GOKHALE MEMORIAL GIRLS' COLLEGE

Webinar on "Carbohydrate Counting & Diabetes Mellitus"

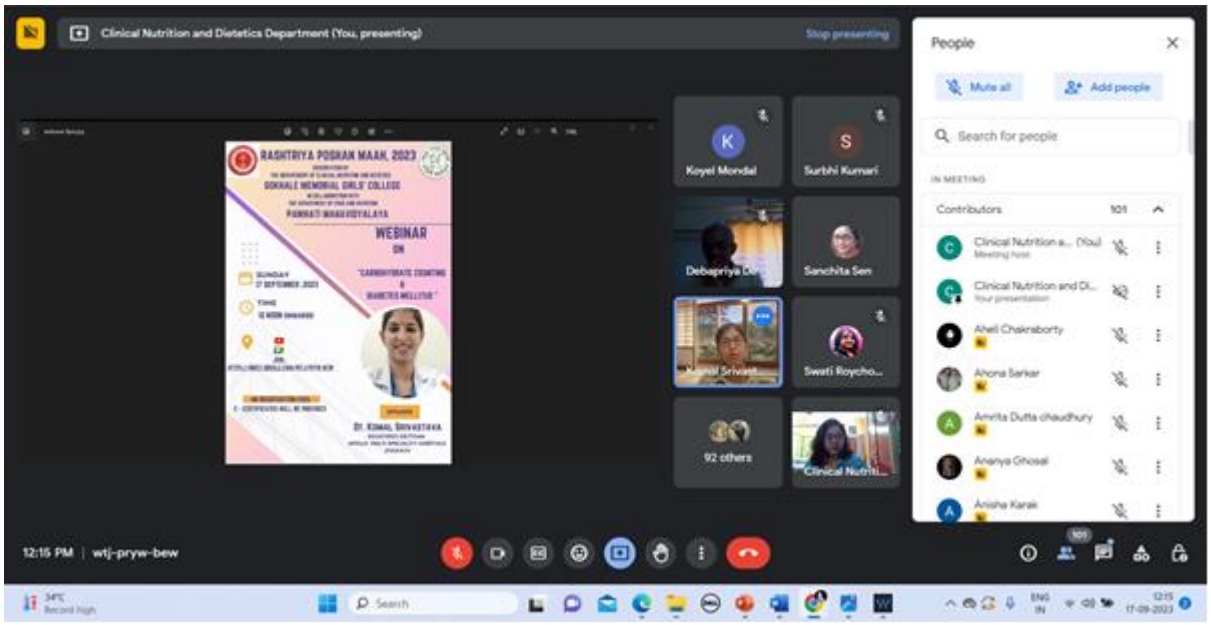
The webinar was organized by Department of Clinical Nutrition and Dietetics of Gokhale Memorial Girls College in collaboration with the Department of Food and Nutrition of Panihati Mahavidyalaya on 17th September, 2023 for observation of Rashtriya Poshan Maah, 2023. Webinar was conducted by faculty of CND department; Sm. Pratyasha Agrawal via the Google Meet platform and YouTube live streaming was done simultaneously by Sm. Soumita Das of FNTA department of Panihati Mahavidyalaya. Total 155 participants (100-GMeet & 55 You tube live) attended the webinar. Participants included students, faculties, nutritionists and dieticians from all over India. Later, link for webinar was shared widely for those who could not join the live program. The 1 hour 30 minutes long webinar started at 12 noon with Welcome Speech by the IQAC Coordinator of Gokhale Memorial Girls College, Dr. Sanchita Sen who also introduced the speaker Dt. Komal Srivastava, a Registered Dietitian at Apollo Multispecialty Hospitals, Salt Lake, Kolkata. The senior dietician is currently pursuing Ph.D. in Food and Nutrition from Bharthiar University, Coimbatore. She has completed various diploma/ certificate courses such as Diabetes Educator, TPN, Nutritional Support in Metabolic Syndrome, etc. She has published papers in various National & International Journals.

This was followed by a brief introductory speech by Dr. Debapriya De, Principal, Panihati Mahavidyalaya.

