

Report on National Webinar “Therapeutic Potentials of Spices and Herbs in relation to Covid-19”

The outbreak of the corona virus has immensely changed the mindset of the people towards their health encouraging them to improve their immunity to fight against the deadly virus and also other lifestyle disorders by bringing certain modifications in their dietary pattern and lifestyle living. In the wake of the intensity of the situation, the department of P.G. Studies in Food Science and Nutrition in association with IQAC and Women’s Cell, Besant Women’s College, Mangaluru organised a **National webinar on “Therapeutic Potentials of Spices and Herbs in relation to Covid-19” on 31st July 2020**. The motto of organising the webinar was to create an awareness of the importance of natural ingredients namely herbs and spices which can be included in our daily diets for better health. Dr. Asha Rai M.G., Head, Department of P.G. Studies in Food Science and Nutrition began the webinar by invoking the blessings of the Almighty. Shri Devanand Pai, Secretary, Women’s National Education Society and Correspondent of Besant Women’s College in his presidential address stressed on the importance of herbs and spices in our lives to strengthen our immune system to have a healthy living. Dr. Satish Kumar Shetty P., Principal of the college welcomed the gathering. The resource person of the webinar was Dr. Asha Jyoti Rai, President, Asare Charitable Trust and Founder President of AYUSH Foundation(regd.). The resource person gave an insight into how Ayurveda can help in treating various diseases. The resource person laid emphasis on the therapeutic properties of various herbs and spices that are easily available in every household. The speaker also shared her expertise on different ways and amounts in which herbs and spices can be taken by individuals. Question and answer session was handled by Ms. Indira and Ms. Shweta Singh, Assistant Professors of the department effectively. The webinar was concluded with vote of thanks proposed by Assistant Professor Savithree Rao, Convenor of Women’s Cell, Besant Women’s College. The webinar was successful with the help of the technical support rendered by Mr. Ritesh Kumar, Technical Support Engineer, Besant Women’s College, Mangaluru. The platform of Zoom was used as the mode of communication for the webinar. Around 400 participants had participated in the webinar and E-certificates were given to all those who had participated.

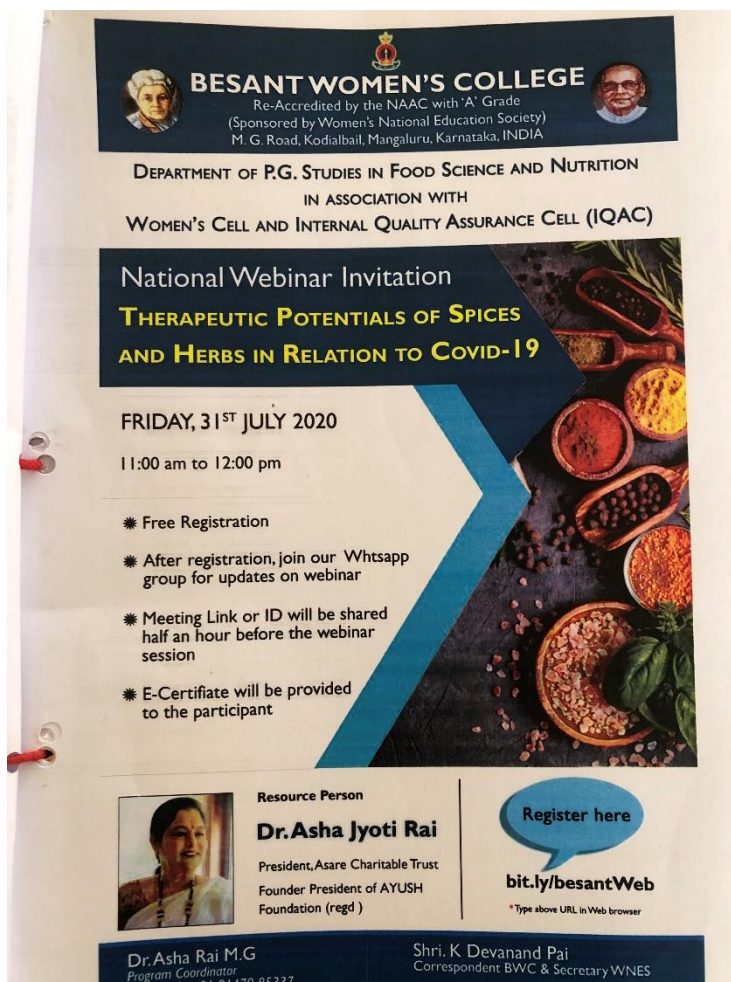
Objectives

- To reach a wider audience and offer valuable information on different natural ingredients that can be incorporated in the diets to improve overall health

