



YI Club of ASM Group of Institutes

Webinar on

“IT’S TIME TO TAKE CHARGE OF YOUR HEALTH”

24/07/2021

Speaker:

- Ms. Karishma Shah: Founder & CEO of Karishma Shah Nutrition

Moderator:

- Ms. Ankita Shetty

Webinar Coordinators:

- Dr. Diksha Tripathi
- Mr. Utkarsh Wankhede
- Mr. Mayank Dhurve
- Mr. Shashank Shubham

Young Indians (Yi) Yuva chapter Pune and ASM Group of Institutes conducted the webinar on “It’s time to take charge of your health” by the guest speaker Ms. Karishma Shah for the students, and teaching faculties at ASM Group of Institutes.

Ms. Karishma Shah is an Integrative Health Nutritionist and Holistic Wellness Coach. After completing her studies in Nutrition and Dietetics, Karishma deep dived into every aspect of nutrition and integrated wellness.

She received extensive education in Clinical Nutrition, Ayurveda, and Spiritual-Mental Health. Her integrated methods have helped thousands of patients successfully manage their weight and health issues without having to starve themselves.

Over 100 people took part in our webinar on 24th July 2021 to learn and gain some expert advice on health and nutrition.

The course content of webinar as follows -

Ms. Karishma Shah kicked off by talking us through some benefits of nutrition. She further elaborated on how food or liquids affect our body and health because each food or liquid contain particular nutrition which is very necessary for our physical and mental growth.

Ms. Karishma Shah taught us about Holistic Health. She explained to us that rather than focusing on illness or specific parts of the body, this ancient approach to health considers the whole person and how he or she interacts with his or her environment which emphasizes the connection of mind, body and spirit.

Ms. Karishma Shah introduced us to the 5 pillars of Holistic Health which are:

1. Physical health
2. Emotional health
3. Social health
4. Spiritual health
5. Mental health

Many attendees sent in their questions and key challenges when it comes to daily lifestyle and daily nutrition intake and there were some common themes, which Ms. Karishma Shah addressed during Q and A session after her presentation.

Ms. Karishma Shah focused on three areas:

1. Engaging with the attendees and encouraging them to ask questions.
2. Encouraged the all the attendees to consume good food and liquid which contains some important nutrition like proteins, carbohydrate, fats, some vitamins, minerals and water as these all play different role to keep our body healthy and build new cells in our body.
3. Stated various facts why good nutrition plays a very important role in our lives as each food and liquid contain its own nutrition value which is very necessary in our life. It could also help to extend or decrease our life span as well as define our degree or livelihood.

The Program was concluded with the Vote of Thanks given by Mr. Utkarsh Wankhede,