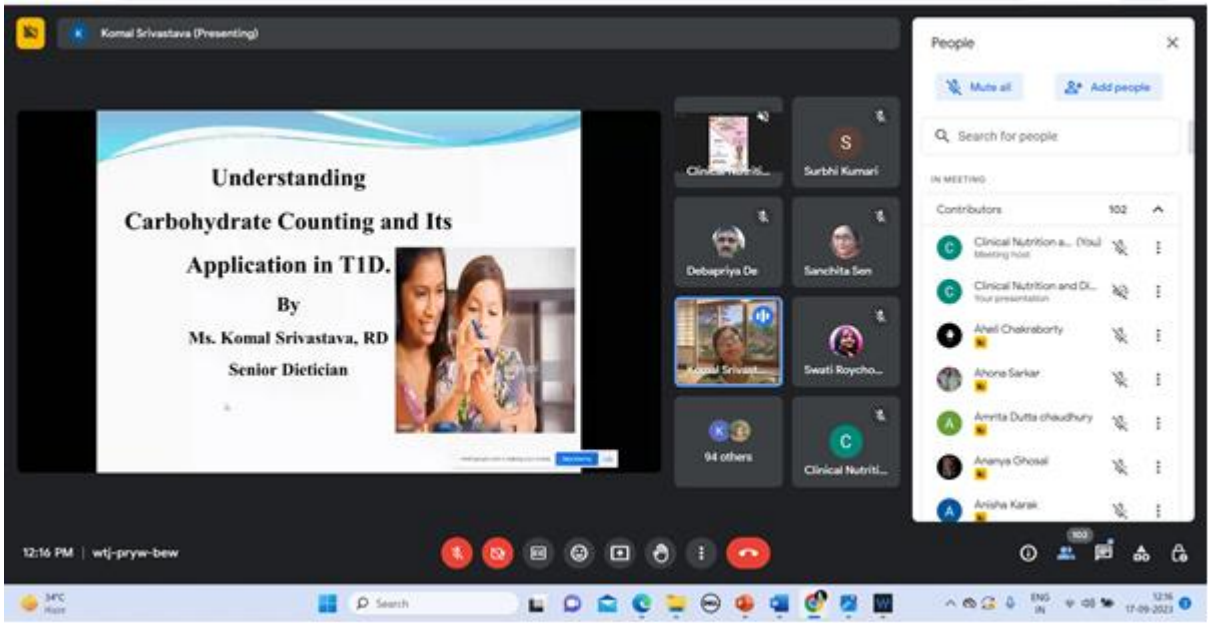
The dietician's speech concentrated on Carbohydrate counting in Type I Diabetes Mellitus i.e. Juvenile Diabetes. She introduced the audience to different hand guides and tools for carbohydrate counting. She also did a small live activity on calculations related to carbohydrate counting through case studies and engaged all participants.

After the conclusion of the session, she tirelessly answered all the questions that were posted in the chat box on Google Meet and YouTube throughout the ongoing session. Q & A round was conducted by Host- Sm. Pratyasha Agrawal along with Sm. Swati Roy Choudhury of FNTA department of Panihati Mahavidyalaya. The webinar was concluded by Vote of Thanks by Sm. Pratyasha Agrawal. The event got very good response from the audience which was evident by the numerous questions posted by them and their feedback in chat box as well as feedback form. The feedback of all participants was collected via google form link provided in You Tube & Google Meet chat box.

