



**Parampoojya Dr. Babasaheb Smarak Samiti's
Dr. Ambedkar College, Deekshabhoomi, Nagpur
WEBINAR ON "YUVA SAMVAD, SENSITIZING YOUNG INDIA"**

**Organised by
DEPARTMENT OF LAW
28th July, 2020**

NOTICE

**DEPARTMENT OF LAW
DR. AMBEDKAR COLLEGE
DEEKSHABHOOMI, NAGPUR**

PRESENTS

**YUVA SAMVAD
SENSITIZING YOUNG INDIA**

ON THE OCCASION OF
WORLD HEPATITIS DAY

**DATE
28TH JULY
2020**

Resource Persons :

Dr. Kavita Bakshi - Topic - "Eat right"
Convenor, Indian Dietetics Association
Dr. Kavita Gupta- Topic - "Be Active"
Secretary, Indian Dietetics Association
Dr. Renuka Mainde - Topic - "Fit Liver"
Treasurer, Indian Dietetics Association

Registration Link
<https://forms.gle/1jDL3WRxkMdAZpAUA>

REPORT:

The Webinar on “YUVA SAMVAD, SENSITIZING YOUNG INDIA” was organized by the Department of Law, Dr. Ambedkar College, Deekshabhoomi, Nagpur on 28th July, 2020 on the occasion of World Hepatitis Day. The Webinar was organized with an aim to create awareness about the importance of immunity during this period of Covid-19 Pandemic and to encourage the participants to live a hearty life with right food for body and soul.

Dr. Kavita Bakshi, Convenor, Indian Dietetics Association was the speaker for the First Session of the Webinar. Her topic was “Eat Right”. While addressing the participants, she elaborately elucidated the importance of having a well balanced diet having sufficient protein, carbohydrates, vitamins, minerals and anti-oxidants. She also laid emphasis on increasing the water intake to help flush out all the toxins from our body. Her advice to the participants was “Go Green” and develop a taste for eating green vegetables to build our immunity. She also gave some tips to the students to stay healthy during this Covid-19 Pandemic like getting back to our roots and relishing the traditional Indian food which is full of nourishment, to avoid eating outside, taking care of Quality as well as Quantity of food we consume, avoiding canned food, reducing the screen time, practicing meditation and Yoga for a healthy mind and body and pursuing our hobbies.

Dr. Kavita Gupta, Secretary, Indian Dietetics Association was the speaker in the Second Session. Her topic was “Be active”. She discussed about the problem of childhood obesity, increasing screen time, smart phone addiction, FAD diets and the effects of sedentary lifestyle like increasing rate of depression, insomnia, sleep apnea etc. She suggested a physical fitness trio which comprises of Physical activity, Exercise and Yoga to keep all the health problems at bay. She gave some tips like walk and talk therapy, sitting less and moving more, remaining active at home during Covid-19 outbreak, using Apps for exercise as exercise improves health, enhances the quality of life and also improves other co-morbid conditions.

She ended her speech with a wonderful quote

“Celebrate Birthday

Don’t cut a cake Instead cut a fruit!”

