



**Bharatiya Vidya Bhavan's
Sardar Patel Institute of Technology
Munshi Nagar, Andheri(W), Mumbai-400058**



Report

Event Name: Balanced Diet Talk In Lockdown 2020

Date of Event: 2020-04-28

Place of Event: Online

In-Charge Member: Dr. Aarti Karande

We all know that we should be living a healthy and active lifestyle. One of the essential parts of living a healthy life is having a balanced diet. In this pandemic situation, we should get information for maintaining diet as well as tips to cook with restricted food items. Our speaker Mrs. Kanchan Patwardhan (Dietitian) guided us for maintaining diet and easy cooking style.

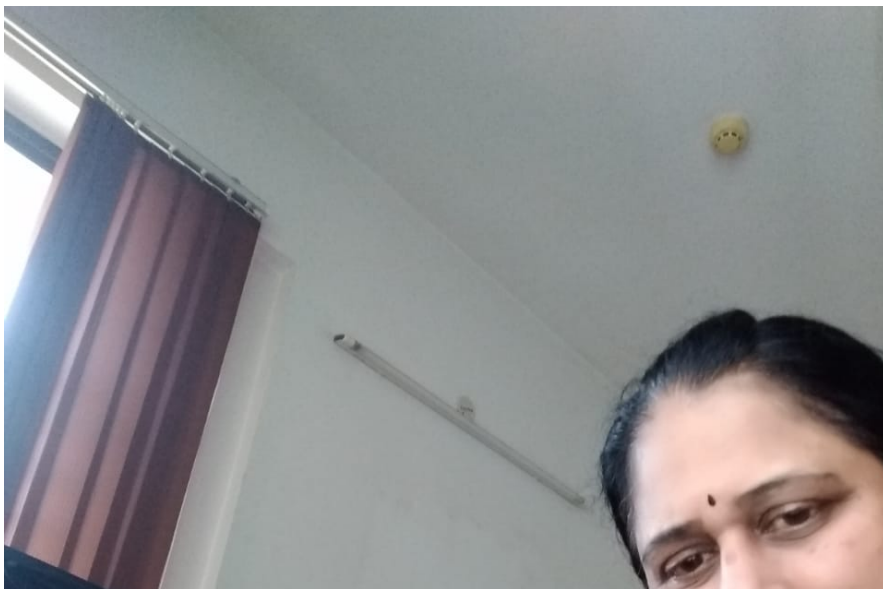
“Kanchan's House of Health and Nutrition” is a brainchild of Mrs. Kanchan Patwardhan. A well-presented, self-motivated and confident freelance clinical Nutritionist & dietician with over 22 years of rich experience. She pursues nutrition and dietetics as a way of life and plays a vital role in propagating the importance of a balanced diet in shaping a healthy life in society. she is specialist in offering Weight Management, Diabetes Management, Cholesterol Management programs, diet for Pre & Post Pregnancy, Child Related Nutrition Issues, Skin Care through inner Nutrition, PCOD & other Hormonal disorders and Diet therapy for other medical conditions such as renal cardiac and hepatic patients.

The online seminar was very informative. It was liked by all the students and the teachers.



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DIETARY GUIDELINES TO IMPROVE IMMUNITY

Enough Carbohydrate	Wheat, barley, jowar , Bajrah, Ragi, fruits & vegetables
Adequate Protein 1gms/kg body wt	All pulses- Moong, tuar , Rajmah, Chole , Chane Non veg food - eggs, fish, chicken, mutton Milk & milk products Nuts & dry fruits
Correct Fibre 30gms	Cereals, fruits, vegetables
Enough calcium 1000-1200 milligram	Milk & milk products ,fenugreek, spinach, broccoli, eggs, ragi
Adequate Iron 30 mg	Garden cress seeds, green leafy vegetables, mutton , nuts and oil seeds
Vitamins	All fruits and vegetables, cereals ,milk
Essential fat	Nuts and oil seeds, flax Seeds, sunflower seeds
Water	10-12glasses/ day, soups, fresh juices, coconut water.



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The screenshot shows a Cisco Webex Meeting interface. The main content is a slide titled "DIETARY GUIDELINES TO IMPROVE IMMUNITY" from "KANCHAN'S HOUSE OF HEALTH & NUTRITION". The slide lists four key dietary guidelines:

- **Read labels.**
- **Drink plenty of water. - in form of lemon water, cocum water, detox smoothies, soups**
- **Reduce foods high in fat. Avoid biscuits , Khari, chips and ready to eat vegetables**
- **Use sugar and salt in moderation. Too much sodium in the diet is linked to high blood pressure. Also, go easy on smoked, salt-cured, and charbroiled foods -- these foods contain high levels of nitrates, which have been linked to cancer**

Contact me : 9833171695 website: www.kanchanpatwardhan.in

The chat window on the right shows a list of messages:

- from pallavi@bharatiya: 4:17 PM
- ok 4:17 PM
- from Kanai Kadam to everyone: 4:17 PM
- ok 4:17 PM
- from Sneha Wankar to everyone: 4:17 PM
- ok 4:17 PM
- from Manish M Phadnis to everyone: 4:17 PM
- Questions at the end 4:17 PM
- from Anil Karande to everyone: 4:17 PM
- Pls. we will have question and answer session in last 10 mins 4:17 PM
- from Pallavi Malame to everyone: 4:18 PM
- omg 4:34 PM
- from vnaibagaria to everyone: 4:34 PM
- yes 4:34 PM
- from sbinisai@30 to everyone: 4:34 PM
- yes continue madam 4:34 PM
- from pallavi@bharatiya: 4:34 PM
- yes 4:34 PM
- from Pallavi Malame to everyone: 4:34 PM
- yes 4:34 PM
- from Sukanya to everyone: 4:34 PM
- yes 4:34 PM
- from Kanai Kadam to everyone: 4:34 PM
- yes 4:34 PM
- from sagali to everyone: 4:34 PM
- Yes 4:34 PM
- from Sakali to everyone: 4:34 PM
- yes 4:34 PM
- from sagali kamble to everyone: 4:34 PM
- Yes 4:34 PM
- from Sneha Wankar to everyone: 4:34 PM
- yes mam, please continue 4:34 PM
- from Sujata Kulkarni to everyone: 4:34 PM
- s 4:34 PM