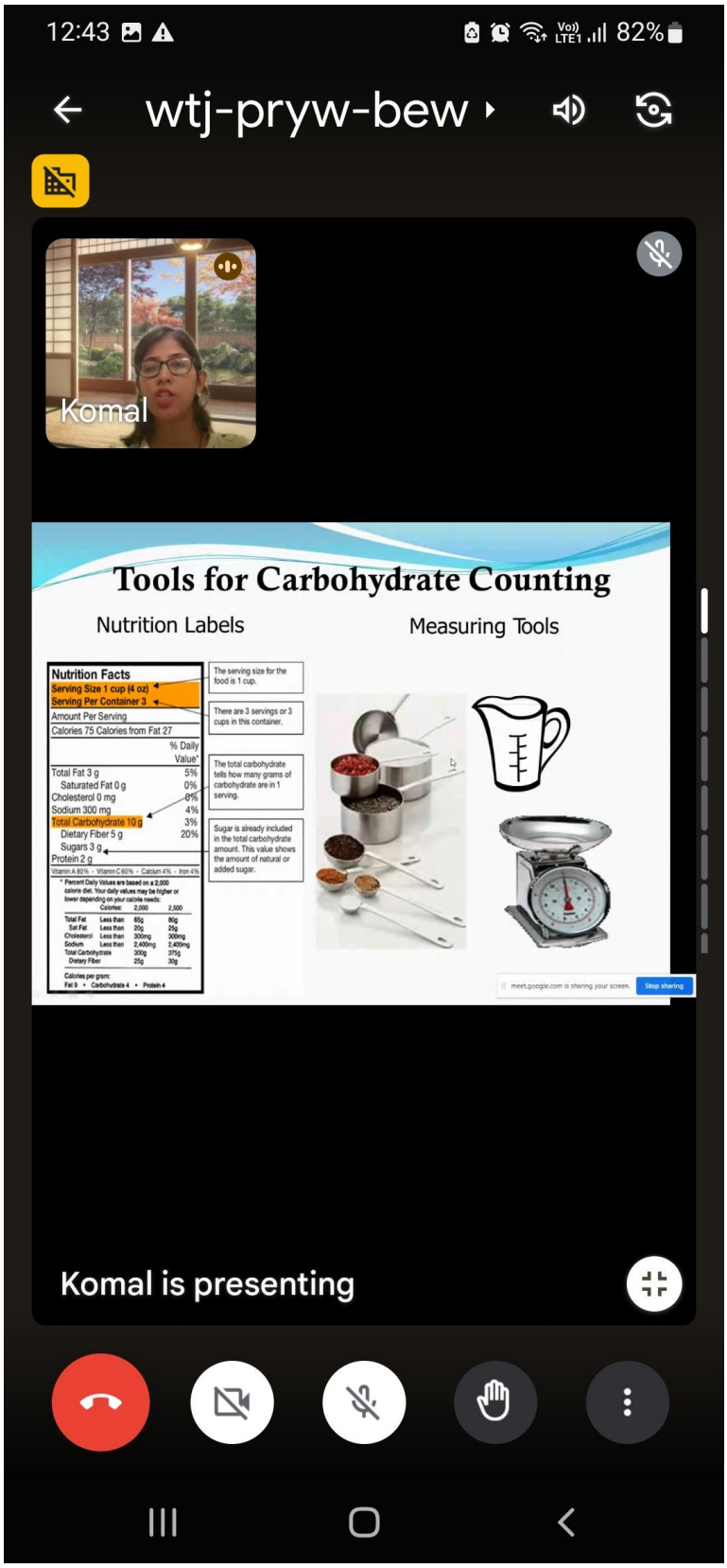
This event was sponsored by Gokhale Memorial Girls College. Sponsored amount was Rs. 1000 (Speaker Fees).



