

## **Report on National Webinar on Nutrition and Health: Feel good, Be good, Look good**

The Entrepreneurship Cell of VPM's R.Z. SHAH College of Arts, Science and Commerce organised a national webinar on 23<sup>rd</sup> February, 2021 which was based on **Nutrition and Health-Feel good, Be good, Look good** where **Ms. Madhuri Ruia** the famous nutritionist was the speaker. The webinar could see more than 400 registrations all across the country and was conducted through Zoom platform along with live streaming on Youtube.

The webinar started with the general welcome which was given by Prof. Oindrila Mukherjee followed by the keynote address given by Adv. Vijay Kulkarni, the Hon. Joint Secretary of Vidya Prasarak Mandal and introduction of guest was given by Prof. Prachi Raorane. Ms. Ruia gave a clear idea about what nutrition is actually is and how healthy body needs all nutrients. She also explained in a crystal clear manner the outcome of **Healthy Plate-Ghar ka Khana**. Through this webinar we also came to know how we can have positivity in our life through proper diet.

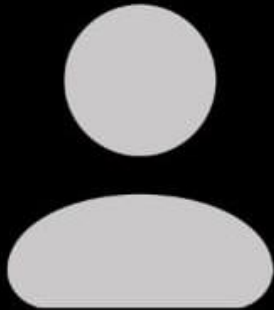
Finally the webinar had question and answer session and ended with vote of thanks given by Prof. Gauri Puranik followed by sharing of the feedback form. The live session of this on Youtube thereby catered to a large audience all across India.

# 10 food groups


	Food group	Broad examples
1	Cereals&Grain	Rice, Wheat, Millet, Oats Quinoa and their products, chappati, pasta, upma
2	Dals, Pulses	Masoor dal and other dals, rajmah, chana,
3	Vegetables	Spinach, broccoli, beans, tomatoes, peppers etc
4	Starchy root veggies	Potato, sweet potato and yam
5	Fruit	Apple, pear, papaya, banana
6	Milk and milk products	Milk, yogurt, buttermilk, paneer, milkshake, cheese
7	Meat, fish poultry	Chicken, mackerel, red meats
8	Nuts and oil seeds	Almonds, Pistachios, flaxseeds, sunflower seeds?
9	Fats and oils	Groundnut oil, coconut oil, olive oil
10	Spices	Cinnamon, cloves cardomom

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Oindrila Mukherjee

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Prachi Raorane




Kavita Sharma



Oindrila Mukherjee

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 Prachi Raorane



Madhuri Ruia