



Vivekananda Institute of Professional Studies - Technical Campus

Affiliated to Guru Gobind Singh Indraprastha University, Delhi, Recognised by Bar Council of India and AICTE
NAAC Accredited Grade 'A++' Institute, NBA Accredited for MCA Programme
Recognised under Section 2(f) by UGC, ISO 9001:2015 Certified Institution

Vivekananda School of Information Technology

Webinar on 'What a healthy life looks like?' – Breaking the myths related to food.

Vivekananda School of Information Technology (VSIT) organized a webinar on 'How a healthy life looks like? - Breaking the myths related to food' on 30th January 2023 at 7 pm on the Microsoft Teams platform. The objective was to make everyone aware of the importance of taking care of one's health in their daily life routine. This not only affects the physical aspect of our life but also takes care of our mental health as a healthy body in turn makes for a healthy mind.

The event began with a warm welcome and introduction to our guest speaker **Nt. Seema Khandelwal**, who is highly qualified in the field of nutritional therapy and dietary education. She is currently working as a Nutritionist and Diet planner at Dietversity. She started the session by introducing all to the four pillars of a healthy lifestyle and how our health is important and a balanced diet is key to a good lifestyle. She then spoke about the benefits of different types of food groups such as carbohydrates, proteins, and fats and how it affects people. She emphasized portion control of our meals and how the time we take our meals regularly affects the overall balance of our bodies. The advantages and disadvantages of various food items were discussed at length. She then took up the topic of PCOS/PCOD in girls and how to handle it with the right kind of diet and exercise. Then she told us about the demerits of supplements taken by people to build muscle and the organic alternatives that show similar results without harming our bodies. Lastly, she spoke to the students about how to deal with their daily routines and to also prioritize their health. She ended the session by answering queries from the students.

The session was interactive and the speaker's knowledge on the subject helped the students learn about how to maintain a work/life balance while prioritizing their health and the benefits we reap over a long time. Towards the end of the event, our faculty coordinator Ms Kanta Malik showed gratitude to our guest speaker and student coordinators to make the event successful.



योग: कर्मसु कोशलम्
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Altogether, the event received positive feedback from students.



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GGSIPU University, Delhi recognised by Bar Council of India and AICTE)

VIVEKANANDA SCHOOL OF INFORMATION TECHNOLOGY

presents webinar on

'What a healthy life looks like?' - Breaking the myths related to food.

Speaker



Nt. Seema Khandelwal

SPECIALIZED IN
PCOD/PCOS | WEIGHT GAIN/LOSS
DIET | OLD AGE DIET | POST
PARTUM DIET

30TH JAN '23

7 PM - 8 PM



Scan to Join
the Webinar

*Fitness is 20% exercise and 80%
nutrition, You Can't Outrun Your
Fork. Stay Healthy, Stay Fit.*

