



**BAMANPUKUR HUMAYUN KABIR MAHAVIDYALAYA**

**Minakhan, North 24 Parganas, West Bengal**

**THE STATE LEVEL WEBINAR ON  
"Fight Against Covid -19 with Nutrition and Dietary Fiber"**

**Equal Opportunity cell of Bamanpukur Humayun Kabir  
Mahavidyalaya**

**In Collaboration with Sundarban Hazi Desarat College**

**Date: August 28<sup>th</sup> '2021(Saturday)**

**Time:5.30 pm**

**Venue : Google platform**

**Organizing Secretary**

**Mrs. Sumita Chatterjee, Asst.prof. of Education, BHKM**

## **Bamanpukur Humayun Kabir Mahavidyalaya**

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Affiliated to West Bengal State University and sanctioned under 2(f) and 12(B) of the UGC Act.

(NAAC ACCREDITED)

REPORT OF THE STATE LEVEL WEBINAR ON

" Fight Against Covid -19 with Nutrition and Dietary Fiber"

Organized by **Equal Opportunity cell of Bamanpukur Humayun Kabir Mahavidyalaya**

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### **Organizational Session**

The Anti – Ragging and Equal Opportunity cell of B.H.K.M in collaboration with Sundarban Hazi Desarat College Organized a State Level Webinar on 28.08.2021 time from 5.30 pm to 7.30pm and proposed date for the seminar was settled. The requisite permission was sought from the Principal of the college for the same, and the allotment of time and date was confirmed Notice and programme brochure were circulated to the students and the teachers accordingly. All the Resource Persons accepted the proposal and confirmed the presence. The meeting was conducted with students and the collaborative college.

## The Webinar Session

The Equal Opportunity cell of B.H.K.M in collaboration with **Sundarban Hazi Desarat College Organized a State Level Webinar ( on 28.08.2021 time from 5.30 pm to 7.30pm)**(To join the meeting on Google Meet, click this link: <https://meet.google.com/gov-dgtp-rqw>) Or open Meet and enter this code: gov-dgtp-rqw webinar link 28.8.2021 Saturday time 5.20 pm ). The programme started with welcome address of Prof Sumita chatterjee convenor Equal opportunity cell then Principal Dr S.Biswas of BHKMahavidyalaya after his welcome address focused on the dietary facts of covid -19.

Our Resource person Prof Anthony Gomes 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, presented some hard facts about covid – 19. He further mentioned that 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 Vit 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.

He further explained that how it can affect, as we move toward a third year of the COVID-19 pandemic, the virus has changed many of our daily routines in ways no one anticipated and that have become the new normal. Many of us are still spending a lot of time at home to minimize exposure to the virus that causes COVID-19. A day that may have previously included many physical activities – like walking to and from your car, shopping for groceries, outings with the family or visiting shopping malls – are still absent for those who are not vaccinated or who are otherwise still hesitant to go to crowded places. Also, children under age 12 who are not vaccinated may be in quarantine or doing virtual learning. There are [booster shots](#) for those 65 and older and additional shots for those with immune systems that are compromised. These boosters and additional shots increase antibodies that are protective against COVID-19. Yet with all these COVID-driven precautions, new health hazards may emerge. With this unprecedented lifestyle shift, there is a potential for a more sedentary lifestyle packed with activities like watching television, sitting while reading for long periods, or sitting at the computer for longer-than-usual periods of time. Isolation and being at home also can elicit the temptation to eat snacks high in sodium, junk food and low-quality meals that provide instant gratification for our taste buds rather than nutrient-dense whole foods. This is a challenge for many in these times of social distancing and self-isolation. We must stay proactive, and, in some cases creative, to maintain an active lifestyle in the era of social distancing. The Programme ended with the vote of thanks by Runa Das Chaudhury, Assistant Professor and HOD Department of Sociology

# REPORT OF EQUAL OPPORTUNITY WEBINAR FIGHT AGAINST COVID – 19 WITH NUTRITION 2021

## Brochure of the webinar

## Invitation Letter of the Webinar ( Resource Person )

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### Glimpses of the Webinar





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## Letter of collaboration

