.

The programme saw an overwhelming response from the audience with over 375 attendees from different domains and colleges. The webinar ended with a vote of thanks proposed by Dr. Sharda Sharma Gautam.

Feedback, using Google form was also sought immediately after the event. The analysis of the responses from the participants revealed that **95% of the participants rated the webinar in the higher category** in the overall rating and **90% expressed willingness to attend such programmes in future.**

Poster of the webinar on "Impact of Diet on Health and Immunity".

JANKI DEVI MEMORIAL COLLEGE
(University of Delhi)

*IQAC and Department of Mathematics
invite
Students, Faculty and Non-Teaching staff to*

National webinar
on
**IMPACT OF DIET ON HEALTH AND
IMMUNITY**

Speaker
Dr. Richa Garg
(Nutrition and Wellness
Consultant)
Founder-Arogyam Nutrition
Since 2009

E-certificates will be provided to all the participants.

OCTOBER 8, 2020 | 12:00-01:00PM
LOGIN TIME-11:30AM | ZOOM APP

For queries, contact
Bhavika - 7897677865;
Devyani - 7500078481

Chief Patron
Prof. Swati Pal
(Principal)

Pictures of the webinar on "Impact of Diet on Health and Immunity".

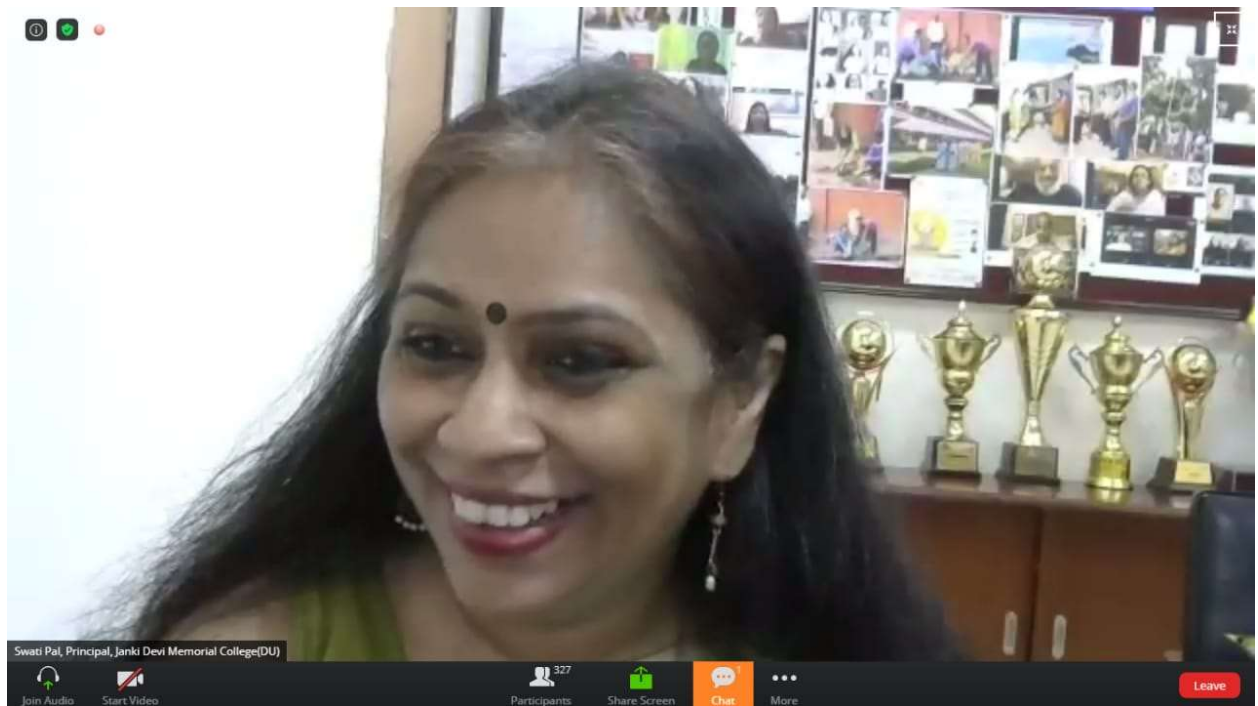
Recording You are viewing Tanu Gupta's screen View Options

Prof. Swati Pal,
Principal,
Janki Devi Memorial College (University of Delhi)

- Charles Wallace Scholar (1997 and 2008).
- John McGrath Theatre Studies Scholar (2005) at Edinburgh University.
- First Asian to receive the John Mc Grath award.
- Author of several books on Theatre, creative and academic writing
- Several of her newspaper articles articulate her views on education and her research in drama.
- Vice President of the Indian Association for Commonwealth Literature and Language Studies (IACLALS) and an Executive Body Member of the Indian Association for the Study of Australia (IASA).
- Has presented a number of papers at both national and international conferences.
- Recipient of several awards

Ritu Arora

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Zoom Meeting

2 people entered the waiting room View X

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13:46 08-10-2020

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SPECIFIC FUNCTIONS OF OMEGA-3 FATTY ACIDS-

- Prevents cancer by inhibiting tumor cell growth.
- Anti inflammatory effect especially in arthritis.
- Protects us by creating the healthy cell wall.
- Enhances brain function as 80% of the brain fat is omega-3.
- Prevents depression.
- Reduces the chances of getting Asthma.

Richa Garg

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laxmi kant | arti 19math1151 | Bushra Saifi | Uzma Pthaan | noorafsa.polsci... | Prachi Sharma

ZINC

ANIMAL SOURCES

-  Shellfish
-  Oysters
-  Seafood
-  Dairy Products
- 

PLANT SOURCES

-  Wholegrains
-  beans
-  Kabuli Chana
-  Cashew
-  Pumpkin seeds
-  Peanut butter
-  Sesame seeds










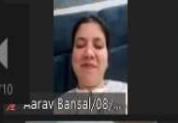












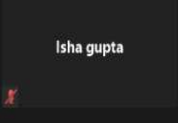
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Zoom Meeting | Speaker View

Participants (228)

Find a participant

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