

**GUJARAT TECHNOLOGICAL UNIVERSITY**  
**&**  
**Sarvajanik College of Engineering and Technology**



**National Service Scheme**

A Report On  
**A virtual workshop**  
**Healthier You-Healthier Society**

31<sup>st</sup> March, 2021

By

NSS SCET, SURAT



Academic year  
(2021-2022)



Gujarat Technological University  
In association with  
Sarvajanik College of Engineering & Technology  
Organises



A virtual workshop : **Healthier You-Healthier Society**

**पोषण पखवाड़ा**

**31<sup>st</sup> March 2021 | 11:30 am**



**Objectives of the Workshop**

- ❖ To create awareness about nutritional status of NSS volunteers.
- ❖ To generate awareness about balanced diet.
- ❖ To demonstrate healthier cooking practices.
- ❖ To guide in developing Nutrigardens for nutrient security.

**Resource Persons**



Dr. Manisha Vyas  
Department of Food Science and Nutrition,  
Sheth P.T. Mahila College of Arts and Home Science,  
Vanita Vishram.

Dr. Shilpee Agrawal

**Registration**

<https://forms.gle/3KJtqAR7fxETxKCc6>



**Organising Committee**

Dr. Niket Shastri  
Program Officer , NSS , SCET

Dr. Alpesh Dafda  
Program Coordinator , NSS GTU

E-certificate will be provided to the participants on completion of workshop successfully.

A need to bring out awareness about Nutrition and factors affecting nutritional status is perceived. A virtual workshop on "**Healthier you-Healthier society**" is organized with the following objectives:

1. To create awareness about nutritional status of NSS volunteers.
2. To generate awareness about balanced diet
3. To demonstrate healthier cooking practices.
4. To guide in developing Nutrigardens for nutrient security.

The workshop will help the participants to serve the community by creating awareness about the much demanded Food and Nutrition education which help in combating malnutrition.

**Resource Persons:**

**1. Dr. Manisha Vyas**

M.Sc., B.Ed., PhD, NET

Assistant Professor

Department of Food Science and Nutrition

**2. Dr. Shilpee Agrawal**

M.Sc., B.Ed., PhD, NET-JRF, ICMR-SRF

Assistant Professor

Department of Food Science and Nutrition

**Sheth P.T. Mahila College of Arts and Home Science**

- Key points discussed during Webinar:

- **Methods of Nutritional Assessment**

- **Direct Methods**

- Anthropometric methods
- Biochemical- laboratory methods
- Clinical methods
- Dietary evaluation method

- **Indirect Methods**

- Ecological variables including crop production
- Economic factors eg. per capita income, population density & social habits
- Vital Health statistics

- **FOOD AND DIET**

- **5 Food Groups**

1. Cereal and cereal products
2. Pulses and Legumes
3. Milk and Meat Products
4. Fruits and Vegetables
5. Fats and Sugars

- **HEALTHIER COOKING PRACTICES**

- **PREPARATION STEPS BEFORE COOKING**

1. Washing
2. Peeling and scraping
3. Cutting
4. Grating
5. Grinding
6. Mashing

## ▪ COOKING METHODS

1. DRY HEAT COOKING
2. . MOIST HEAT COOKING
3. FAT COOKING

## ▪ Nutrient Enhancement Nutri-Gardens

### Participation:

There were 134 volunteers from different NSS units of GTU who enthusiastically attended the workshop.

### Few Screenshots of the Workshop:

The screenshot displays a Zoom meeting interface. At the top, a status bar indicates 'Dr. Shilpee Agrawal is presenting' and shows a time of 11:41 AM. The main content area is split into two panels. The left panel shows a presentation slide titled 'OBJECTIVES' with a pink tab labeled '2'. The slide lists four objectives, each with an icon: 1. To create awareness about nutritional status of NSS volunteers (person at desk icon), 2. To generate awareness about balanced diet (apple icon), 3. To demonstrate healthier cooking practices (chef icon), and 4. To guide in developing Nutri-gardens for nutrient security (garden icon). The right panel shows a grid of participant avatars, including Manisha Vyas, Dr. Shilpee Ag..., swati sharma, Alpesh Dafda, Viraj vekariya, Khushi Javiya, SAKSHI PATEL, Abhay Kamani, Kanani Janu, Shubham Shah, Vatsal Babariya, and Hetvi Patel. At the bottom, a toolbar contains icons for 'REC', 'Raise hand', 'Turn on captions', and other controls. The bottom status bar shows the file name 'Workshop on He...pptx' and a 'Show all' button.



## **Acknowledgement**

We extend our sincere thanks to our principal, Dr. Hiren Patel for his constant support and motivation in facilitating such activities.

We are very much thankful to managing trustees and office bearers of the Sarvajanik Education Society for their support.

We thank one and all for their direct or indirect support.

**Dr. Niket Shastri**  
**NSS Program Officer**  
**SCET**

**Prof. (Dr.) Keyur Rana**  
**DEAN, SAWC**  
**SCET**