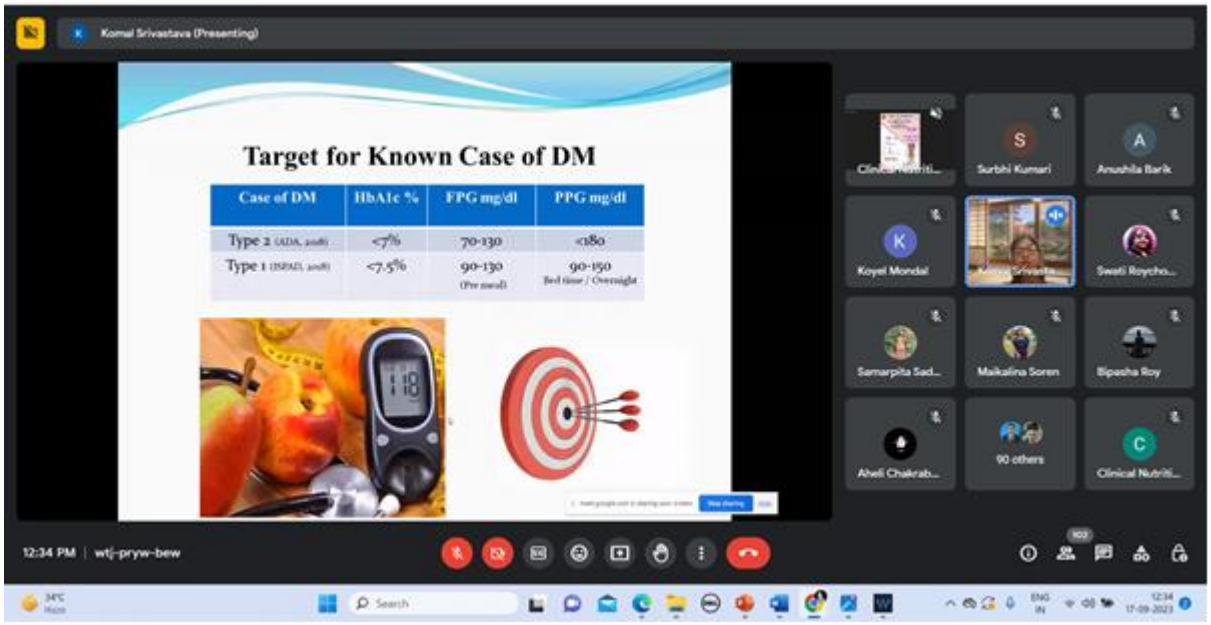
Event Being Hosted by Smt. Pratyasha Agrawal



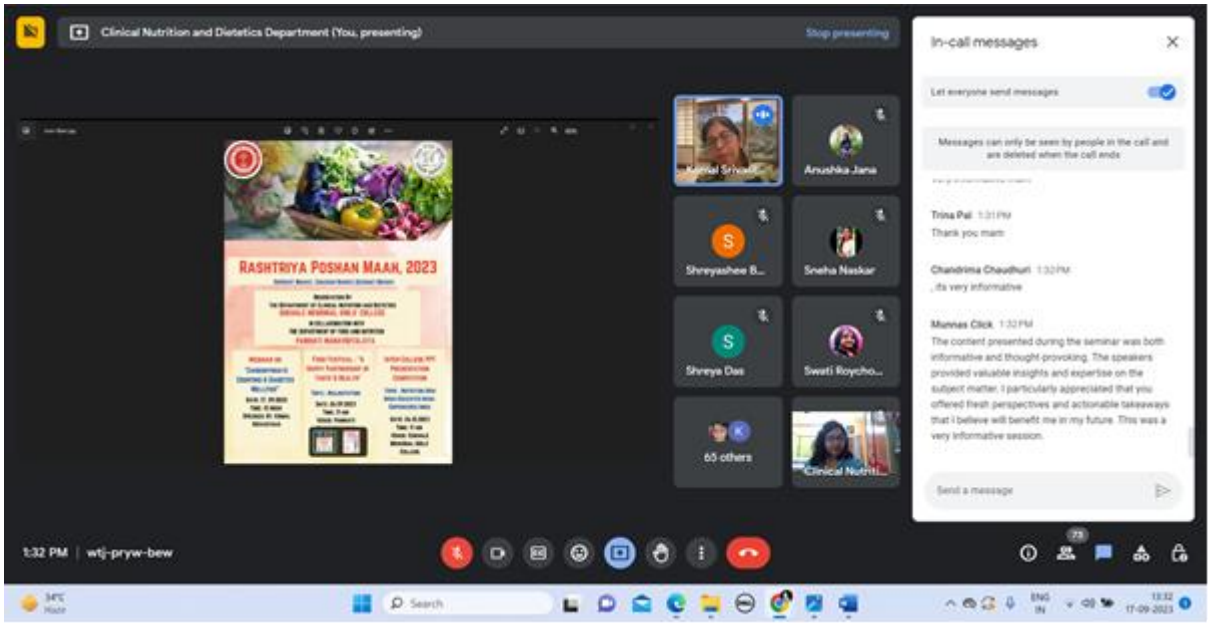
Dietician Speech



Dietician Discussing Tools For Carbohydrate Counting



Case Study Discussion and Calculations Activity for Participants



Conclusion Session

Student Contribution in Report Writing:

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