

# **Department of Lifelong Learning and Extension (DLLE)**

## **Activity Name**

### **Health and Diet**

Health is the overall condition of a person's physical, mental, and social well-being; on the other hand, diet refers to the food and drink regularly consumed. In our meeting, the speaker showed how a healthy diet is crucial in maintaining good health, providing essential nutrients like vitamins, minerals, proteins, carbohydrates, and fats. Our diet should include a variety of foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats while limiting processed foods, sugary drinks, and excessive salt and sugar intake.

#### **Objectives:**

1. Health awareness: To raise participant's understanding of the significance of eating a balanced diet and staying well during the COVID-19 pandemic.
2. Immune system support: To inform participants of the importance of a nutritious diet and good nutrition in bolstering and fortifying the immune system to fend off infections and advance general health.
3. Mental health support: To enlighten people about how diet affects mental health and overall well-being in stressful and uncertain times, like the COVID-19 pandemic.
4. Adopting healthy eating practices: To support both physical and mental health, it is important to encourage adopting healthy eating practices, such as portion control, mindful eating, and balanced nutrition.

**Outcomes:**

1. Nutritional knowledge: During the COVID-19 pandemic, participants learned about vital nutrients, their functions in preserving health, and the effects of diet on the immune system and general well-being.
2. Immune-boosting diet: To lower the risk of infections, participants learned about particular foods, nutrients, and dietary patterns that can help support and strengthen the immune system.
3. Healthy meal planning: Through meal planning, portion control, and incorporating a range of nutrient-dense foods into their diets, participants gained expertise in these areas.
4. Stress management techniques: Participants learned strategies for managing stress-related eating and emotional eating, including mindful eating, relaxation techniques, and finding healthy coping mechanisms.

**Participants:**

1. Chief Guest
2. Extension Teacher
3. DLLE students



**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M.H.MEHTA SCIENCE COLLEGE, PALGHAR**



Activity program

# Health and Diet

Session will  
be conducted  
on zoom  
meeting

DEPARTMENT OF LIFE LONG  
LEARNING AND EXTENSION  
ORGANIZES

## Health & Diet

on 13/07/2020

10:30 am - Lecture  
by Prof. Jaya Pawar

Maintaining a healthy diet is crucial during COVID-19 as it supports immune function, aids recovery, and reduces the risk of severe illness.

Good nutrition also promotes overall well-being, mental health, and resilience against infections.

## Keys to eat better

It is important to take care of the patient, to be followed by the patient, but it will happen at such a time that there is a lot of work and pain. For to come to the smallest detail, no one should practice any kind of work unless he derives some benefit from it.

*Diet is essential to take  
care of health*



# Department of Lifelong Learning and Extension

## ACTIVITY REPORT

**Name of the Activity** – Health and Diet

**Date** – 13/07/2020

**Time-** 10:30 a.m.

**No. of Students Participated** – 24 (Boys: 10 & Girls: 14)

**About the Activity** –

The lecture was conducted on a Zoom online platform. Prof. Asmita Raut introduced the guest Dr. Jaya Pawar, HOD of Botany, Elphinstone College, Churchgate. Madam insights on the positive changes in our diet and lifestyle further also prioritized the power of nutritious foods which leads to a healthy life. Vote of Thanks presented by Prof. Prashant Mogle.

**Objectives:**

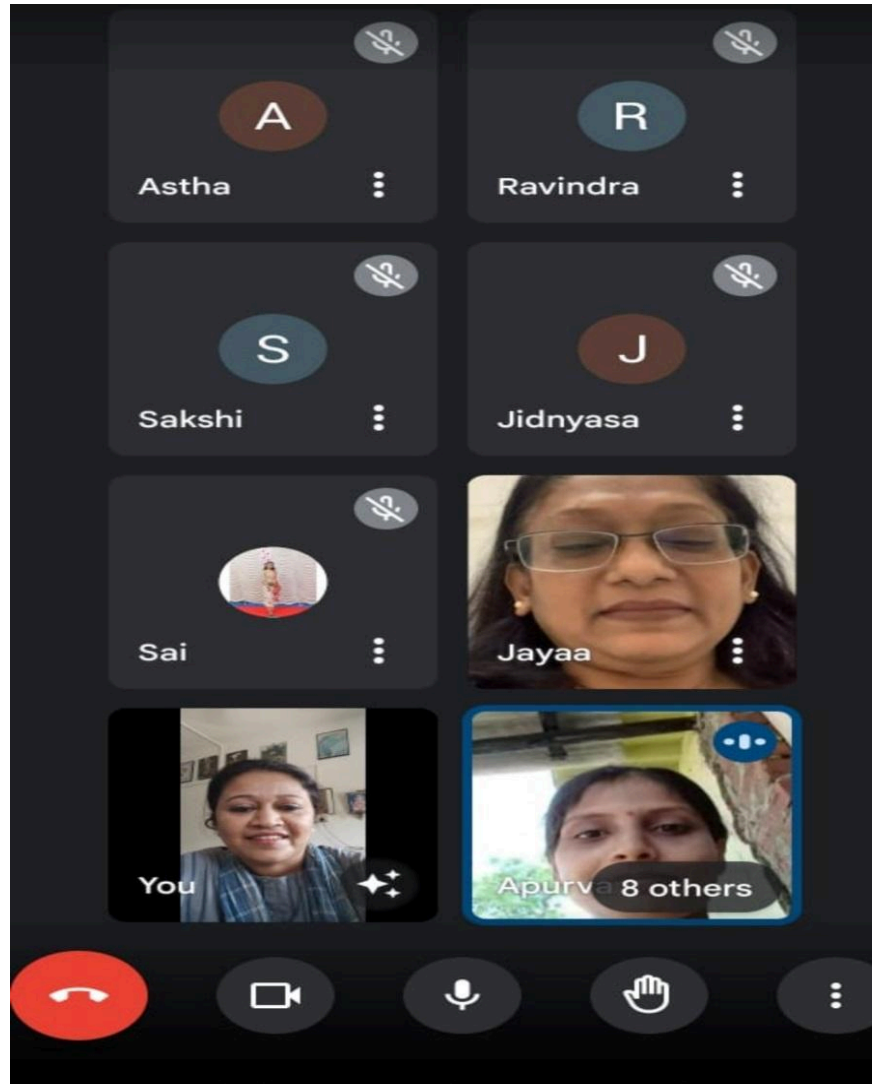
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Students Attendance



Prof. Jaya Pawar Madam delivered an online lecture on “Health & Diet”