- To give a platform for interaction between the expert and the audience to address their needs and queries firsthand.

Outcome

- The audience were able to get their queries cleared from the expert
- The audience got a knowledge on therapeutic potentials of spices and herbs



BESANT WOMEN'S COLLEGE
 Re-Accredited by the NAAC with 'A' Grade
 (Sponsored by Women's National Education Society)
 M. G. Road, Kodialbail, Mangaluru, Karnataka, INDIA

DEPARTMENT OF P.G. STUDIES IN FOOD SCIENCE AND NUTRITION
 IN ASSOCIATION WITH
 WOMEN'S CELL AND INTERNAL QUALITY ASSURANCE CELL (IQAC)

National Webinar Invitation
THERAPEUTIC POTENTIALS OF SPICES AND HERBS IN RELATION TO COVID-19

FRIDAY, 31ST JULY 2020
 11:00 am to 12:00 pm


- * Free Registration
- * After registration, join our Whatsapp group for updates on webinar
- * Meeting Link or ID will be shared half an hour before the webinar session
- * E-Certificate will be provided to the participant

Resource Person
Dr. Asha Jyoti Rai
 President, Asare Charitable Trust
 Founder President of AYUSH Foundation (regd.)

Register here
bit.ly/besantWeb
* Type above URL in Web browser

Dr. Asha Rai M.G.
 Program Coordinator
 Contact no: 91 81479 85337

Shri. K. Devanand Pai
 Correspondent BWC & Secretary WNES



BESANT WOMEN'S COLLEGE
 (Sponsored by Women's National Education Society)
 Re-Accredited by the NAAC with 'A' Grade
 Affiliated to Mangalore University
 M. G. Road, Kodialbail, Mangaluru, Karnataka, INDIA

CERTIFICATE OF RECOGNITION

This is to certify that Mr./Ms./Dr./Prof. _____
 of _____ has participated in National
 Webinar on "Therapeutic Potentials of Spices and Herbs in Relation to Covid-19"
 organised by the Department of P.G. Studies in Food Science and Nutrition in association
 with Women's Cell and Internal Quality Assurance Cell (IQAC) on 31st July 2020.

Dr. Asha Rai M. G.
 HoD, Dept. of PG Studies in FSN
 Programme Co-Ordinator

Ms. Savithri Rao
 Convenor
 Women's Cell

Mr. S. Syed Kahdar
 IQAC Co-Ordinator

Dr. Sathish Kumar Shetty P
 Principal



ಆರೋಗ್ಯಕ್ಕಾಗಿ ಆಹಾರ ಕ್ರಮ: ರಾಷ್ಟ್ರೀಯ ವೆಬಿನಾರ್

ಮಹಾಶವರ, ಆ. 4: ಬೆಂಗಳೂರು ಮಹಿಳಾ ಕಾಲೇಜಿನ ಸ್ನಾತಕೋತ್ತರ ವಿಭಾಗದ ಫುಡ್ ಸಾಯನ್ಸ್, ನ್ಯೂಟ್ರಿಷನ್, ಬೆಂಟಿಕ್ ಮಹಿಳಾ ಕಾಲೇಜಿನ ಮಹಿಳಾ ಫುಟರ್ ಮತ್ತು ಐಕ್ಯುಎಸ್ ವತಿಯಿಂದ 'ಕೋವಿಡ್-19 ಹಿನ್ನೆಲೆಯಲ್ಲಿ ಆಹಾರ ಕ್ರಮ' ವಿಷಯವಾಗಿ ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ವೆಬಿನಾರ್ ಜರುಗಿತು.

