



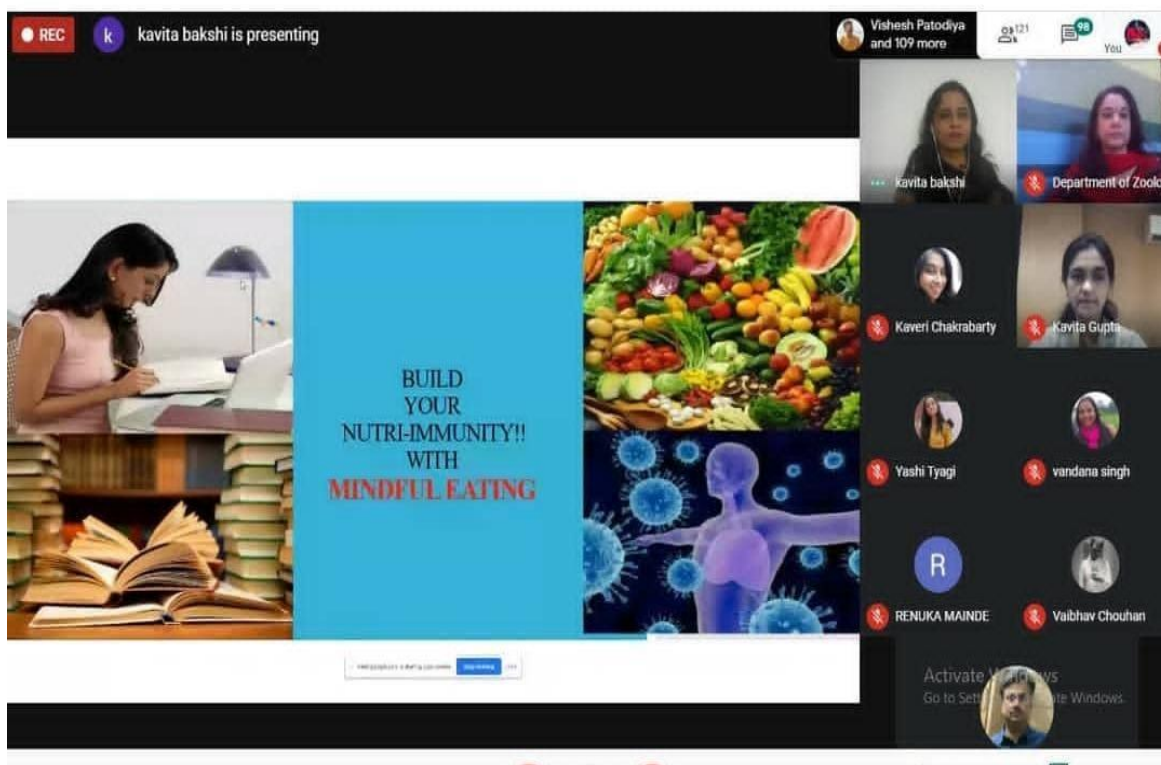
2020-2021

Name of the Department/Society: Shristi Chetna

Name of the Event 3: Let's Build Wellness - Than Treating Disease webinar

Date of the Event: 26th September 2020

On 26th September 2020, Zoological Society in collaboration with the Indian Dietetic Association, Nagpur Chapter organized a webinar on the topic "Let's Build Wellness - Than Treating Disease" to commemorate the National Nutrition Month, September 2020. The idea of the event was to inculcate the habit of healthy eating to prevent diseases keeping in mind the 'National Nutrition Month'. The speakers for the session were: Dr Kavita Bakshi (Convener, Indian Dietetic Association, Nagpur Chapter); Dr Renuka Mainde (Treasurer, Indian Dietetic Association, Nagpur Chapter) and Dr Kavita Gupta (Secretary, Indian Dietetic Association, Nagpur Chapter). Dr Kavita Bakshi enlighten about the topic 'Mindful eating' whereas Dr Renuka had her talk entitled 'Treasure eating' and Dr Kavita on 'Empowering Fitness'. The central idea of the three talks was to highlight the importance of diet and its components in maintaining the health and fitness and also in prevention of various diseases. An interactive Q&A session followed the talks where all the participants poured out their curiosities related to the dietary habits and choices.





हंसराज कॉलेज
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE
University Of Delhi
NAAC Grade A+ with CGPA 3.62

The screenshot shows a Zoom meeting interface. On the left, a presentation slide is displayed with the following text:

Empowering with Fitness...
Zoological Society of Hansraj College
Lets Build wellness than Treating Diseases
Dr Kavita Gupta, PhD, MSc., CDE
Director, Nutritionist, CDE: DCRC Nagpur
26th September 2020

The slide features a logo with a stylized figure holding a circle containing the letters 'D' and 'C'. Below the logo, it says **Diabetes CARE & RESEARCH CENTRE** and *... committed care for sweet life*.

On the right, a grid of participants is visible. The participants shown are:

- department of Zoology
- Yashi Tyagi
- RENUKA MAINDE
- Department of Zoology
- kavita bakshi
- S Gautam
- vandana singh
- Kavita Gupta

At the bottom of the Zoom window, there are controls for 'Meeting details', 'Turn on captions', and 'Kavita Gupta is presenting'.