



Sarvajani Education Society
SARVAJANIK UNIVERSITY



Report on
**NURTURING THROUGH
KNOWLEDGE**

Organized by
Sarvajani University
in
collaboration WDC, SCET



Held on
6th August 2025

Coordinated by
Dr. Kaushika Pal
Prof. Bhumika Patel

OBJECTIVE OF SEMINAR

- To create awareness among college students about maternal and child well-being.
- To provide knowledge on balanced diet and healthy lifestyle practices.
- To develop understanding of the role of nutrition and emotional care in holistic growth.
- To promote scientific and evidence-based approaches to health and nurturing.
- To bridge the gap between traditional practices and modern nutritional science.
- To educate students on early childhood nutrition, breastfeeding, and caregiving practices.
- To encourage informed decision-making regarding health and well-being.
- To foster a sense of social responsibility towards community health.
- To promote interdisciplinary learning among students.
- To empower students to apply and share knowledge for healthier families and communities.

DETAILS OF SEMINAR

Date and Time:	6th August (10:00AM-11:30AM)
Venue:	Chemical AV room
Targeted Audience:	The seminar was for all the female students who wish to gain insights into health, nutrition, and nurturing practices.
Participation:	95+
Speaker:	Dr. Kayuri Shah
College wise Participation	SRKI – 10 SCET - 85



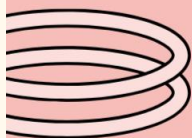
Sarvajanik Education Society
Sarvajanik University



Sarvajanik University
in
collaboration WDC, SCET



Presents



NURTURING THROUGH KNOWLEDGE



- Date 📅:- 6th August 2025
- Time ⌚:- 10:00 am Onwards
- Venue 🏢:- Chemical AV Room

[Register here](#)



In collaboration with the Department
of Food Science & Nutrition,
Sheth P.T. Mahila College of Arts &
Home Science, Vanita Vishram, Surat

Student Co-ordinators:

Krishee Mehta: 7433014388

Sachee Afinwala: 9904286407



SEMINAR IN BRIEF

The seminar “**Nurturing Through Knowledge**”, organized by the Sarvajanic University, in collaboration with the **Department of Food Science & Nutrition, Sheth P.T. Mahila College of Arts & Home Science, Vanita Vishram, Surat.*

The session commenced at **10:00 am** with a warm welcome address, setting the tone for the day’s discussion on maternal and child well-being. The resource persons shared insights on nutrition, healthy lifestyle practices, and the importance of nurturing for overall development. The detailed discussions are as follows:

Basics of Nutrition:

The session covered the fundamentals of nutrition, explaining the concept of a balanced diet. It discussed essential nutrients such as carbohydrates, proteins, fats, vitamins, and minerals, and their role in maintaining overall health.

Maternal Nutrition:

Special focus was given to the nutritional needs of women during pregnancy and lactation. The importance of micronutrients like iron, calcium, and folic acid was explained, along with guidance on maintaining a healthy diet for the well-being of both mother and baby.

Infant and Child Nutrition:

The speaker elaborated on the significance of proper nutrition during early childhood. The benefits of breastfeeding, timely introduction of complementary foods, and ensuring adequate nutrition during the formative years were discussed in detail.

Healthy Lifestyle Practices:

The seminar emphasized the importance of maintaining a healthy lifestyle, including regular physical activity, personal hygiene, and mental well-being. It highlighted how these practices contribute to overall health and disease prevention.

Emotional Care and Bonding:

The role of emotional care in child development was discussed, focusing on the importance of parent-child bonding. It explained how a nurturing and supportive environment positively impacts a child's mental and emotional growth.

Scientific Approach to Nutrition:

The session encouraged participants to adopt a scientific approach to nutrition and health. It addressed common myths and misconceptions and stressed the importance of evidence-based practices in daily life.

Bridging Traditional and Modern Practices:

The seminar highlighted the need to balance traditional caregiving methods with modern nutritional science. It encouraged participants to retain beneficial cultural practices while adopting scientifically proven approaches.

Role of Women and Youth in Community Health:

The importance of women and youth in promoting health awareness was discussed. Participants were encouraged to take responsibility for spreading knowledge and contributing to healthier families and communities.

Interactive Session:

The seminar concluded with an interactive session where participants actively asked questions and shared their views. This discussion helped clarify doubts and reinforced the concepts covered during the seminar.

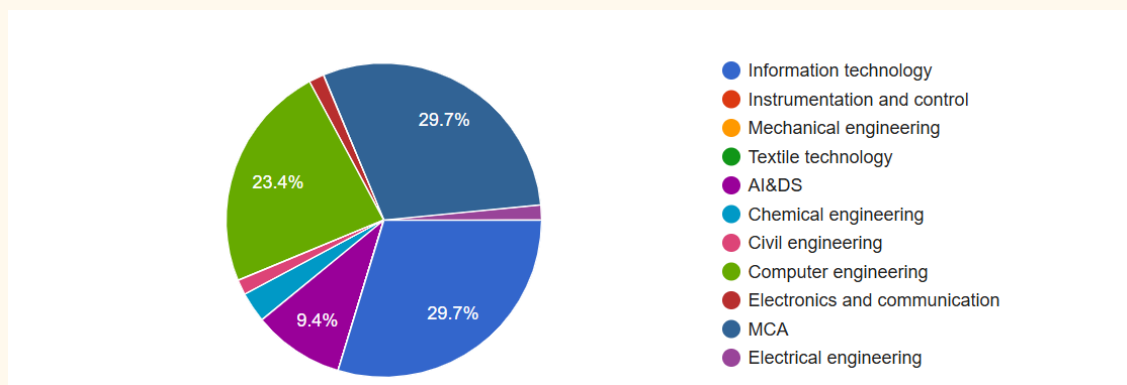
Introduction to Maternal and Child Health:

The seminar began with an overview of maternal and child health, emphasizing its importance in ensuring the well-being of both mother and child. It highlighted key factors such as proper care, nutrition, and a supportive environment that influence healthy growth and development.