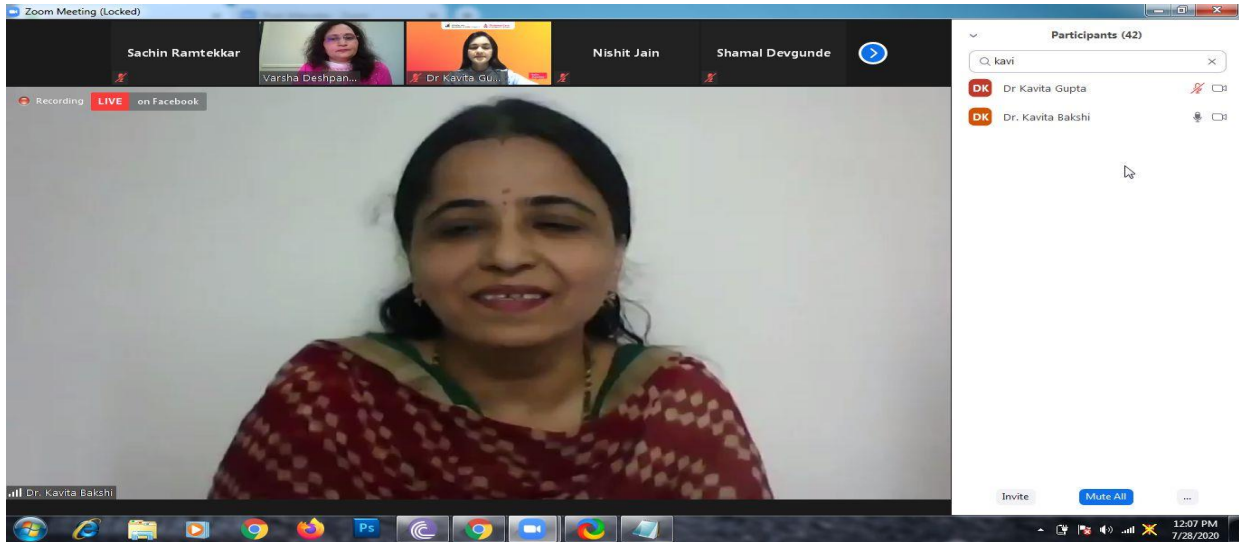
Dr. Renuka Mainde, Treasurer, Indian Dietetics Association was the speaker for the Third Session. Her topic for discussion was “Fit Liver”. She discussed the importance of Liver as the Inspecting gate and chemical plant of our body as it flushes out toxins from our body. She also highlighted the importance of keeping the liver strong and healthy. She discussed the causes and reasons for various ailments like liver cirrhosis, non alcoholic fatty liver disease, viral Hepatitis etc. She emphasized on changing our lifestyle, connecting missing links, taking healthy diet,

taking good sleep, stress management as immunity cannot be built overnight and has to be achieved by following a sustainable life style. She highlighted the importance of nutrition transition and going back to our traditional eating pattern, avoiding the modern snacking and taking locally grown food. She advised the participants to include more fruits and vegetables in their diet to boost immunity as “Prevention is better than Cure”. She ended her speech with a thought provoking message “Let your Kitchen cabinet be your Medicine cabinet”.

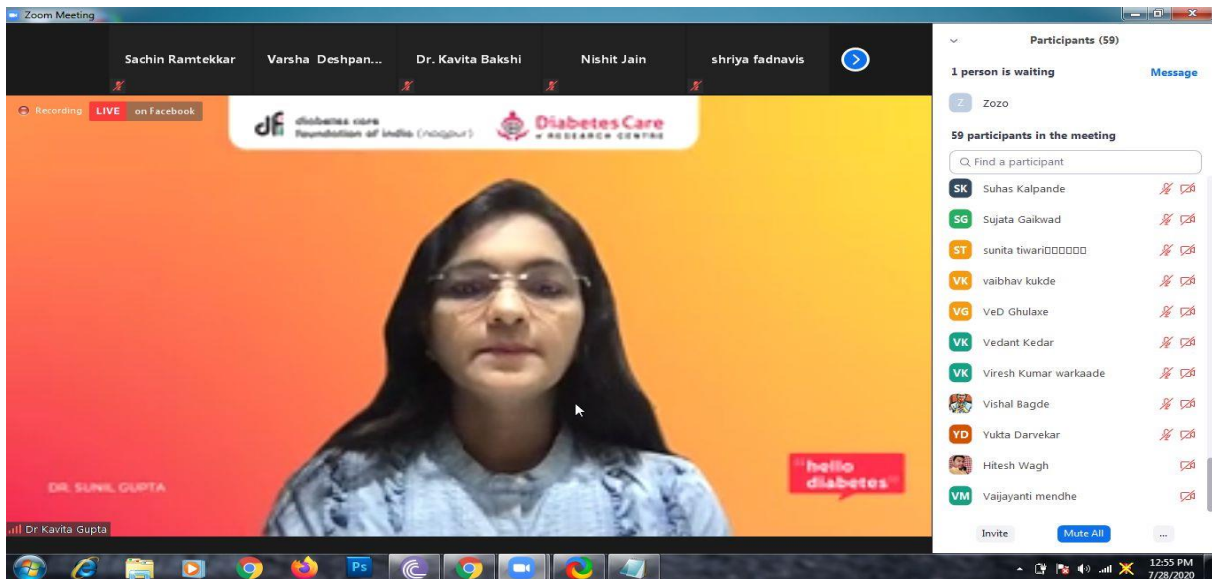
Total 132 participants registered for the Webinar . The Webinar was also attended by the students and the Faculty members of the Department of Law, Dr. Ambedkar College, Deekshabhoomi, Nagpur. The Webinar was conducted by Dr. Varsha Deshpande, Associate Professor, Department of Law, Dr. Ambedkar College, Deekshabhoomi, Nagpur. After the Webinar, Feedback was also given by the participants.



