

**B. K. M. Science College, Valsad
Women Development Cell
Seminar on "Health is Life "**

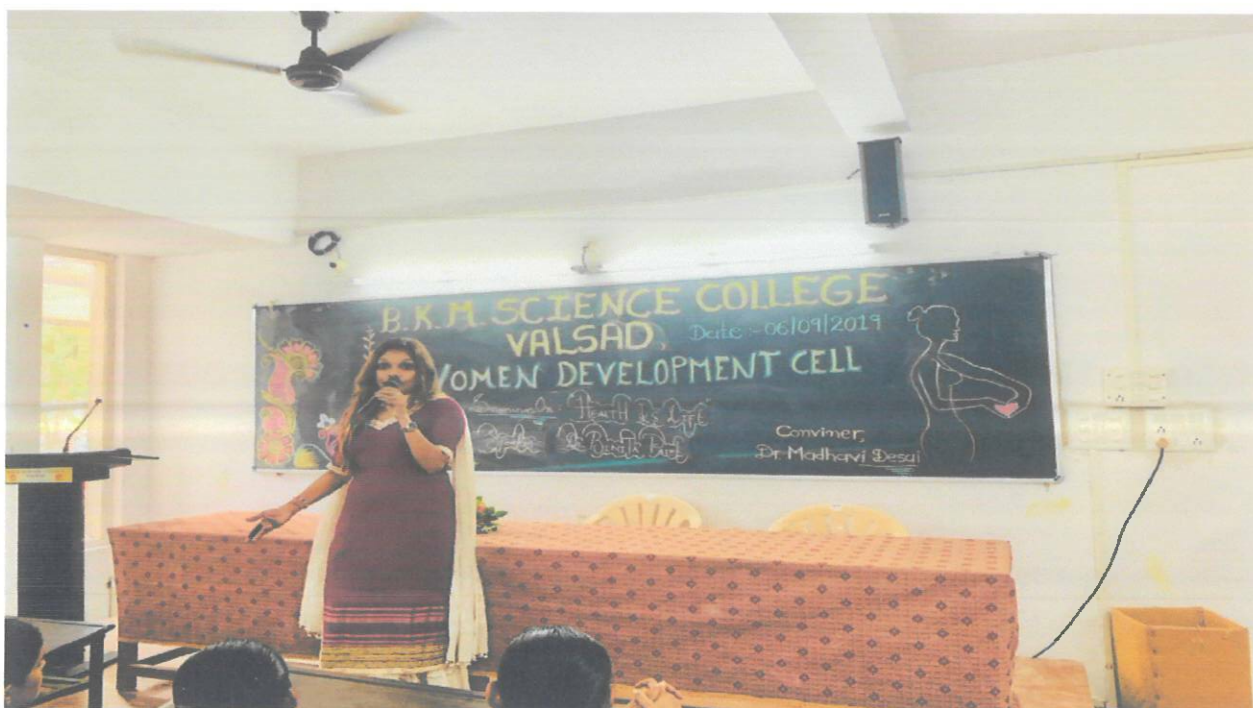
Speaker:- Dr. Binita Patel

Date:- 06.09.2019

Health is very important in our life because with the help of good health we live better life. In the life we sets many goal and every try to achieve our goals but in that our health play important role. If our health is support ourself then we achieved our goal and it's not support then we are fail in our mission.

Some studies indicate that difficulty in academic performance, as a result of some unhealthy behavior. If basic health is not achieved then college students will encounter problems, not only physically but mentally as well.

On the above matter B. K. M. Science College organized a seminar on "Health is Life" on dated 06.09.2019 at Room No. 12 between 11:00 am to 1:00pm. In this Seminar Dr. Madhavi Desai, convener of Women Cell warmly welcomed to Dr. Binita Patel by bouduet. In her Speech she briefly mentioned about this seminar and motivate students to attain this type of seminar organize under the heading of Women Development Cell. She said that how you take care of yourself is really important to your health and following a healthy lifestyle, even if its small steps, it can make a really big difference over time." Health is the so important part in our life. we done our health is good with the help of yoga, exercise, walking, etc.



Dr. Binita Patel nicely explain how health is affect on our life She said a healthy lifestyle has both short and long term health benefits. Long term, eating a balanced diet, taking regular exercise and maintaining a healthy weight can add years to your life and reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease, osteoporosis and obesity.

She also said when students enter college, their diets deteriorate and they gain or lose weight. Meals are often skipped by college students, and management of weight and food intake is often nonexistent or disordered. Class and work schedules change daily as well as every semester. Several factors can be taken to avoid the weight gain and decline in diet quality that may occur during the college years.



Healthy diet is the key for current and future good health, even if the students are not over- or underweight, poor nutrition puts them at risk for various medical problems including diabetes, heart disease, hypertension, osteoporosis and iron deficiency related ,anemiaetc.

She explain to students that it is possible to eat a balanced, nutritious diet in college, but it just take some determination and e jort. Focusing on the main food groups is very important, incorporating whole grains, brightly colored vegetables and fruits, low fat or nonfat dairy products, lean meats and beans and healthy fats in the diet. At the same time, minimize foods high in saturated and Tran's fats as well as sugary, high-calorie beverages.




She said He human body needs to move, the many benefits of exercise prove that the act of fitness is more than losing weight, exercise can build confidence, reduce and relieve stress, improve learning and mental health . Total 55 students had participated in this Seminar .

As question from student about iron deficiency she explain that Iron deficiency anemia (IDA), is the most wide spread nutritional deficiency. Iron has several functions in the body. It serves as a carrier of oxygen as hemoglobin and as an integral part of enzyme systems especially of respiration.



