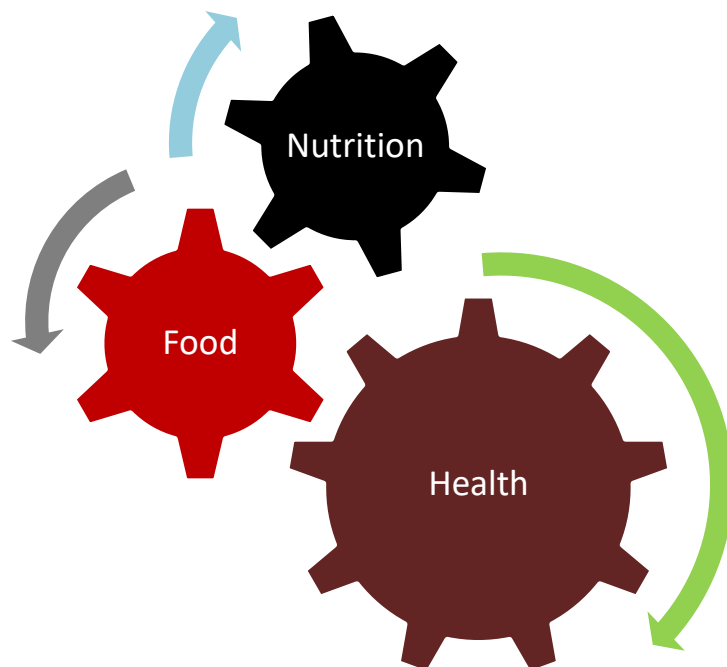


## WORKSHOP ON **Nutrition: Strategies to boost immune system During Covid-19.**

**By**

Student Counselling Cell & Extension Committee

M.S.P Arts, Science & K.P.T Commerce College Manora  
Dist. Washim, Maharashtra



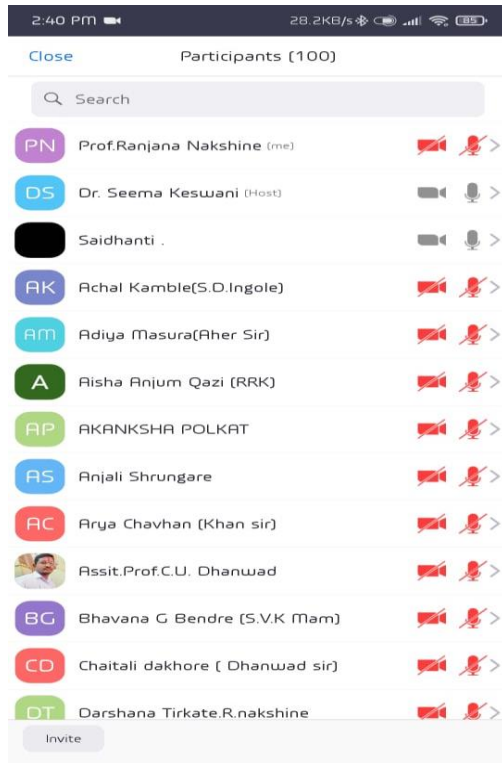
Students Counselling Cell and Extension Committee had organized a very important workshop for students and teacher on 20<sup>th</sup> December 2020 in online mode. Current scenario of covid pandemic around the world imaprts anxiety, stress, disease, and mental as well as physical illness. This was the time that college administration and staff have played a key role for our stakeholders for their overall health concerns by all means. So with this key point, this workshop had been organized and successfully facilitated.



**Dr.Ranjana.H. Jiwane, Key Speaker**

**Dr.Ranjana.H. Jiwane, Vatsla Bai Naik Mahila Mahavidyalaya, Pusad** was the key speaker of the workshop. Principal , **Dr. N.S.Thakare**, had interacted with all participants while whole programme is conveyed and facilitated by the **Dr. Seema.V.Keswani** while at last vote of thanks had given by **Assitant Professor R.A. Naxine**.

**OUTCOMES:**Overall 100 participants were actively presents in the workshop, and iteracted very effectively by asking their questions about health, hygiene and nutrition etc.



## Screenshots of Workshop

The key speaker had interacted in very lucid way with participants,She had discussed a lot about health and specially immune system and how to improve our immune system to fight against any infections, pathogens or even stress too.What types of food and nutritive suppliments are important for our daily healthy life and how we can get or include in our regular diet profile. Need of seasonal fruits, vegetables are very important factors to boost up our immune system have told by the key speaker.Above all she had discussed about the importance of yoga and other physical exercise in our daily life routine. Overall all participants were benefited at all. The college is very keen and active to take such type of workshops, guest lectures etc for students in regular basis.