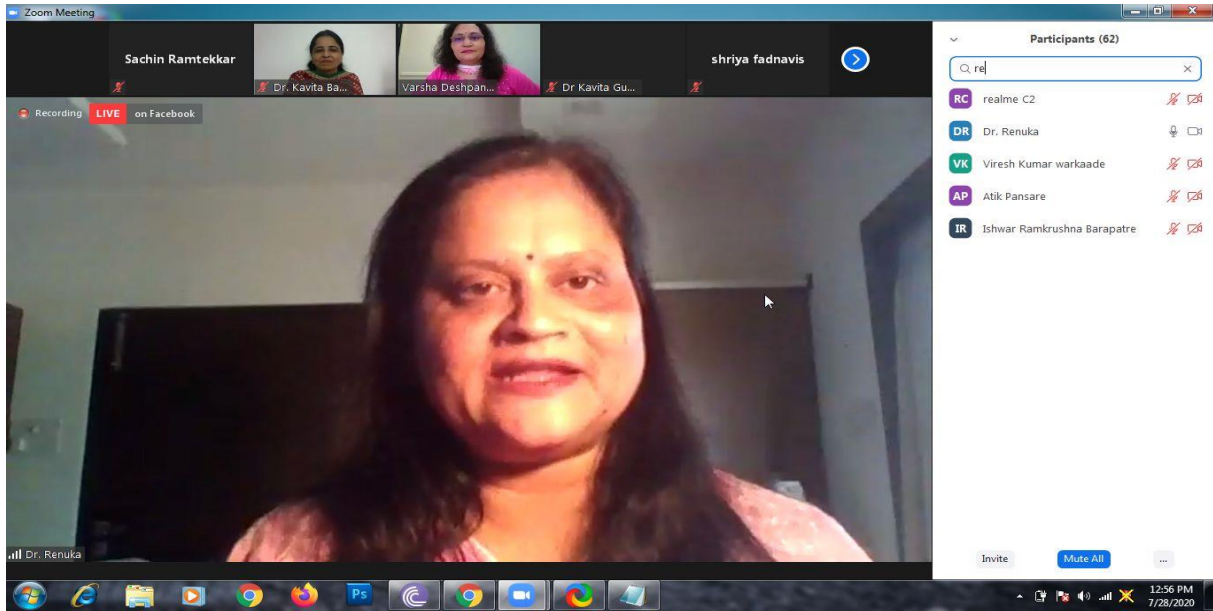
Dr. Varsha Deshpande, Associate Professor, Dr. Ambedkar College, Deekshabhoomi, Nagpur conducting the Webinar on “YUVA SAMVAD, SENSITIZING YOUNG INDIA”.