FACULTY COORDINATOR

Ms Kanta Malik

STUDENT COORDINATORS

Muskan Tiwari Shreya Gupta

Shaury Shobit Roshan Negi

Sayantika Manna S Vaishnavi

Ritoshree Sarkar Saksham Nagpal

Priyanka Chansela

<https://vips.edu/>

<https://vsit.vips.edu/>

dietversity01.wixsite.com/dietversity-5



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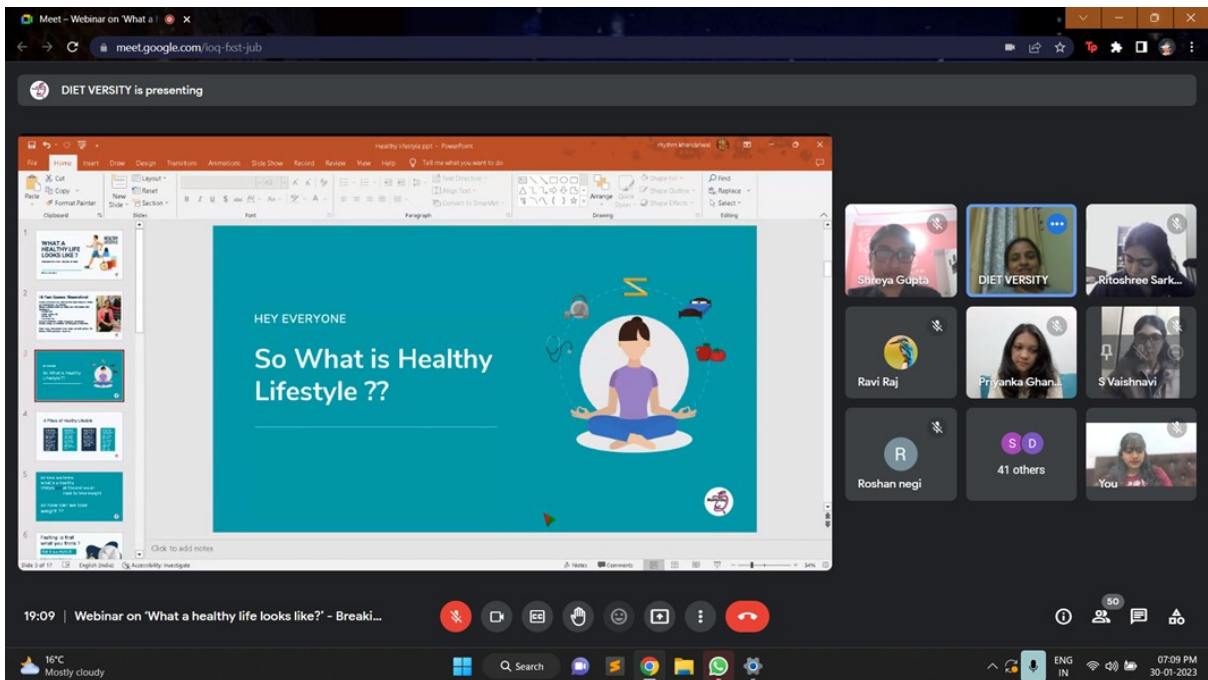
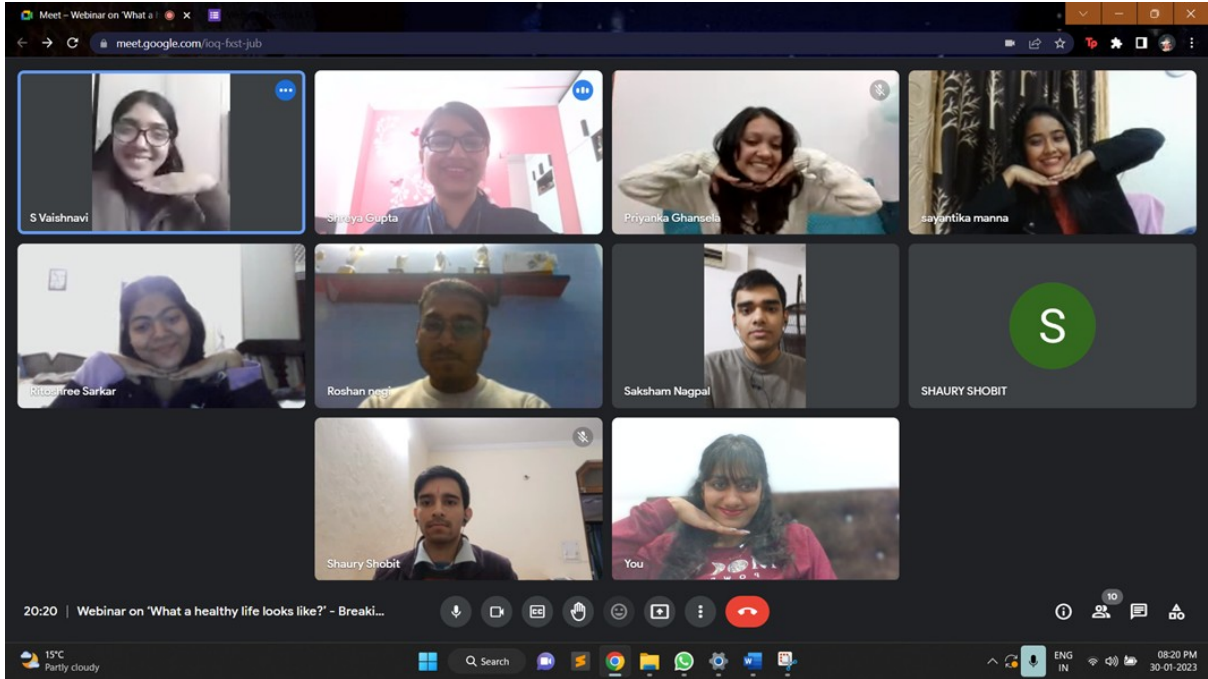
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DIET VERSITY is presenting

so now we know what is a healthy lifestyle but at the end we all need to lose weight

so how can we lose weight ??

19:21 | Webinar on "What a healthy life looks like?" - Breaki...

16°C Mostly cloudy

07:21 PM 30-01-2023

DIET VERSITY is presenting

Missing Periods is Normal

No it is not normal

It could be because of **Thyroid**
Too much or too little thyroid hormone can make your periods very light, heavy, or irregular. Thyroid disease also can cause your periods to stop for several months or longer, a condition called **amenorrhea**.

It could be because of **PCOS**
PCOS is a very common hormone problem for women of childbearing age. Women with PCOS may not ovulate, have high levels of androgens, and have many small cysts on the ovaries. PCOS can cause missed or irregular menstrual periods, excess hair growth, **acne**, **irregular**, and weight gain.

It could be because you are **Underweight**
Underweight girls and women with eating disorders, like **anorexia nervosa**, that result in extreme weight loss may also be unintentionally impacting their menstrual cycles. Women without much fat on their bodies may have fewer periods or go longer without ovulating.

19:36 | Webinar on "What a healthy life looks like?" - Breaki...

15°C Partly cloudy

07:36 PM 30-01-2023



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