

Bamanpukur HumayunKabir Mahavidyalaya



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Bamanpukur. North 24 pgs, Pin-743425. West Bengal



ESTD-2007

NAAC ACCREDITED

State Level Webinar On

“Fight against Covid-19 with nutrition & Dietary Fiber”



**EQUAL OPPORTUNITY CELL AND ANTI-RAGGING CELL
OF**

Bamanpukur Humayun Kabir Mahavidyalaya

In Collaboration with

Department of Education

SUNDARBAN HAZI DESARAT COLLEGE

On August 28 th, 2021 (Saturday)

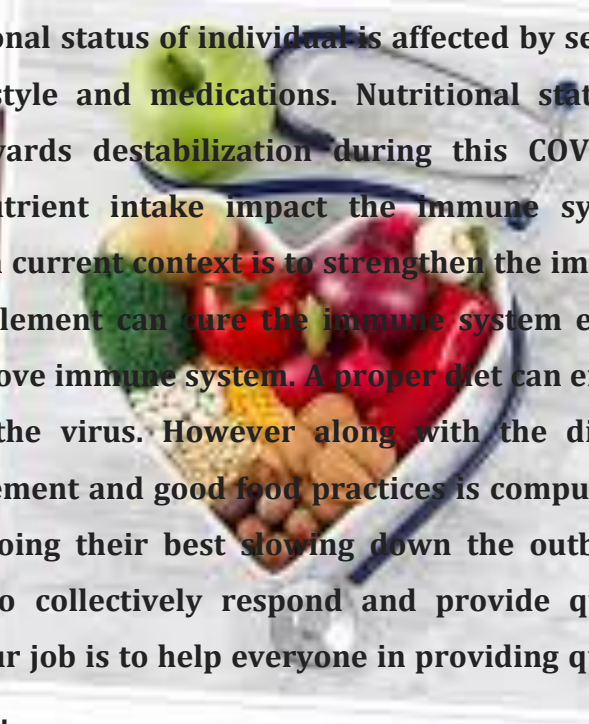
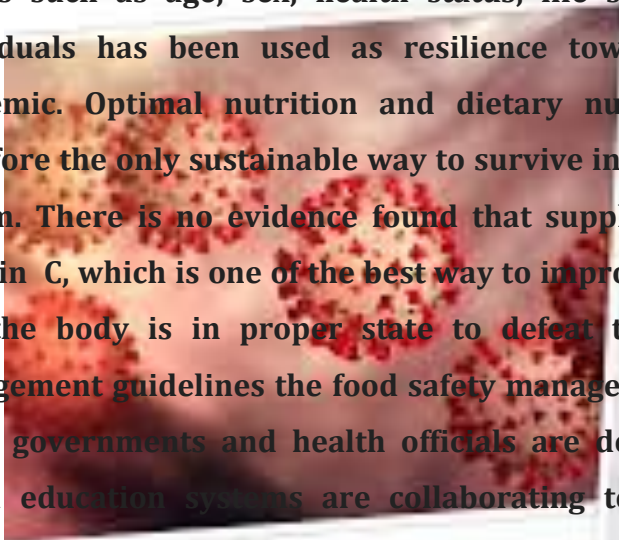
AT 5.30 PM

Plat form -Google Meet (Link will be shared later on)

Free Registration which is Mandatory

€ - Certificates will be provided to participants

Good nutrition is crucial for health, particularly in times when the immune system might need to fight back. Limited access to fresh foods may compromise opportunities to continue eating a healthy and varied diet. It can also potentially lead to an increased consumption of highly processed foods, which tend to be high in fats, sugars and salt. Nonetheless, even with few and limited ingredients, one can continue eating a diet that supports good health. For optimal health, it is also important to remain physically active. To support healthy individuals in staying physically active while at home, WHO has developed specific guidance for periods of quarantine, including tips and examples of home-based exercises? Stay physically active during self-quarantine. Students, their parents, and educators around the world are feeling the extraordinary ripple effect of the novel coronavirus as schools are shutting down and quarantine methods are being ordered to cope with the global pandemic. Currently Covid-19 pandemic is a leading challenge across the globe. It is mandatory to attain and maintain good nutritional status to fight against virus. Nutritional status of individual is affected by several factors such as age, sex, health status, life style and medications. Nutritional status of individuals has been used as resilience towards destabilization during this COVID-19 pandemic. Optimal nutrition and dietary nutrient intake impact the immune system, therefore the only sustainable way to survive in current context is to strengthen the immune system. There is no evidence found that supplement can cure the immune system except Vitamin C, which is one of the best way to improve immune system. A proper diet can ensure that the body is in proper state to defeat the virus. However along with the dietary management guidelines the food safety management and good food practices is compulsory. While governments and health officials are doing their best slowing down the outbreak, global education systems are collaborating to collectively respond and provide quality education for all during these difficult times. Our job is to help everyone in providing quality education for all even in these exceptional times.

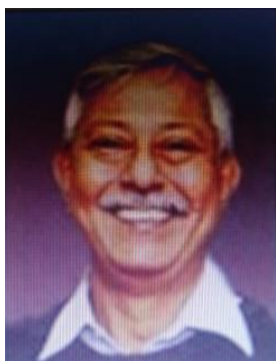


Chief Patron
Dr. Subhash Biswas
Principal
BHKM



Patron
Dr. Tarun Mandal
Principal
Sundarban Hazi Desarat
College

Our Resource Person



Prof (Dr) Antony Gomes
Ex-Professor & UGC-Emeritus
UGC-BSR Fellow of the Dept of Physiology
Calcutta University

Prof (Dr.) Antony Gomes, Ex-Professor & UGC-Emeritus, UGC-BSR Fellow of the Dept of Physiology, Calcutta University. He had his pre & post doctoral research training on venom & toxins at Calcutta School of Tropical Medicine. With INSA-JSPS postdoctoral exchange programme fellowship, he worked at Tohoku University, Japan. His research interests are (1) Structure-function of toxins (2) Herbal antagonists against venoms (3) Drug development clues from venoms/toxins (4) nanotoxicology. He has published 145 scientific articles in peer reviewed national & international journals. Prof. Gomes has two National & one US patent, written four book chapters, guided 32 Ph.D students. He is Fellow of several Indian societies/associations. Prof. Gomes is a member Scientist of the Task force on Venoms & Toxins, ICMR, Govt. of India, past founder General-Secretary of Toxinological society of India, founder President Association of Biomedical Sciences, Kolkata, India. He is a CPCSEA, Govt of India main nominee of several prestigious institutes of West Bengal.

Schedule

- 5.30 p.m. - 5.55 p.m. : Log in session
- 6.00 p.m. : Welcome Address by Chief Patron Dr S.Biswas Principal BHKM
- 6.10 p.m. : Speech of Patron Dr Tarun Mandal Principal SHD College
- 6.15 p.m. to 6.20 p.m. : Introduction of the Speaker by Sumita Chatterjee
- 6.20 p.m. to 7.20 p.m. : Session on "Fight against Covid-19 with nutrition & Dietary Fiber" by Prof (Dr)Antony Gomes.
- 7.25 p.m. : Vote of Thanks by Prof Chayanika Dutta



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