The seminar witnessed enthusiastic participation with **95+ female students** attending the event. Their active engagement through listening, questioning, and discussions highlighted the relevance of the theme.

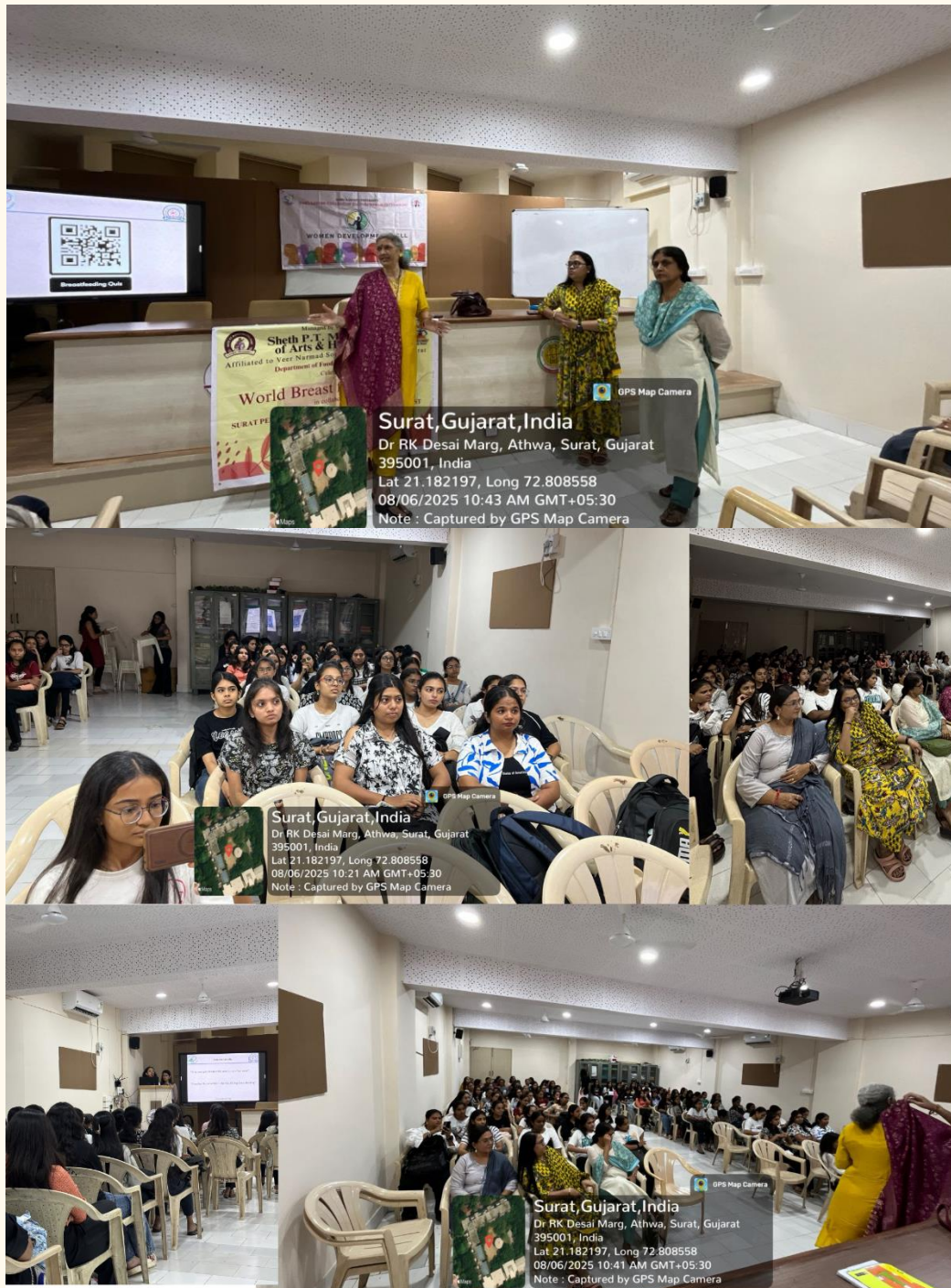
The seminar concluded at **11:30 am**, leaving the participants enriched with practical knowledge and awareness that can be applied in their personal lives and communities.

DEPARTMENT WISE PARTICIPATION



Some Glimpse of the Seminar







Acknowledgment

We are grateful to our honorable Provost, Dr. Kiran Pandya; Registrar, Shri Ashish Desai; and Principal, SCET, Dr. Hiren Patel, for their support and permission to conduct this event. We are also thankful to Vanita Visharam University for initiating the speaker.

“In a university, knowledge shapes the mind—but nutrition fuels the mind that learns, grows, and innovates.”