



NSS UNIT OF
MANIBEN NANAVATI WOMEN'S COLLEGE, MUMBAI
Best College Award 2018-19
AFFILIATED TO SNDT WOMEN'S UNIVERSITY, MUMBAI



NSS Unit of MNWC in collaboration with Lions Club, Juhu
Organized Session during Nutrition Month
Topic : Healthy eating to nourish skin, hair and brain health

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NSS UNIT
IN COLLABORATION WITH
LIONS CLUB, JUHU
An Online Event ON
Healthy Eating to Nourish Skin, Hair & Brain Health.
On 16th Sept, 2021 from 3.00 p.m. to 4.00 p.m.

Resource Person: Ms. Jinal Savla, Clinical Nutritionist

Time: 3.00 to 4.00 p.m.

Zoom Link: <https://us06web.zoom.us/j/7kDxKh6ZbMk>

No. of Participants: 140

Target Group : SY and TY (B.A., B.Com., BMS , BAFI)

NSS Unit of Maniben Nanavati Women's College in collaboration with Lions Club, Juhu organized an Online Session on Healthy eating to nourish skin, hair and brain health. The guest speaker for the session was Ms. Jinal Savla, Clinical Nutritionist.

Principal, Dr. Rajshree Trivedi addressed the students and participants. There were a total of 140 participants including NSS P.O., NSS Volunteers and Committee Members.

The event began with welcoming and introducing Guest speaker Ms. Jinal Savla by Ms. Geeta Varun, NSS P.O of MNWC.

Ms. Rani Wankawalla, Member of Lions Club, Juhu talks about the various activities

conducted by Lions Club, Juhu. Ms. Jinal Savla started the session explaining about overnutrition and undernutrition amongst people. She also said that we must have a balanced eating diet, for young girls how many calories, protein, calcium, iron, Cho and Dietary fat required in daily nutrition with the help of a chart. Further Ms. Jinal talks about what are deficiencies in low diet plans and their side effects.

Madam has also focused on Basic 5 Indian Food which we should include on a daily basis like wheat, dal, groundnuts, paneer, fruits, vegetables and which nutrition plan will help us for boosting brain power. For Skin dark circle and other skin issues the major cause is because of environment condition, masculine cycle, thyroid, hormonal imbalance and indigestion etc. To reduce skin problems maximum water intake should therefore be used flavored water by using pills of different fruits as well. Ms. Jinal talks about which prebiotic and probiotic food, Vitamin A, Vitamin C, Iron, Calcium, Protein food to be included in daily diet to nourish skin, hair and brain health. Few Tips for diet plan were given during the session.

The session was ended followed by Question answer session and Vote of Thanks by NSS P.O., Dr. Swati Partani. The program was a success with the participation, cooperation of the faculty members and students.

