



GOKHALE MEMORIAL GIRLS' COLLEGE

ACTIVITY REPORT OF NATIONAL WEBINAR ON “EAT RIGHT BITE BY BITE”

The webinar was organized by Students' Welfare Sub-Committee & Department of Clinical Nutrition & Dietetics (CND) for celebration of 'Students' Week' (an initiative of Government of West Bengal) and 'Dietetics Day' on 7th January, 2024 at 3 pm. It was conducted by Smt. Pratyasha Agrawal, faculty of CND department via You Tube live streaming and session was recorded in Gokhale Memorial Girls' College you tube channel page. Dr. Ivy De, Assistant Professor, Department of Education, gave the introductory speech and welcomed the speaker Ms. Ritika Samaddar, Registered Dietician, Chief Clinical Nutritionist & Regional Head, Clinical Nutrition & Dietetics Department, Max HealthCare, Delhi. With an extensive experience in the field of Nutrition & Dietetics spanning over 28 years, Ms. Ritika Samaddar is a Certified Sports Nutritionist & Diabetes Educator. She is also a Trained Bariatric Nutritionist and specializes in Critical Care Nutrition. She has numerous awards & recognitions to her credit, is Joint Secretary of IDA (Indian Dietetic Association), Delhi Chapter and is a member of many professional bodies like ESPEN (European Society of Parenteral & Enteral Nutrition), NSI (Nutrition Society of India), etc. 209 participants who attended the webinar, included undergraduate & postgraduate students and faculties from various colleges and universities all over India. One of the student participant was from a University in Malaysia (IIUM). Other professionals related to the field of nutrition were also a part of the audience. The Dietician enthralled the audience with her experience and expertise. She had provided a google form which was circulated before session among students. She was delighted with the great response (188 approximately) to the questionnaire, aim of which was to assess the diet and lifestyle pattern of participants and correct it. She mentioned that she was happy to know that most of the participants were aware of correct diet & lifestyle techniques. She emphasized upon importance of physical activity in our daily life, shared knowledge on various aspects like foods to be avoided and foods to be included. She enthusiastically took up all questions of audience at end of session. Q & A round was conducted by Host- Sm. Pratyasha Agrawal. The webinar was concluded with Vote of Thanks by Sm. Pratyasha Agrawal. The event got very good response from the audience which was evident by the numerous questions posted by them and their feedback in chat box as well as feedback form. The feedback of all participants was collected via google form link provided in You Tube chat box.

This event was sponsored by Gokhale Memorial Girls' College. Sponsored amount was Rs. 1000 (Speaker Fees).



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MAX Healthcare

Eat Right Bite by Bite

Ritika Samaddar, RD
Regional Head- Clinical Nutrition & Dietetics
Max Healthcare, Saket
New Delhi

LET FOOD BE THY MEDICINE
&
MEDICINE BE THY FOOD
HIPPOCRATES

Slide 7 of 45

(25) National Webinar on "Eat Right Bite by Bite"

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Why 5 a Day?

500g fruit and vegetables a day can help us to stay healthy

- Great source of antioxidants, vitamins and minerals
- Go Seasonal, Go Local
- Help to prevent constipation due to their high dietary fibre content
- May reduce risk of cancer, diabetes & heart disease and stroke

For 5 A Day

National Webinar on "Eat Right Bite by Bite"

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Top chat

given at the end of the webinar?

Gokhale Memorial Girls' College, Kolkata anytime throughout the session - so please be present for entire session

Nutrition Tuition World if any person affected in Dengue twice in her lifetime, is it any effect on Her Immunity?

Nazia Khan anthropomorphic measurement is important for detecting disease at early stage

Debangi Sen good afternoon mam

Anisha Ghosh hello ma'am

Radha Punam kumari Shaw 5th sem Deshbandhu college for girls

Radha Good afternoon Ma'am

Debosmita Ghosh debosmita Ghosh

Anu Roy hello ma'am

anirudha biswas Wonderful

3:21 PM 1/7/2024

On Going Webinar



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NATIONAL WEBINAR ON "EAT RIGHT BITE BY BITE" CELEBRATION OF DIABETES' AWARENESS DAY Organized By STUDENTS WELFARE SUB COMMITTEE DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS GOKHALE MEMORIAL GIRLS' COLLEGE

SPEAKER: ARPIKA SANKARANARAYAN, RD

can we consume junk foods everyday such as Chinese dishes?

National Webinar on "Eat Right Bite by Bite"

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Gokhale ...

Top chat

session

Garima Kundu over exercise impacts adversely to body, so what is the average time for exercise to keep body healthy.

Gokhale Memorial Girls' College, Kolkata <https://docs.google.com/forms/d/1WjkH...>

Gokhale Memorial Girls' College, Kolkata please see the feedback form has been posted

Mariyah Irfan what's your take on COVID after effect especially in case of cardiovascular disease

PUJA BISWAS is it ok to eat oats twice a day ?

Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines. [Learn more](#)

PUJA BISWAS how to maintain diabetes?

Riya Kumari Riya kumari (Deshbandhu college for girls).b.com honours, sem-3, roll no -336

Its Gunja Gunja Kumari (deshbandhu college for girls).b.com honours , sem - 3 , roll no- 315

Q & A Session