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### Event Report

#### **NSS Form of MBIT organized a Webinar on "Importance of Food and Nutrition in Adolescent and Youth" 24<sup>th</sup> October 2020**

A CVM institution, MBIT organized a webinar on “ Importance of Food and Nutrton in Adolescent and Youth on 24<sup>th</sup> oct 2020. Webinar commenced with Welcome Note by Prof. Dipti mathpal. She warmly welcomed the dignitaries and participants. Then blessings of God were taken by playing Saraswati Vandana by Prof. Tusar Shah.

The webinar further commenced by introduction of webinar given by Prof. Dipti mathpal. She explained Healthy eating during adolescence is important as body changes during this time affect an individual's nutritional and dietary needs.

**There were total 140 participants in the webinar. we have organized this webinar specially for First year students only so we have organized during induction program.**

Prof. Dipti Mathpal gave introduction of Er. Bhikhubhai B. Patel, Chairman, Charutar Vidhya Mandal. The session then commenced by playing audio blessings of Er. Bhikhubhai B. Patel, Chairman, Charutar Vidhya Mandal as sir couldn't join because of other work. Prof. Dipti Mathpal then introduced our beloved Principal Prof. Dr. Archana Nanoty. she gave a brief introduction this webinar. The session then commenced by speech of Prof. Dr. Archana Nanoty she welcomed all the participants of the webinar. She as started her speech with Sanskrit solka

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः |  
प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ||

meaning of this sok is It is I who take the form of the fire of digestion in the stomachs of all living beings, and combine with the incoming and outgoing breaths, to digest and assimilate the four kinds of foods. She ended her speech by wishing participants that the workshop will be helpful to them.

We had invited two speakers for this webinar Among them first speaker was Dr Jasmine Gujarathi Dr Jasmine Gujarathi is presently working as Professor and head in department of PrasutitantraStrirogaat G. J. Patel Institute of Ayurvedic studies and Research, New VallabhVidyanagar, Anand, Gujarat. She has completed her post graduation(MS) from IPGT and RA., Jamnagar in year 2006 with specialization in PTSR. She has attended more than 80 national and international seminars with 12 paper presentation. Twice she has received best paper presentation awards at national seminar. She has delivered key note address in

International seminar on Higher education at Hindu University at Bali, Indonesia. She has published 42 research papers in national and international journals. The second expert was Dr Ritesh Gujarathi Dr. Ritesh A. Gujarathi is currently working as an Associate Professor, Dept. of Basic Principles, at CVM's G J Patel Institute of Ayurvedic Studies and Research, New V. V. Nagar, Anand. He has completed his BAMS from North Maharashtra University, Jalgaon, Maharashtra, MD (Ayu) from the National Institute, IPGT & RA (Institute for Post Graduate Teaching and Research in Ayurveda), Gujarat Ayurved University, Jamnagar, Gujarat. Ph D (Ayu) from Tilak Maharashtra Vidyapeeth, Pune. He has a total teaching experience of 14 years. He has at his credit 4 Books and 26 Research Paper

Dr Jasnine Gujarati was very beautifully conveyed the message about importance of food and nutrition. She has discussed what are the good foods. She has also explained nutrition health during adolescence importance for supporting the growing body for preventing future health. She has also explain what are the healthy food habits.

Dr Ritesh Gujarati was explained what are the eating right -the ayurvedic way. He discussed that what needed to be consumed and how it should be consumed. He has started his presentation with explaining different 3 images of food. He has explain what are the pillars of the body; ahar, nindra, brahmchraye . He has explain what type of food, how to cooked ,how to served ,how much we have to eat. Do's and don'ts while taking food than. He has explain what is Prakrti:in that he has explained what to eat during these 3 entities- 1. vata 2. Pitta 3. Kapha. Sir has discussed about what are the restrictions while taking food, what are the places of taking the food, serving of the food, what are the preparation of food, quantity of food and quality of food.

It was really an amazing as well as informative webinar one could ever experience. All the participants learnt something and all were very happy thankful. Participants are hoping for more such webinars.

The webinar was concluded with MBIT and National.

Date:- 24<sup>th</sup> Oct 2020

Time: - 10:00 AM TO 11:00AM IST

Some of the glimpse of webinar is attached below:

**Madhuben & Bhanubhai Patel Institute of Technology**  
(A Constituent College of CVM University)

**NSS FORUM OF MBIT ORGANIZE A WEBINAR**  
on  
"Importance of Food and Nutrition  
in Adolescent and Youth"

24<sup>th</sup> October, 2020 10:00 AM to 11:00 AM

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www.mbit.edu.in **GET IN touch!**

**Dr. Ritesh Ashok Gujarathi**  
MD, Ph D(Ayu. Samhita Siddhanta)  
Associate Professor, Dept. of Basic Principles  
G. J. Patel Institute of Ayurvedic Studies and Research,  
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New V. V. Nagar, Anand, Gujarat

**Dr. Jasmine Gujarathi**  
MS from IPGT and RA,  
Professor and head,  
Department of Prasutitantra Strirogat  
G. J. Patel Institute of Ayurvedic Studies and Research,  
CVM University  
New V. V. Nagar, Anand, Gujarat

**Eating Right - The Ayurvedic Way**  
Dr. Ritesh Gujarathi  
MD, PhD  
Associate Professor  
G. J. Patel Institute of Ayurvedic Studies & Research  
CVM University

**Current Lifestyle**  
Cooking at home is reduced  
Outside food, Junk food, cold drinks, Snacks  
Salt consumption is increased

Webinar on Importance of Food and Nutrition in Adolescent and Youth

Adobe Spark