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SHRI S. K. SHAH & SHRIKRISHNA O. M. ARTS COLLEGE, MODASA.

[Run by : Shri M. L. Gandhi Higher Education Society, Modasa.]

શ્રી એસ.કે.શાહ એન્ડ શ્રીકૃષ્ણ ઓ.એમ.આર્ટ્સ કોલેજ, મોડાસા

શ્રી મ.લા.ગાંધી ઉચ્ચતર કેળવણી મંડળ, મોડાસા સંચાલિત

MODASA- 383 315, Dist. Aravalli. (North Gujarat)

મોડાસા - ૩૮૩ ૩૧૫, જિ. અરવલ્લી. (ઉત્તર ગુજરાત)

Shri S. K. Shah & Shrikrishna O. M. Arts College, Modasa

Women Development Cell (2020-21)

Minute of the Meeting

Meeting Date: 04/09/2020

Time: 11:30 to 12:30

Subject: Seminar on Precautionary Measures and Dietary Guidance During the COVID-19 Pandemic

Mode: Online

Chairperson: Prof. Pushpaben Garasia

Member: Dr. Vandana Parmar

In the meeting held on September 4, 2020, from 11:30 to 12:30, the Women Development Cell discussed the upcoming online seminar scheduled for September 8, 2020. The seminar will focus on essential topics such as information and awareness about COVID-19, hygiene and guidance, immune-boosting nutrients and foods, recipes from commonly available household ingredients, a diet chart during COVID-19, various types of immunity-boosting drinks, and precautionary measures post-COVID. Tasks were assigned for preparing presentations, educational materials, and diet charts, ensuring a comprehensive and informative session. It was also decided to conduct a trial run of the online seminar setup to troubleshoot any potential technical issues.

Emphasis was placed on the importance of educating participants about the virus, maintaining personal hygiene, and boosting the immune system through proper nutrition. The creation of simple and nutritious recipes, structured diet charts, and immunity-boosting drink recipes was highlighted to provide practical guidance. The meeting concluded with plans to confirm speakers, distribute materials, and schedule a follow-up meeting to gather feedback and discuss improvements for future events.

Chairperson: Prof. Pushpaben Garasia

Dr. Vandana Parmar



Principal
Shri S.K. Shah & Shrikrishna
O.M. Arts College, Modasa (Aravalli)



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Seminar Report

Seminar Date: 08/09/2020

Time: 11:30 to 2:30

Subject: Seminar on Precautionary Measures and Dietary Guidance During the COVID-19 Pandemic

Mode: Online

Chairperson: Prof. Pushpaben Garasia

Member: Dr. Vandana Parmar

The online seminar conducted on September 8, 2020, from 11:30 AM to 2:30 PM by the Women Development Cell of Shri S. K. Shah & Shrikrishna O. M. Arts College, Modasa, focused on vital topics surrounding the COVID-19 pandemic. Key discussions included information and awareness about the virus, hygiene practices, immune-boosting nutrients, and foods, as well as practical recipes from commonly available household ingredients. Additionally, a detailed diet chart suitable for the COVID-19 period was presented, alongside various types of immunity-boosting drinks. The seminar also provided guidance on precautionary measures to be taken post-COVID recovery. The session was comprehensive, with assigned members delivering well-prepared presentations and educational materials. A trial run of the online setup ensured smooth execution without technical difficulties.

Participants were educated on maintaining personal hygiene, understanding the importance of proper nutrition, and boosting their immune systems effectively. The practical guidance provided included simple recipes and structured diet charts, emphasizing easily accessible ingredients and immunity-boosting drinks. The seminar concluded with an open forum for questions, followed by the distribution of materials and plans for a follow-up meeting to gather feedback and discuss future improvements. The event successfully met its objectives, providing valuable information and practical advice to help attendees navigate the challenges posed by the pandemic.

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How should I wash fruit and vegetables in the time of COVID-19? Wash them the same way you would in any other circumstance.

Before handling them, wash your hands with soap and water.

Then, wash fruit and vegetables thoroughly with clean water, especially if you eat them raw.

#Coronavirus #COVID19 World Health Organization

स्वस्थ भोजन की थाली

सब्जियाँ: सब्जियाँ को अच्छे से धोकर खाएं। (Wash vegetables thoroughly before eating.)

साबुत अनाज, या होल ग्रेन्स: साबुत अनाज खाएं। (Eat whole grains.)

फल: फल को अच्छे से धोकर खाएं। (Wash fruits thoroughly before eating.)

स्वस्थ प्रोटीन: स्वस्थ प्रोटीन खाएं। (Eat healthy protein.)

पानी: पानी पीएं। (Drink water.)

सक्रिय रहें!

