

Government Commerce College, Naroda

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Report of Capacity Building through Food and Nutrition Training Session 2

- Government Commerce College Naroda hosted the ‘Capacity Building Through Food and Nutrition Training Session -2 ‘on 26th February 2024 in collaboration with Gender Resource Center, Women and Child Development Department and Higher Education Department under “SETU”- Sustaining Equality through University. SETU is a novel initiative for growth and development especially for girls. Food and nutrition is a vital topic that impacts the health and well- being of individual and a society as a whole.
- Food and Nutrition Training session was conducted in two phases. In the first phase blood samples of total 101 girls were taken for Complete blood count (CBC) report. Chikitsa Pathology Laboratory was the partnering institute in this drive. Second phase has witnessed the session by two eminent speakers. First guest speaker was Dr. Vishwas Amin who is the General secretary at Ahmedabad Red Cross. He provided the insights on the causes of low level of hemoglobin, R.B.C count. He also enlightened the students about consequences of Thalassemia minor. He prescribed the medication to improve the overall blood count.
- Dr. Richa Soni from the Food and Nutrition Dept. of Gujarat University is the second guest of honour. She explained about different nutrients in food, their sources and their importance in well-being of an individual. She also provided insights on foods which are the rich source of nutrients though they are often underrated. She also emphasized to learn to celebrate without FOOD.
- It was realized that these type of program is not only essential for sustenance but also to promote better health outcome and empowered us to lead a more productive life.

Setu Nodal Officer

Dr. Chirag Jiyan

Glimpses of Event

Event Coordinator

Dr. Dipti Arora



