

Sheth P.T. Mahila College of Arts and Home Science

Department of Food science and Nutrition

Activity Report – Seminar on Vegan Diet

Date: 26 February, 2020

Time: 9:00 – 11:00 am

Venue: K.B. Marfatia Hall, SPTMC

Topic: Reversal of Diabetes in 21 days through Vegan Diet

Faculty: Dr. Nandita Shah- Founder of Sharan from Pune

Collaboration- Oasis Movement

Audience- T.Y B.Sc (FSN), P.G. Diploma in Dietetics, Teaching staff, outsiders invited by Oasis Movement

Number of Beneficiaries: 120

Coordinator: Dr. Shilpee Agrawal, Dr. Manisha Vyas

A seminar was organized by Oasis Movement at Sheth P. T. Mahila College of Arts & Home Science on 26-02-2020.

The seminar was inaugurated by lighting the lamp by dignitaries. It was followed by the facilitation of our Chief guest and faculty Dr. Nandita Shah. She is the founder of sanctuary for Health and Reconnection to Animal and Nature (SHARAN) and has thirty-six years of experience in treating patients with Diabetes. She gave a magnificent speech on the topic “Reversing Diabetes in 21 days”. The Beneficiaries of this Seminar were UG and PG students as well as teaching faculties of Sheth P. T. Mahila College of Arts & Home Science. Few outsiders were also invited by Oasis People and a few practicing dietitians also attended the seminar.

Dr. Nandita Shah provided a splendid insight related to the real cause of diabetes using scientific evidence and outlined the routine that will not just prevent the disease but also reverse diabetes. She also addressed that fruits, vegetables, whole grains are the foods that should be taken in excess to reverse the diabetes and milk, milk based product, non-veg, sugar, oil and oil product should be restricted from diet for effective outcome. She insisted on life style modification.

She interspersed with testimonial, stories and real life experience where type 2 diabetes and many cases of type 1 are indeed reversible.

The session was very useful and informative. The successful program ended around 11 am with Vote of Thanks by the Associate professor- Shrimati Minakshi Tripathi. The book "Reversing Diabetes in 21 days" was sold by oasis movement at the end of program. The seminar was very informative and provided the participants with enormous knowledge.



Oasis Movement

PRESENTS A SEMINAR (for medical professionals) **ON**

Reversing Diabetes in 21 Days



On the occasion of Book Release
by Oasis Publication



Guest Speaker:

Dr. Nandita Shah (Author)

Founder-Director, SHARAN India

Venue:

Department of Food Science and Nutrition
Sheth P. T. Mahila College of Arts and Home Science
Vanita Vishram, Surat

Date: 26th Feb 2020

Time: 9 -11 am

Contact:

Dr. Neha Vakharia - 9886087021

Dr. Maya Soni- 9904342159



Vegan Diet - Book on Diabetes with author



Dr. Nandita Shah- addressing the audience





Dr. Nandita Shah- signing the book for the library