आपकी सेहत आपकी थाली

हेल्दी ऑइल (Healthy Oil) पर्याप्त पानी (Adequate Water)

सब्जियाँ (Vegetables) 40%

फल (Fruits) 10%

प्रोटीन (Protein) 25%

अनाज (Grains) 25%

FOR STRONGER IMMUNITY AND HEALTHIER SKIN, ADD VITAMIN C - RICH, PLANT-BASED FOODS TO YOUR DIET FROM TODAY

AMLA, ORANGES, PAPAYA, CAPSICUM, GUAVA, LEMON

Chairperson: Prof. Pushpaben Garasia

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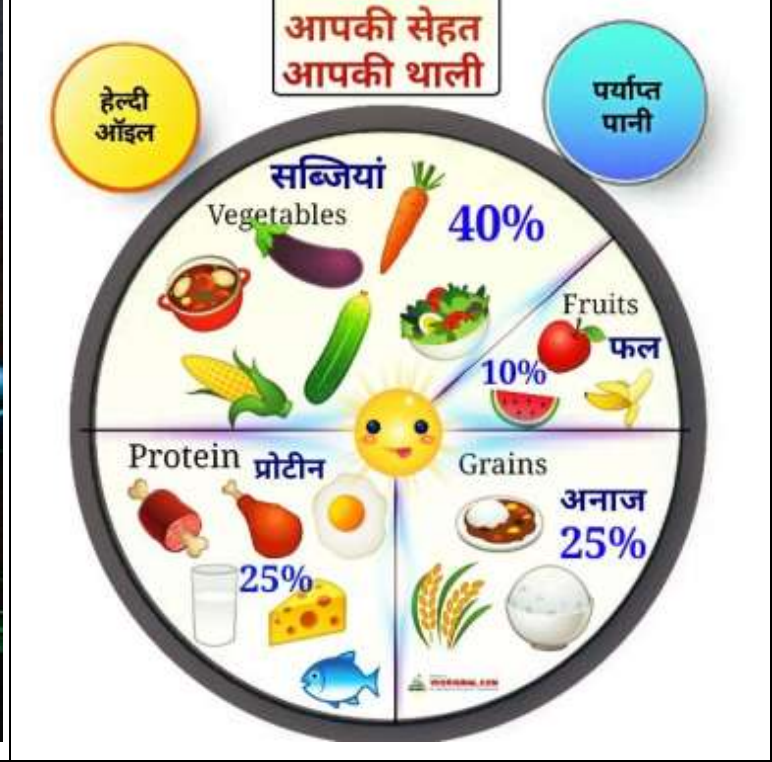
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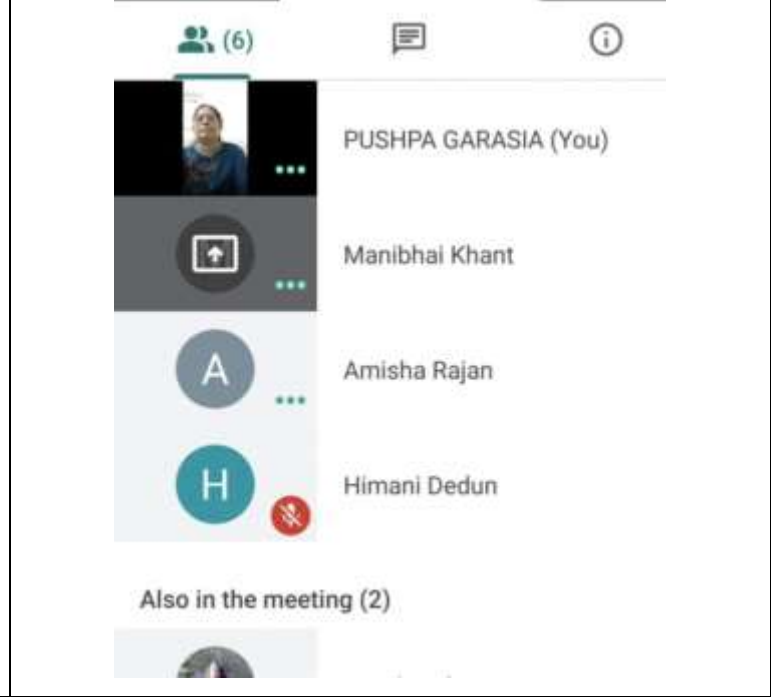
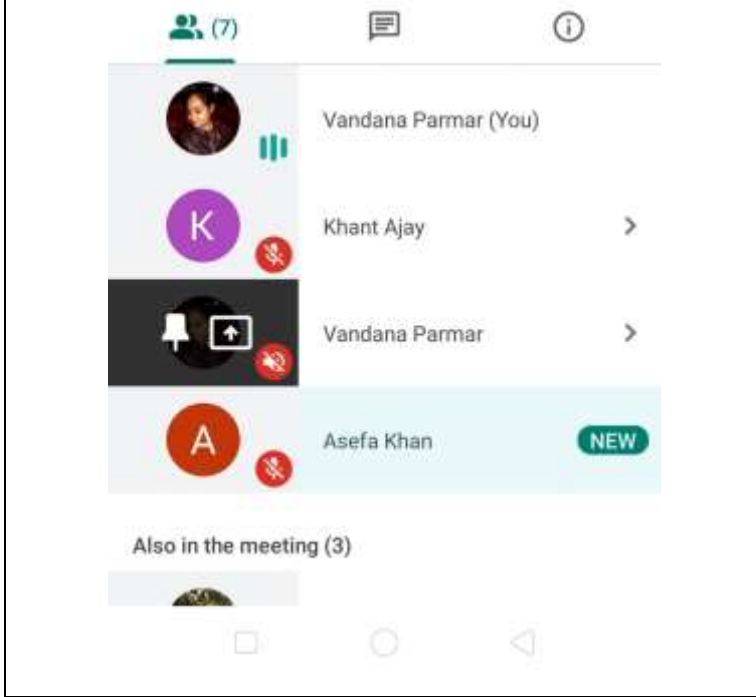
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