



SATIMATA SHIKSHAN SANSTHA'S
DR. M. K. UMATHE COLLEGE

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Shri Kishor Umathe
Secretary

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Principal

Ref. No. MKU

Date : 17/06/2021

A Brief report on One-Day National Seminar

On

Role of Therapeutic Diet and Stress Management in Dealing with Covid-19


Date: 16th June, 2020

The Department of Home Economics of Dr. M. K. Umathe College, Nagpur in collaboration with Shri Niketan Arts-Commerce College, Nagpur and Home-Economics Association Nagpur organized a One Day National Interdisciplinary Virtual Conference on 16th June, 2020 on the topic "**Role of Therapeutic Diet and Stress Management in Dealing with Covid-19.**" The aim of the webinar was to make the participants aware of immune boosting diet, how to maintain good physical as well as mental health during Pandemic and how to take care of themselves and their families during this crisis.

The eminent speaker **Dr. Charu Katre**, Department Home Science, (Food and Nutrition), Govt. K.R.G. PG Autonomous College, Gwalior was invited as a resource person for the first technical session of the webinar. The topic of her presentation was "**Role of Nutrition in Respiratory Health and Immunity.**" She covered all the aspects of the topic of her presentation. **Dr. Swati Kalyankar**, a Nutritionist and Obesity Consultant, was invited as a resource person for the second technical session. She spoke on **Obesity and Indian Diet.** **Dr. Anjali Dudhmande**, Department of Home Science, K R. M.

Mahila Mahavidyalaya, Nanded was invited as a resource person for the third technical session and spoke on “**Stress Management.**” All the technical sessions were wonderful, interesting and informative.

The webinar received an overwhelming response and total 676 participants from all over Maharashtra attended the webinar. Dr. Mrunal Warlurkar, a treasurer of Home-Economics Association, Kamla Nehru Mahavidyalaya, Nagpur and Dr. Alka Sarode Kotamkar, Shri Niketan Arts-Commerce College, Nagpur conducted the proceedings of the webinar while Dr. Kavita Borkar, Associate Professor, Dr. M. K. Umathe College, Nagpur proposed the formal vote of thanks. The webinar was conducted on Zoom Cloud App and was also streamed live on YouTube.


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