



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](#).

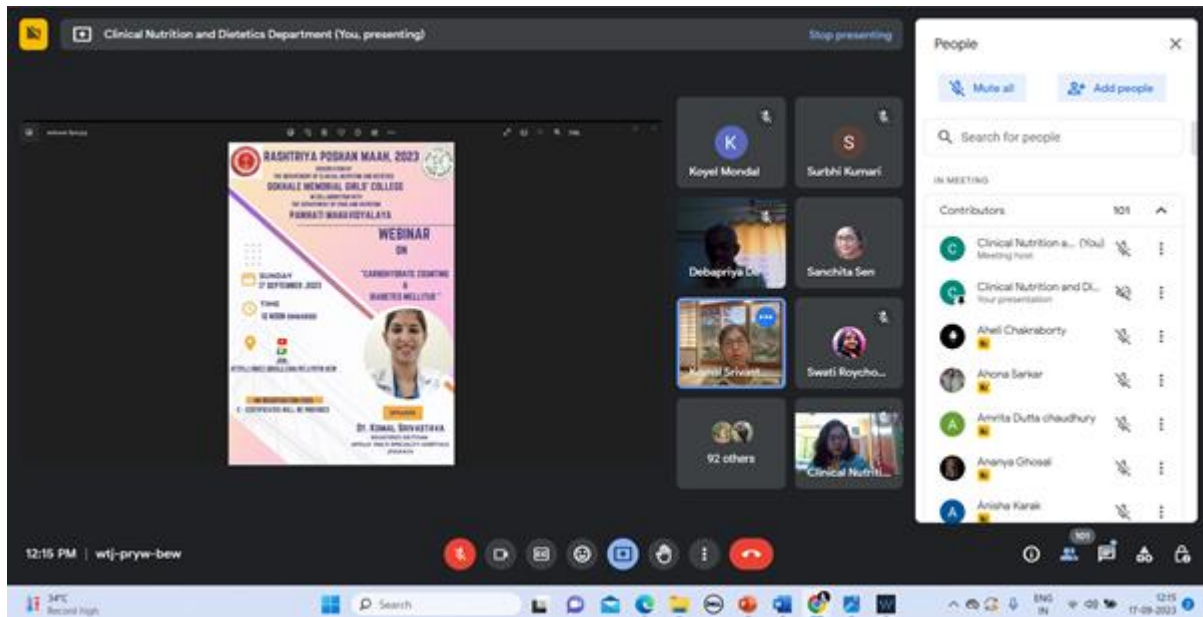
The dietician's speech concentrated on Carbohydrate counting in Type I Diabetes Mellitus i.e. Juvenile Diabetes. She introduced the audience to different hand guides and tools for carbohydrate counting. She also did a small live activity on calculations related to carbohydrate counting through case studies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

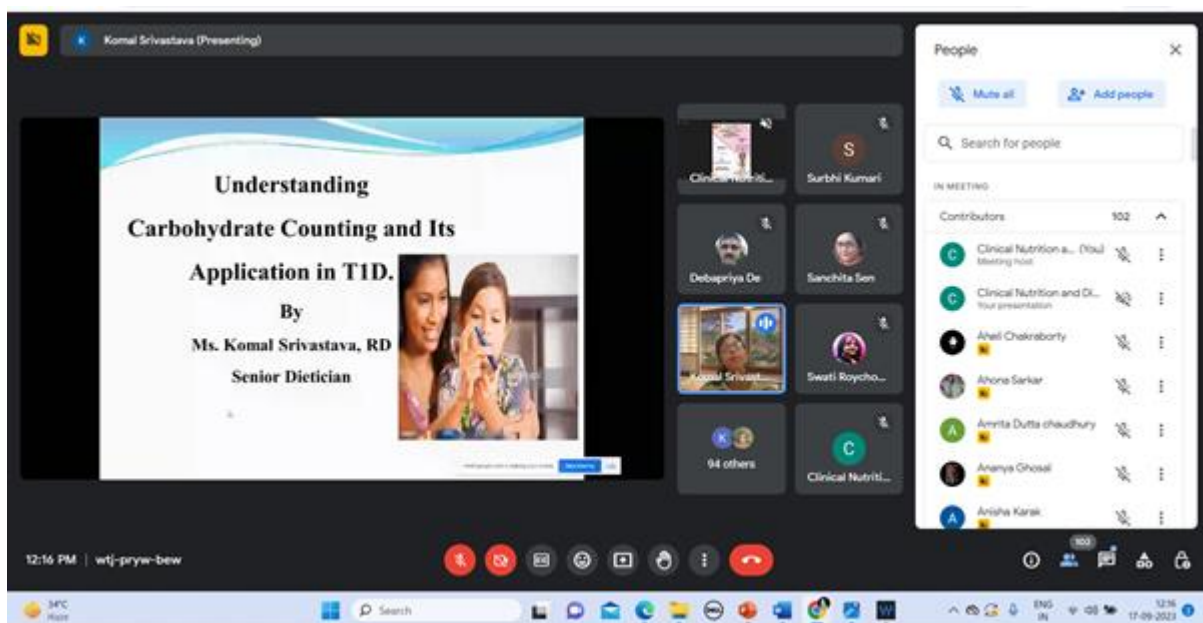
This event was sponsored by Gokhale Memorial Girls College. Sponsored amount was Rs. 1000 (Speaker Fees).



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Event Being Hosted by Smt. Pratyasha Agrawal



Dietician Speech




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12:43

VoLTE 82%

wtj-pryw-bew



Komal

Tools for Carbohydrate Counting

Nutrition Labels

Nutrition Facts	
Serving Size 1 cup (4 oz)	
Serving Per Container 3	
Amount Per Serving	
Calories 75 Calories from Fat 27	
	% Daily Value*
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	4%
Total Carbohydrate 10 g	3%
Dietary Fiber 5 g	20%
Sugars 3 g	
Protein 2 g	






* Percent Daily Values are based on a diet of other people's misdeeds.


	Calories	2,000	2,500
Total Fat	Less than 65g	65g	78g
Saturated Fat	Less than 35g	35g	43g
Cholesterol	Less than 300mg	300mg	380mg
Sodium	Less than 2,400mg	2,400mg	3,000mg
Total Carbohydrate	Less than 300g	300g	375g
Dietary Fiber	25g	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

 Measuring Tools The serving size for the food is 1 cup. There are 3 servings or 3 cups in this container. The total carbohydrate tells how many grams of carbohydrate are in 1 serving. Sugar is already included in the total carbohydrate amount. This value shows the amount of natural or added sugar. |

Komal is presenting





Dietician Discussing Tools For Carbohydrate Counting



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Target for Known Case of DM

Case of DM	HbA1c %	FPG mg/dl	PPG mg/dl
Type 2 (ADA, 2008)	<7%	70-130	<180
Type 1 (ISPAD, 2008)	<7.5%	90-130 (Pre meal)	90-150 (Bed time / Overnight)

12:34 PM | wtj-pryw-bew

Case Study Discussion and Calculations Activity for Participants

RASHTRIYA POSHAN MAAN, 2023

1:32 PM | wtj-pryw-bew

Conclusion Session

Student Contribution in Report Writing:

- Debanjali Das, Sem 3, CNDV, Roll No: 21/BSCV/0133
- Suvhasree Bhattacharya, Sem 5, CNDV, Roll No: 21/BSCV/0058