Dr. Kavita Bakshi, Convenor, Indian Dietetics Association addressing on the topic “Eat Right” in the First Session of the Webinar.



Dr. Kavita Gupta, Secretary, Indian Dietetics Association addressing on the topic “Be active” in the Second Session of the Webinar.



Dr. Renuka Mainde, Treasurer, Indian Dietetics Association addressing on the topic “Fit Liver” in the Third Session of the Webinar.

FEEDBACK FORM

“YUVA SAMVAD SENSITIZING YOUNG INDIA” on the occasion of World Hepatitis Day

Thanks a lot for your overwhelming participation. We looking forward to your feedback for future improvement.

Name of the Participant *

Saloni Gupta

Email Id of the participant *

salogupta100@gmail.com

Mobile Number *

8390132404

Occupation:

Student

Alumni

Class/ Semester LLB 5Years *

5th semester (BA-LLB)

Class/ Semester LLB 3 Years *

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How satisfied you were with the topic?*

	1	2	3	4	5	
Not Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Very Much

How satisfied you were with the resource persons?*

	1	2	3	4	5	
Not Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Very Much

How do you rate the first Resource Person of the program: Dr. Kavita Bakshi?

	Poor	Moderate	Excellent
Knowledge and expertise	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Quality of Speech	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Relevance with topic	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Question/Answer response	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

How do you rate the Second Resource Person of the program: Dr. Kavita Gupta?

	Poor	Moderate	Very Good	Excellent
Knowledge and expertise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Quality of Speech	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Relevance with topic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Question/Answer response	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

How do you rate the third Resource Person of the program: Dr. Renuka Mainde?*

	Poor	Moderate	Very Good	Excellent
Knowledge and expertise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Quality of Speech	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Relevance with topic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Question/Answer Response.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

What are your Suggestions for such programs in the future?

None

What were your Key takeaways from this program?*

Immunity is the greatest weapon in times like these. So increasing one's immunity should be the priority if one wants to live a healthy life.

Verification and Declaration *



I solemnly affirm that the above information is given by me is correct and to the best of my knowledge and belief. I personally attended all the sessions. Organizers can use my feedback for report, research and development process.

FEEDBACK FORM

“YUVA SAMVAD SENSITIZING YOUNG INDIA” on the occasion of World Hepatitis Day

Thanks a lot for your overwhelming participation. We looking forward to your feedback for future improvement.

Name of the Participant *

ANJALI TIWARI

Email Id of the participant *

anjitiwari1809@gmail.com

Mobile Number *

9370972310

Occupation :

Student

Alumni

Class/ Semester LLB 5Years *

2 year

Class/ Semester LLB 3 Years *

...

How satisfied you were with the topic?*

	1	2	3	4	5	
Not Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Very Much

How satisfied you were with the resource persons?*

	1	2	3	4	5	
Not Very	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Very Much

How do you rate the first Resource Person of the program: Dr. Kavita Bakshi?

	Poor	Moderate	Excellent
Knowledge and expertise	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Quality of Speech	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Relevance with topic	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Question/Answer response	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

How do you rate the Second Resource Person of the program: Dr. Kavita Gupta?

	Poor	Moderate	Very Good	Excellent
Knowledge and expertise	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Quality of Speech	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Relevance with topic	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Question/Answer response	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

How do you rate the third Resource Person of the program: Dr. Renuka Mainde?*

	Poor	Moderate	Very Good	Excellent
Knowledge and expertise	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Quality of Speech	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Relevance with topic	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Question/Answer Response.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

What are your Suggestions for such programs in the future?

Keep going

What were your Key takeaways from this program?*

Fulfilling them in my life.

Verification and Declaration *



I solemnly affirm that the above information is given by me is correct and to the best of my knowledge and belief. I personally attended all the sessions. Organizers can use my feedback for report, research and development process.