

## **Workshop on “Health and Well Being”**

One day workshop on “**Health and Well Being**” was organized by Department of Food Science and Nutrition and General Home Science as a part of National Nutrition Month celebration on 7<sup>th</sup> September, 2019 between 9.00am - 2.00pm in K.B Marfatiya Rotary Hall (Conference Hall), Sheth P.T. Mahila College of Arts and Home Science, Managed by Vanita Vishram, Surat. The aim behind organising this workshop was to enhance knowledge of students on Ayurvedic nutrition, various techniques for assessment of malnutrition, career opportunities for Home Scientists and nutritionists.

The resource persons for the workshop were Dr. Vikas Desai, Dr. Medha Patel, Dr. Krishna Anjariya, Ms. Sai Saurabh Vyavahare and Dr. Deepa Patel. The program coordinators were Smt. Purnima Pancholi, Dr. Shilpee Agrawal and Dr. Payal Jain.

Target audiences for the workshop were the students of P.G. Diploma in Dietetics and B.Sc Home Science (Food Science & Nutrition and General Home science). The participants were given a kit during registration. There were total 105 participants who benefited from the workshop.

An Inaugural ceremony was organized by lamp lightening and prayer. All the guests were introduced and felicitated by the college family.

Dr. Vikas Desai (Ex Additional Director, Department of Health-Gujarat) gave a key note address on “Career Paths for Home Scientists and Nutritionists”. Her speech oriented the participants about various opportunities available after doing graduation, P.G. Diploma and Masters in Food Science and Nutrition.

Dr. Medha Patel (Ayurveda Consultant and Panchkarma Specialist, Dr. Ambedkar Vanvasi Kalyan Trust, Surat) had delivered lecture on “Ayurveda and Health” and then parallel session by Dr. Medha Patel, Dr. Krishna Anjaria (Ayurveda Consultant, Dr. Ambedkar Vanvasi Kalyan Trust, Surat) and Ms. Sai Vyavahare (Yoga Teacher, Dr. Ambedkar Vanvasi Kalyan Trust, Surat) were conducted. Dr. Medha Patel demonstrated and enlightened students about health benefits of various ingredients used for ragi based recipes which can be prepared in few minutes. She also demonstrated preparation of an ointment and syrup that could be prepared easily at home with very few ingredients and at low cost. Dr. Sai had conducted a lecture on “Adolescent Health and Yoga” as well as demonstrated various asanas of Yoga which can be done without using any equipments and training. She explained the scientific benefits of each asana too.

Delicious lunch was served to all the participants where they interacted with each other. Sharing of experiences and networking helped the group to come closer.

Dr. Deepa Patel delivered a lecture on “Learn to diagnose Malnutrition” where she exhibited various anthropometric indices, clinical signs and biochemical parameters. She explained in detail about the use of anthropometric measurement in a particular age group and its cut-off values.

Towards the end of the workshop, Fit India movement was introduced to our students. The students were motivated to walk 5000 steps a day. They had taken a pledge to be fit.

Shri V. D. Joshi invoked the vote of thanks on behalf of the college. Group photographs were clicked and certificates were distributed to all the participants.