



GONDIA EDUCATION SOCIETY'S

S. S. GIRLS' COLLEGE

GONDIA – 441601 (Maharashtra)

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

Estd. 1970

Report

National Webinar on “Eat Smart and Safe Food Now for Healthy Tomorrow”

An online webinar titled "Eat Smart and Safe Food Now for Healthy Tomorrow" was organized by the Food & Nutrition Department of S. S. Girls' College, Gondia in collaboration with IDA NC (Indian Dietetic Association, Nagpur Chapter) and NetProFan NC (Network of Professionals in Food and Nutrition, Nagpur Chapter). The webinar was conducted on 19th January 2022, using the Google Meet platform.

The webinar featured renowned speaker Hon'ble Dr. Abhaya R. Joglekar, a professor from Government D.B.P.G Girls College, Raipur. Dr. Joglekar shared her expertise and insights on the importance of making smart and safe food choices for maintaining long-term health. In addition, Hon'ble Dr. Renuka Mainde, the convener of NetProFan NC, and Hon'ble Dr. Kavita Bakshi, the convener of IDA NC, provided valuable contributions to the webinar. Dr. Kavita Gupta, the Honorary Secretary of IDA NC and the Director of DCRC, Nagpur, also shared her expertise on the subject.

Mrs. Shazia Sheikh skillfully anchored the webinar, ensuring a seamless flow of the event and engaging the participants effectively. Ms. Tejeshwari M. Tembhare, the Head of the Food & Nutrition Department, delivered the introductory speech, setting the tone for the webinar and emphasizing the significance of making informed food choices for a healthier future.

The presidential speech was given by Hon'ble Dr. N. K. Bahekar, the Principal of S. S. Girls College, Gondia. Dr. Bahekar expressed gratitude to the organizers, speakers, and participants, highlighting the importance of the webinar in promoting awareness about smart and safe food consumption for long-term health benefits.

A total of 101 participants, including students, faculty members, and professionals from the field of food and nutrition, attended the webinar. This diverse group contributed to a dynamic and interactive discussion during the event, allowing for the exchange of ideas and experiences related to making intelligent and safe food choices.

The webinar covered various aspects of smart and safe food consumption. Key topics discussed included balanced nutrition, food safety practices, healthy eating habits, and the role of nutrition in overall well-being.

Dr. Rekha Lilhare delivered the vote of thanks, expressing gratitude to the speakers, organizers, and participants for their active participation and valuable contributions. The webinar provided an excellent platform for learning, networking, and knowledge-sharing among individuals interested in promoting healthy eating habits and food safety.



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In conclusion, the webinar on "Eat Smart and Safe Food Now for Healthy Tomorrow," organized by the Department of Food & Nutrition in collaboration with IDA NC



**Founder of GES
Late Manoharbhairu
Patel**



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INDIAN DIETETIC ASSOCIATION
1962
NAGPUR CHAPTER

**Gondia Education Society's
S. S. Girls' College, Gondia**

Affiliated to Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur (M.H.)
Re-Accredited with "B+" by NAAC, Bangalore

Department of Food & Nutrition
and
IDA NC and NetProFan NC
Organizes
One Day National Webinar on

"Eat Smart and Safe Food Now for a Healthy Tomorrow"

Date: 19 January, 2022
Time: 12:00 PM

Eminent Speakers

**Safe Food for
healthier
Tomorrow**



Dr. Renuka Mainde
Corporate Nutritionist
Academic Counselor Research
Guide IGNOU
Convener NetproFan NC

Do I Eat Right



Dr. Kavita Bakshi
Convener IDA Nagpur Chapter,
Consulting Dietitian /Faculty
WTERI, Nagpur

**Diet Diversity
with Traditional
Foods**



Dr. Abhaya R. Joglekar
Prof. of Home Science
Govt. D. B.P.G. Girls College,
Raipur, Chhattisgarh

