



**PINGLE GOVT. COLLEGE FOR WOMEN
WADDEPALLY, WARANGAL, TELANGANA**

Accredited By NAAC with 'A' Grade

EK BHARAT SHRESHTHA BHARAT CLUB

ORGANIZES

WEBINAR ON

"Nutrition and Immunity in extraordinary times"

ON

EBSB DAY

IN ASSOCIATION WITH

SMS KHALSA LABHANA COLLEGE FOR GIRLS

Barara, Ambala City, Haryana

Date: 30.06.2020

Time: 06:00 Pm

Venue: ZOOM APP

Zoom Meeting ID: 726 066 2467

Zoom Meeting Password: 2799

Resource Person:

Dr. V. Krishna Reddy

Consultant Nutritionist

Hyderabad

Convenors:

Dr. G. Renuka

EBSB Coordinator

PGDCW, (TS)

Ms. Ritu

EBSB Coordinator

SKLC, (Haryana)

Chairpersons:

Dr. G. Raja Reddy

Principal, PGDCW

Warangal, Telangana


























Dr. Parvin Varma

Principal, SKLC

Barara, Haryana

Close Participants (60)

Search

- RR** Raja Reddy (me)   >
- D** Dr. Renuka man... (host)    >
- DK** Dr. Krishna Reddy   >
- 1** 1gLCvpGSjwurx9Z1z_9...   >
- 1** 1XW9tUasfiWcx4FN1_6...   >
- AJ** Afreen jahan   >
- AS** Ankita Sharma   >
-  Anusha Joshi   >
- BV** Bonagiri Vidhya   >
- A** Ch Pranitha   >
-  ...   >

Invite





VITAMIN C

- Increases **phagocytosis**
- Increases **microbial killing**
- Increases **collagen synthesis**
- Stimulates production and function of leukocytes.
- Specific functions stimulated by vitamin C include **cellular motility, chemotaxis and phagocytosis.**
- Decreases respiratory and systemic infections
- As an **antioxidant** it protects the cells from oxidative damage caused by free radicals.
- Increases serum levels of **antibodies and C1q complement proteins.**



MacBook Pro

MONUMENTS AND TEMPLES

- Warangal fort
- Thousand pillar temple
- Ramappa Temple
- Bhadrakali temple
- Medhak fort
- Laknavaram lake



Unmute

Dr. Renuka manduva

Bonagiri Vidhya

Swarupa daravath

Anusha Joshi

End

ADMINISTRATION AND RELIGIOUS CONDITIONS

Religious conditions:

- Shivism was patronised
- Built many shivite temples
- Concept of 'mandaram' was introduced

Administrative

- Concept of decentralisation
- 72 departments
- Bahattara Niyogadhipathi
- Nayanakara system

Dr. Renuka manduva

Bonagiri Vidhya

Swarupa daravath

Anusha Joshi

