

**“Organization of Webinar under Department of Home Economics
(September 30, 2020)**

An online webinar was conducted on 30 September 2020 under the subject of Home Economics in association with Mrs. Gopikabai Bhure Mahila College Tumsar and Arts College Sihora.

Our diet should be nutritious during Corona epidemic. Keeping this objective in mind, a webinar was organized on the topic "Diet in the Corona Era". College Principal Dr. Yuvraj Selukar gave useful information about balanced diet to the students online. Similarly, Dr. Kalpana Raut, Head of Home Economics Department and Dr. Lata Gabhane gave guidance on how our diet should be during Corona. It was said that fruits should be included in the diet according to the changing season, fruits rich in vitamins should be eaten, protein-rich diet should be eaten, it is very important to take nutritious food to increase immunity. The principal also advised the girls in the rural areas to be vigilant about their health during the Corona period.

In the second session, the students presented an online nutrition poster. Kumari Neha Ladekar, a student, gave vote of thanks.



Yuvraj Selukar
Principal
S.G.B. Mahila Mahavidyalaya
Tumsar



