



Gandhinagar Institute of Technology

A Report on

Expert Talk on

“Boost Your Immune System”

04th August, 2021(Wednesday)

Objective:

Gandhinagar Institute of Technology organizes various programs for the benefit of female students, faculties, staff under the banner Women Development Cell (WDC). Keeping this in mind, GIT has organized an expert talk on “Boost Your Immune System” by Dr. Pooja Kagathara for all the faculties, staff & female students. The objective behind organizing this important session was to make all of them aware about how lifestyle habits impact our immune system, to understand and implement the components of a healthy, balanced diet that supports immunity.

Program Overview:

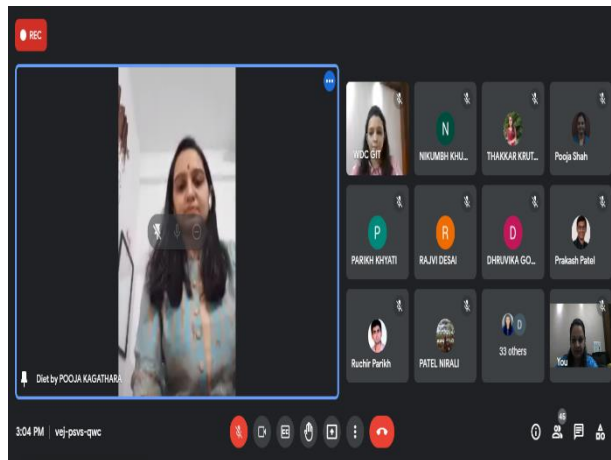
The session was organized online for all the faculties & female students of GIT. It was conducted from 02:00 pm to 03:00 pm dated 4th August on Wednesday. The Session began with a welcome of Director Sir and Dr. Pooja Kagathara, the speaker for the day. Around 65 girls’ participants along with faculties participated in it. Dr. Pooja Kagathara, is a Clinical Dietician providing her services to improve the health of people by solely focusing on diet and good habits. She is presently owning Neutrofit Diet Clinic in Rajkot. Rajkot. She is in this field for more than 7 years and have served more than 2500+ obese patients, 100+ cardiac patients, 200+ gout and uric acid patients, 30+ infertility patients, etc.

Good health and a healthy lifestyle are the results of the proper diet routine and her sole focus is on the diet plan to solve any of the health problems. The webinar explored: What is it about immune aging that makes older adults so vulnerable to COVID-19, How aging processes can impact the severity of viruses and other diseases, how exercise, nutrition and other lifestyle factors can improve your immune health, what treatments show promise to bolster our immune defenses against COVID-19. To add to this, she also focused on the timings that one should follow while taking up one's meals. By the conduction of this talk, everyone came to know about what healthy diet consists of, to keep stress under control, to have a plenty of good quality sleep, 30mins of exercise regularly etc.

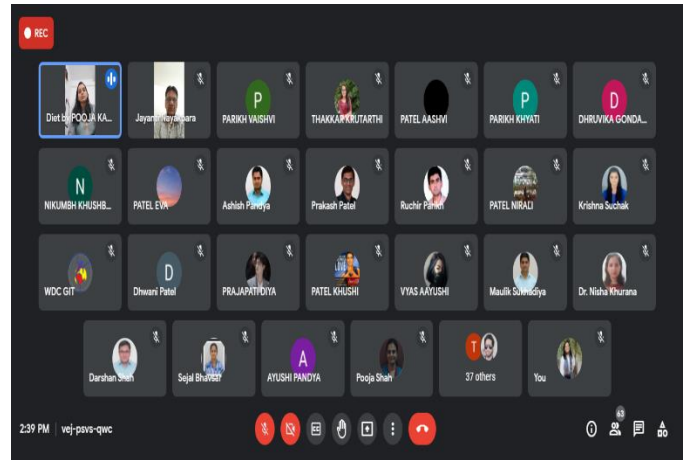
The session was concluded by a questionnaire in which the doubts of students and faculties were cleared by the expert.

The program ended successfully with co-operation and coordination of Trustees, Director Sir, Head of the Departments, WDC Faculty Members, Faculties and Students’ Participants and Admin Team.

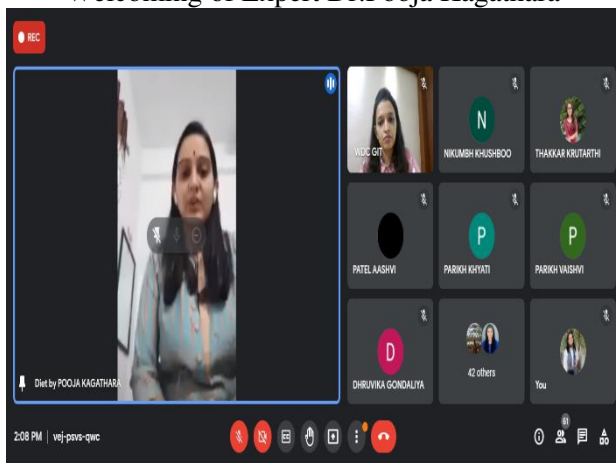
Photo Gallery:



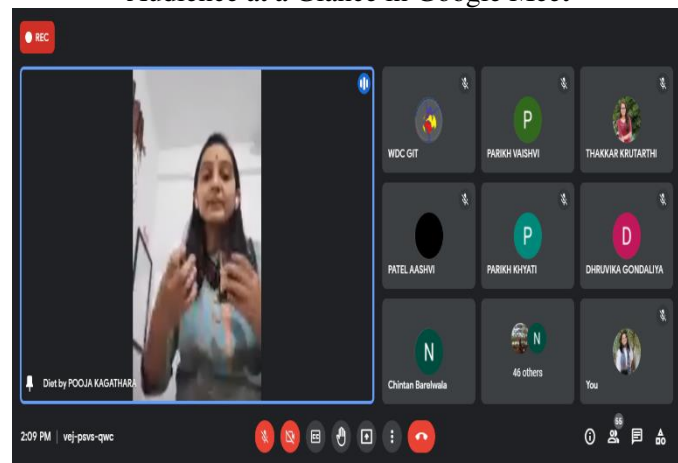
Welcoming of Expert Dr.Pooja Kagathara



Audience at a Glance in Google Meet



Dr. Pooja Kagathara Delivering Lecture



Expert giving guidance regarding Diet Plan