ಉತ್ತಮ ಆರೋಗ್ಯಕ್ಕಾಗಿ ದೈನಂದಿನ ಆಹಾರ ಕ್ರಮದಲ್ಲಿ ಸೇರಿಸಬಹುದಾದ ಗಿಡಮೂಲಿಕೆಗಳು ಮತ್ತು ಮಸಾಲೆಗಳಾದ ನೈಸರ್ಗಿಕ ಪದಾರ್ಥಗಳ ಪ್ರಾಮುಖ್ಯದ ಬಗ್ಗೆ ಜಾಗೃತಿ ಮೂಡಿಸುವುದು ಈ ವೆಬಿನಾರಿನ ಮುಖ್ಯ ಉದ್ದೇಶವಾಗಿತ್ತು.

ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಯಾಗಿ ಆಸರೆ ಚಾರಿಟಿಬಲ್ ಟ್ರಸ್ಟ್ ಮತ್ತು ಆಯುಷ್ ಫೌಂಡೇಶನ್ ಸ್ವಾಸ್ಥಕಾರ್ಯಕ್ಕೆ ಡಾ|| ಆಶಾ



ಆಹಾರ ಕ್ರಮ' ವಿಷಯವಾಗಿ ರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ವೆಬಿನಾರ್ ಜರುಗಿತು.

ಜಿಲ್ಲಾಕಿ ರೈ ಪಾಲಿಗಂಡಿದ್ದರು. ಸುಮಾರು 800 ಭಾಷಣಾಸಕ್ತರು ಮತ್ತು ವಿದ್ಯಾರ್ಥಿಗಳು ವೆಬಿನಾರ್‌ನಲ್ಲಿ ಪಾಲ್ಗೊಂಡಿದ್ದರು.

ಸ್ನಾತಕೋತ್ತರ ವಿಭಾಗದ ಮುಖ್ಯಸ್ಥ ಡಾ|| ಆಶಾ ರೈ ಎಂ.ಜಿ. ಸ್ವಾಗತಿಸಿದರು. ಮೆನ್, ನ್ಯಾಶನಲ್ ಎಜುಕೇಶನ್

ಸೊಸೈಟಿಯ ಕಾರ್ಯದರ್ಶಿ, ಕಾಲೇಜಿನ ಸಂಚಾಲಕ ಕೆ. ದೇವಾನಂದ ವೈ ಅಧ್ಯಕ್ಷತೆ ವಹಿಸಿದ್ದರು. ಪ್ರಾಂಶುಪಾಲ ಡಾ|| ಸತೀಶ್ ಕುಮಾರ್ ಶೆಟ್ಟಿ ಶುಭಾಶಂಸನೆನ್ನಿದರು.

ಆಡಳಿತ ಮಂಡಳಿಯ ಸದಸ್ಯ ಬೆಳಂಗಡಿ ಗಣೇಶ್ ಭಟ್ ಮೊದಲಾದವರು ಉಪಸ್ಥಿತರಿದ್ದರು. ವೆಬಿನಾರ್ ಪ್ರತ್ಯಕ್ಷರ ಭಾಗವನ್ನು ಸ್ನಾತಕೋತ್ತರ ವಿಭಾಗದ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರಾದ ಇಂದಿರಾ ಬಾದ್ಯ, ಶೈಲಾ ಸಿಂಗ್ ನಿರ್ವಹಿಸಿದರು. ಕಂಪ್ಯೂಟರ್ ಸಾಯನ್ಸ್ ವಿಭಾಗದ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ಮಹಿಳಾ ಕೋಶದ ಸಂಚಾಲಕಿ ಸಾವಿತ್ರಿ ಎಸ್. ರಾವ್ ವಂದಿಸಿದರು. ರಿಶೇರ್ ತಾಂತ್ರಿಕ ಸಹಕಾರ ನೀಡಿದರು.

Webinar - Therapeutic Potentials of Spices and Herbs in relation to Covid-19"

[Handwritten signature]