

### **GYAN-O-PEDIA lecture-“Fight Disease with nutrition”**

1. **Speaker:** Dr. Janki Chouhan
2. **Designation:** Ditecian
3. **Date and time:** 2nd September 2022,1:00 to 4:00 PM
4. **No. of Students:** 72
5. **Faculty Coordinator :** Ms. Lakshmidevi
6. **Platform:** Offline

**Report:** An expert lecture was organized at KCP on 2nd September on the topic ‘FIGHT AGAINST DISEASE WITH NUTRITION’ by DT. Janki Chauhan with students of both B.Pharm and D.Pharm. She imparted great knowledge about how a proper nutritional diet can help in developing a stronger immunity which would help the body fight against harmful disease causing agents and lead towards a healthy life through a presentation for effective understanding to the students. She even motivated students as well as the teachers to change their lifestyles into a more healthy and nutritional one. This lecture helped to motivate students and faculty participants, to live their best and healthy life. The session also revealed the importance of a balanced, nutritional diet for all age groups, especially since the people are suffering the aftermath of COVID-19, a pandemic that affected many lives all over the world just a few years ago. It was concluded that a healthy, nutritional diet proves to be an effective way of keeping the body fit and healthy during such times.

