



Estd. 1970

GONDIA EDUCATION SOCIETY'S

S. S. GIRLS' COLLEGE

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(Re-accredited (3rd Cycle) B+ By NAAC, Bengaluru)

**Biology Department of S.S. Girls' College organized
One day National
Webinar on
“Public Health in Pandemic”**

Gondia Education Society's S.S. Girls' College, Gondia organized one day National Webinar on the topic **“Public Health in Pandemic” on 4th February, 2022**. The event was organized by Department of Biology, Faculty of Home science with an objective to create awareness about public health during pandemic amongst teaching, non-teaching staff, scholars and students. Dr. Sachin Gedam, a renowned professor of psychiatry department from shri shankaracharya institute of medical sciences, Bhilai and Mrs. Kavita Pujara an eminent dietician from Bilaspur, Chattisgarh were guest speaker. The webinar was conducted under the guidance and convenorship of Hon'ble Principal Dr. N.K. Bahekar.

The programme started with an opening remark delivered by Prof. M.B. Kurve, organizer of webinar followed by welcome address from Shaziya sheikh. Hon'ble Principal Dr. N.K. Bahekar welcomed the guest speakers and participants and gave best of luck for the event.

In the beginning of session Dr. J.D. Punde briefly introduced the speakers. Dr. Sachin Gedam in his talk mentioned about the physical health, stress their symptoms especially in young ones. He also highlighted how the pandemic affected the peoples of different sector because of which they lost their jobs and were reeling under crises. He suggested some solutions to cope up with this situation.

Mrs. Kavita Pujara, senior dietician from Bilaspur, Chhattisgarh in her talk mentioned about the general diet, herbal products and food habits of peoples and children. She said that during pandemic we are now back to our traditional diets. She emphasized to include foods rich in vitamins, proteins and fibers. She also talked about the diet diversification. According to her every person should take at least 8-10 glass of water in a day. She stressed not to take junk food and limit the intake of dairy products in diet.

At the end of session interaction session was taken. The whole programme was wonderfully compered by Mrs. Shaziya sheikh, head of B.F.D. Department. Around 80 participants attended the online webinar in Google meet.



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The webinar ended with the vote of thanks proposed by Dr. Rekha lilhare. All the home science faculties, teaching and non-teaching staff strove hard in making this webinar a grand success.

Screen Shots of Guest speaker's Presentation





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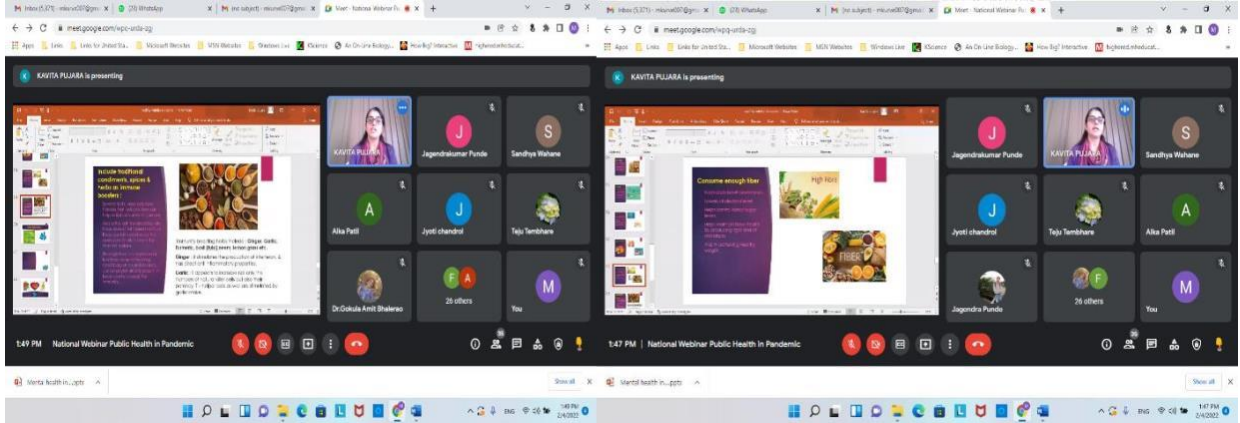
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Gokul

Dr. G. Y. Bhalerao

In-charge, NAAC, Criteria III

N. K. Bahekar

Dr. N. K. Bahekar
PRINCIPAL

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