

Government Engineering College, Sector-28, Gandhinagar

Women Development cell

Report of the event

“Women Nutrition and Health”

Date: 8/3/2022

Women Development Cell of Government Engineering College, Sector-28, Gandhinagar has organized a webinar on “Women Nutrition and Health” on Tuesday, March 8, 2022 at online Platform MS-Team as a celebration part of Women’s Day. Female faculty and Students from all departments took part in this event.

Women starts her journey as a daughter, graduates as a wife, masters the art of motherhood, but she always excels in her very own kitchen. She takes care of the family and directly contributes to the healthy growth of the nation. But often at times neglects own health. Therefore, the program was basically on the healthy eating and cooking for women.

Ms. Foram Desai, Dietitian was a speaker for this session. She gave few lifestyle mantras to the audience. They are - to eat in moderation, detox and crash diet are to be avoided, snacking with right food and right portion is essential, body rehydration with 3-4 liters of water is essential, grill food instead of frying, nuts consumption is

healthy, minimize eating out. She also added that Exercise is not the only answer, Healthy diet regimen is very essential for a healthy lifestyle.

There talk was followed by a very interactive and informative question and answer session on healthy eating and lifestyle.

Attachment: Photographs of the event:

Webinar: Women Nutrition and Healthy Life Style

Participants

Share invite

Presenters (4)

- Dr. Daksha M Diwan
- Dr. Foram Desai (Guest)
Meeting guest
- PINAL PATEL
Organizer
- Shalini Rankawat

Attendees (22)

- Hemangini Shukla
- 2-CE-A-A2-200130107034...
- 2-CE-B-B3-200130107119-...
- 2-EC-A-A2-200130111029...

Dr. Foram Desai (Guest)

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CALCIUM SOURCES

- 1) GREEN LEAFY VEGETABLES
- 2) NUTS
- 3) EGG
- 4) ONION
- 5) BLUEBERRIES
- 6) YOGURT
- 7) TOFU & SOYA MILK
- 8) OATS
- 9) TOMATO
- 10) MILK
- 11) BANANA
- 12) BROCCOLI
- 13) APPLE
- 14) FLAXSEEDS
- 15) CARROT
- 16) MACADAMS
- 17) DARK CHOCOLATE
- 18) GREEN TEA
- 19) WATER

PP PINAL PATEL +20 HS

Leave

Webinar : Women Nutrition and Healthy Life Style

Unmute (Ctrl+Shift+M)

Participate

Type a name

Share invite

In this meeting (53) Mute all

HS Hemangini Shukla

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PP PINAL PATEL +47

WOMENS DAY (Protected View) PowerPoint (Product Activation Failed)

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WHICH NUTRIENT IS BEST FOR BRAIN? WHICH THREE FOODS FIGHT AGAINST MEMORY LOSS?

1. Fatty fish

Fatty fish is a rich source of omega-3 fatty acids, a major building block of the brain. Omega-3s play a role in sharpening memory and improving mood, as well as protecting your brain against cognitive decline.



Dt. Foram Desai (Guest)

Webinar : Women Nutrition and Healthy Life Style

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PP PINAL PATEL +42

2S 2-EC-B-B3-200130107034-HI...

VS VAJJA KESH... 2-CE-B-B3-200130107034-HI...

KD KAPADIYA... 2-CE-B-B3-200130107034-HI...

KK KRISHANA... 2-CE-B-B3-200130107034-HI...

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SHALINI RANKAWAT

Dr. Daksha M Diwan

Dr. pinal patel (Guest)

Dt. Foram Desai (Guest)

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Attendees (40)

- HS Hemangini Shukla
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11. Green tea

Green tea is an excellent beverage to support your brain. Its caffeine content boosts alertness, its antioxidants protect the brain, and L-theanine helps you relax.



Dt. Foram Desai (Guest)

Webinar: Women Nutrition and Healthy Life Style

Meeting chat

Chat has been turned off for this meeting.

Chat has been turned on for this meeting.

Dr. Daksha M Diwan 17:03
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Last read

Dr. Daksha M Diwan 17:04
 Kindly share your feedback and you will receive certificate of webinar

Type a new message

4) YOGA POSES TO RELIEVE CRAMP

YOGA & MENSTRUATION

Child's Pose



Dt. Foram Desai (Guest)

Webinar: Women Nutrition and Healthy Life Style

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Attendees (31)

- Hemangini Shukla
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DT. FORAM DESAI (GUEST)

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SR Shalini Rank...

+31

HS

DT. FORAM DESAI (GUEST)

Webinar: Women Nutrition and Healthy Life Style

Attendees (40)

- HEMANI SHAH
- KAPADIYA NIYATI DILIPBHAI
- Keerti Vashishtha
- Krina Paragbhai Shah
- NAMRATA SHROFF
- Nikita (Guest) Meeting guest
- NIKITA NITIN YAWALKAR
- Nital Mistry (Guest) Meeting guest
- PATEL KHUSHIBEN RAJESHB...
- PRAJAPATI VISHWA VIMALB...
- Rashmi Patel

PP PINAL PATEL

SR Shalini Rank...

Dr. Daksha M Di...

HS

DT. FORAM DESAI (GUEST)

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9) EAT ENOUGH FIBRE.

- FRUITS & VEGETABLES
- BEANS & LENTILE
- NUTS & SEEDS
- OATS & OAT PRODUCT
- WHOLE GRAINS

Convener,
Women cell, GECC

Activity Head,
Women cell, GECC