**Lifestyle
Modification:
Need of the hour**



Dr. Kavita Gupta
Hon Secretary IDA NC
Director DCRC Nagpur
Consulting Dietician

Convener



**Principal
Hon'ble Dr. N. K. Bahekar**
S.S.Girls'College,Gondia

**Session –I
12:00 PM
To
1:00PM**

**Session –II
1:00 PM
To
2:00 PM**

Organizers



Ms. T. M. Tembhare
Head dept. of Food and
Nutrition



NetProFan
NETWORK OF PROFESSIONALS
OF FOOD AND NUTRITION

and NetProFan NC, successfully highlighted the importance of making informed food choices for long-term health. The webinar contributed to raising awareness and promoting healthy eating habits among the participants, fostering a better understanding of the impact of food choices on overall well-being. The use of the Google Meet platform allowed for a seamless and interactive virtual experience for all the attendees.



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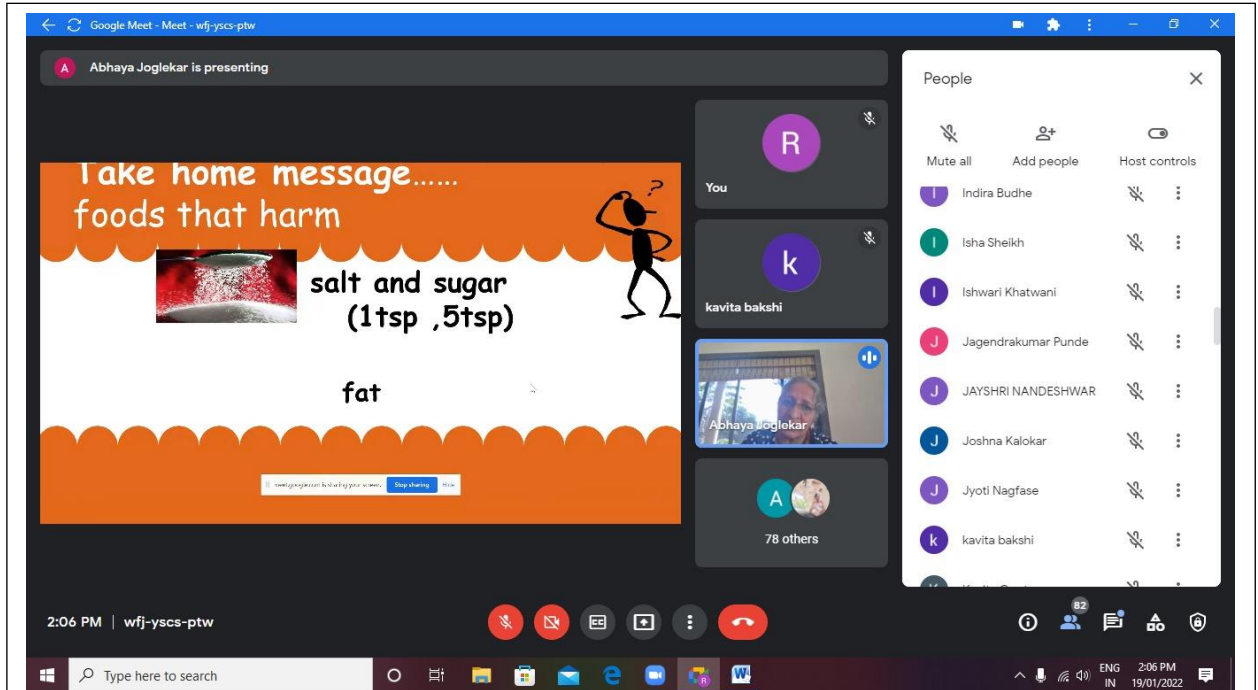
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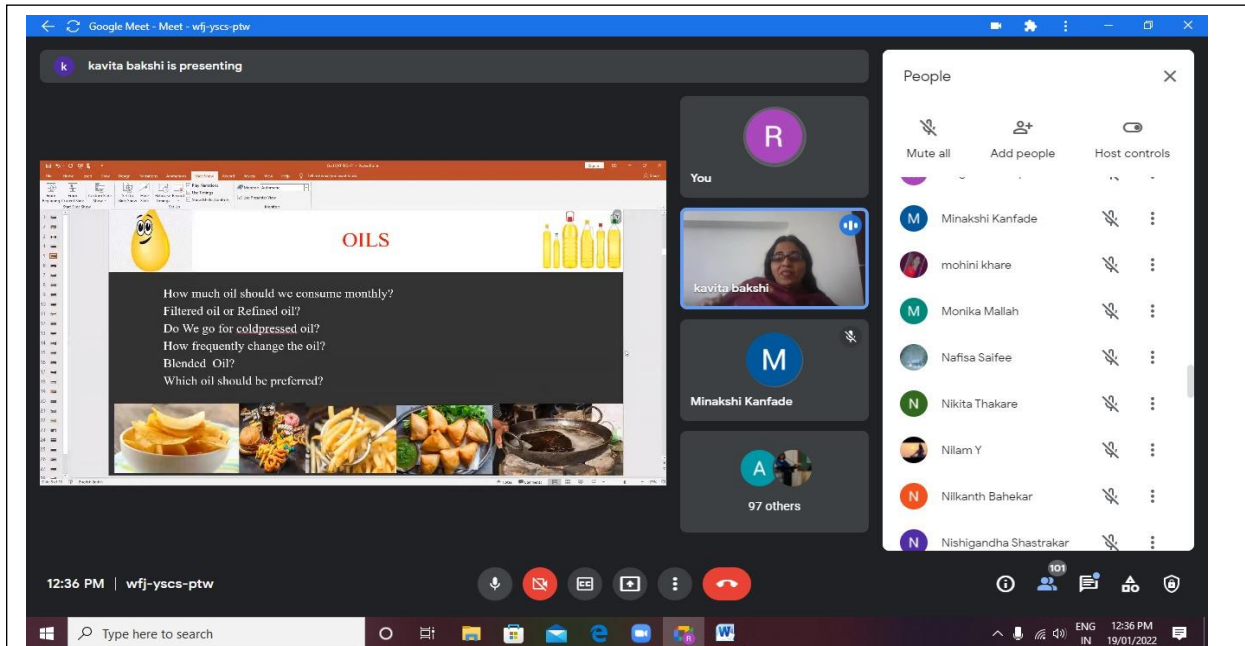
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Dr. Abhaya R. Joglekar Professor of Home Science, Government D.B.P.G girls college Raipur, delivering their presentation during the National Webinar on dated 19/01/2022



Dr. Kavita Bakshi, Convener of IDA NC (Indian Dietetic Association, Nagpur Chapter) delivering their presentation during the National Webinar on dated 19/01/2022



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Overnutrition of Carbohydrates & Calories has made us the Metabolic Capital of the world

INDIA THE DIABETIC CAPITAL OF THE WORLD

Over 100 Million People suffer from Osteoporotic Fractures Every Year in India

3 out of 4 People in India suffer from Lactose Intolerance which increases Osteoporosis Risk.

India Needs to Lose Weight

73% of Indian women are overweight

1/2 of Indian men are overweight

33% Urban Indians are hypertensive

25% Rural Indians are hypertensive

Prevalence of PCOD In India

30-36% Girls in India are suffering from PCOS

Diabetes

Dr. Kavita Bakshi, Convener of IDA NC (Indian Dietetic Association, Nagpur Chapter) delivering their presentation during the National Webinar on dated 19/01/2022

Asmita Alone

RENUKA MAINDE

PINKI MESHARAM

Nilkanth Bahekar

Rekha Lilhare

73 others

12:07 PM | wfj-yssc-ptw

Dr. Rekha Lilhare delivered the vote of thanks of all the dignitaries and Participants during the National Webinar on dated 19/01/2022



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