Faculty member Dr, Kiranben D, Desai, Mrs. S.L.Vani, Dr. Smrutiben L. Lad, Dr. B.D. Mistry and Dr. Nandini Bhadra always be present to motivate students. Vote of thanks Delivered by Dr. Madhavi Desai and said that Dr. binita patel nicely explain purpose of this seminar is to explore the major lifestyle factors among college students, in an effort to improve their behavior and reduce the risk factors for major diseases


Principal,
B.K.M. Science College
VALSAD - GUJARAT



B.K.M.SCIENCE COLLEGE,VALSAD

WOMEN DEVELOPMENT CELL 2019-2020

Seminar on: "Health is Life"

Speaker: Dr. Binity Patel

Date: 06/09/2019

SR.NO	NAME	CLASS	ROLL. NO.
1	MAHLA TRUPTIBEN JAGDISHBHAI	F.Y.B.Sc	10
2	MAHYAVANSHI SHEFALI RAJESHBHAI	F.Y.B.Sc	11
3	OJHA ANCHAL RAJESH	F.Y.B.Sc	12
4	PARMAR ANJALI INDRAJITSINH	F.Y.B.Sc	13
5	PARMAR KHYATIKUMARI KANCHANBHAI	F.Y.B.Sc	14
6	PATEL HETVI MANUBHAI	F.Y.B.Sc	15
7	PATEL HIRAL GULABBHAI	F.Y.B.Sc	16
8	PATEL KAJALBEN HARSHADBHAI	F.Y.B.Sc	17
9	PATEL NEEYATI JAYESHBHAI	F.Y.B.Sc	18
10	PATEL NIDHIKUMARI SURESHBHAI	F.Y.B.Sc	19
11	PATEL RIDDHI RAMESHCHANDRA	F.Y.B.Sc	21
12	PATEL RUCHIBEN NAVINBHAI	F.Y.B.Sc	22
13	PATEL SHIVANI SURESHBHAI	F.Y.B.Sc	23
14	PATEL VRUTI RASIKBHAI	F.Y.B.Sc	24
15	TANDEL CHHAYALBEN KRUSHNABHAI	F.Y.B.Sc	25
16	PATEL SHEFALIBEN AMBELAL	F.Y.B.Sc	55
17	PATEL SHREYA DILIPBHAI	F.Y.B.Sc	56
18	PATEL STUTI SHAILESHBHAI	S.Y.B.Sc	57
19	PATEL VISHVANI RAJESHBHAI	S.Y.B.Sc	58
20	PATEL VRUTTI DILIPBHAI	S.Y.B.Sc	59
21	PRAJAPATI TEJAL JAYESHBHAI	S.Y.B.Sc	60
22	PRAJAPATI VIJYA KANTIBHAI	S.Y.B.Sc	61
23	SOLANKI PRIYAMBEN VIRENBHAI	S.Y.B.Sc	67
24	SURKAR ASMITA DINESHBHAI	S.Y.B.Sc	68
25	TANDEL ISHIKA SHANKARBHAI	S.Y.B.Sc	69
26	TANDEL MUSKAN PRAFULKUMAR	S.Y.B.Sc	70
27	TANDEL NAMRATABEN ISHWARBHAI	S.Y.B.Sc	71
28	TANDEL PRIYAKUMARI BHIKHUBHAI	S.Y.B.Sc	72
29	TANDEL VEDANTI DINESH	S.Y.B.Sc	73
30	TANDEL YESHABEN HEMANTBHAI	S.Y.B.Sc	74
31	VAGHERA KALPANAKUMARI KASUBHAI	S.Y.B.Sc	75
32	YADAV ANKITA LALBAHADUR	S.Y.B.Sc	77



33	AGRI SMITIBAHEN HARESHBHAI	S.Y.B.Sc	201
34	AHIR AENI MANILAL	T.Y.B.Sc	202
35	AHIR SONALI MUKESHBHAI	T.Y.B.Sc	203
36	AHIR TEJASWINI ARUNBHAI	T.Y.B.Sc	204
37	BARIA PAYAL BABULAL	T.Y.B.Sc	205
38	PATEL DHARMI MAHESHBHAI	T.Y.B.Sc	235
39	PATEL DIVYANIBEN BHARATBHAI	T.Y.B.Sc	236
40	PATEL ESHA JITENDRA	T.Y.B.Sc	237
41	PRAJAPATI RIDDHIKUMARI PRAVINBHAI	T.Y.B.Sc	238
42	RAITHATHA BANSARI ARUN	T.Y.B.Sc	239
43	RANA NEHABEN HARISHBHAI	T.Y.B.Sc	240
44	PATEL NIDHI ARVINDBHAI	T.Y.B.Sc	247
45	PATEL PANTHI DINESHBHAI	T.Y.B.Sc	248
46	PATEL PRACHI SUMANBHAI	T.Y.B.Sc	249
47	PATEL PRIYALBAHEN VANESHBHAI	T.Y.B.Sc	250
48	TANDEL KINALBEN RANJITBHAI	T.Y.B.Sc	255
49	TANDEL KINJAL JAMIYATBHAI	T.Y.B.Sc	256
50	CHAUHAN BHUMIKA PRAVINKUMAR	T.Y.B.Sc	402
51	FADVAL HEENABEN LAXMANBHAI	T.Y.B.Sc	403
52	GANVIT SANDHYAKUMARI DINESHBHAI	T.Y.B.Sc	404
53	GAVLI ANUPRIYA MANUBHAI	T.Y.B.Sc	405
54	PATEL PRIYALKUMARI RAMANBHAI	T.Y.B.Sc	420
55	PATEL RAJESHVARIBEN DHIRUBHAI	T.Y.B.Sc	421



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