



Bamanpukur Humayun Kabir Mahavidyalaya

BAMANPUKUR . NORTH 24 PARGANAS . PIN – 743425 . WB

Ph- 03217-260816 /(M) 9830362656. Email : bhkm2007@gmail.com, sbiswas2k@gmail.com

(Affiliated to West Bengal State University and sanctioned under 2(f) and 12(B) of the UGC Act.)

Report of the Event on

The importance of Right food choice in Rainy season

Date: 31.07.2019

Time: 1:00 to 2:00 p.m.

Venue: Seminar Hall

Chief Guest: Sri Swapan Pradhan, BMHO, Minkhan Block

Chief Patron: Dr. Subhash Biswas, Principal, BHKM

No. of Participants: 52

Organizing Secretary: Dr. Debasree Sadhu, Convenor, Health & Hygiene Cell

The seminar on the importance of right food choice in rainy season was held on July 31, 2019, at the seminar hall of the BHKM college. The event was organized by the Health & Hygiene Cell, and Dr. Debasree Sadhu was the convenor. The chief guest of the event was Sri Swapan Pradhan, BMHO, Minkhan Block, and the chief patron was Dr. Subhash Biswas, Principal, BHKM. The event saw a participation of 52 individuals.

The event aimed to educate individuals on the importance of making the right food choices during the rainy season. The rainy season is known to bring along a lot of health problems such as infections, allergies, and digestive disorders. These issues can be avoided by consuming the right food, and this was the focal point of the seminar.

The event commenced at 1:00 p.m. with the welcome address by Debasree Sadhu, Convenor of the programme. She emphasized the need for making healthy food choices during the rainy season and also highlighted some of the common health problems that arise during this period.

The next speaker was Sri Swapan Pradhan, BMHO, Minkhan Block, who gave a detailed presentation on the types of food that should be consumed during the rainy season. She spoke about the importance of consuming foods that boost the immune system and help fight off infections. She also advised individuals to avoid consuming street food and to stick to homemade food as much as possible. She also recommended that people should drink boiled water to avoid water-borne diseases.

The next session was an interactive one where the participants had the opportunity to ask questions to the speakers. The speakers answered the questions with great patience and clarity.

The event concluded with Dr. Subhash Biswas, the chief patron, giving the vote of thanks. He appreciated the efforts of the speakers and organizers in making the event a success. He also emphasized the need for individuals to follow the advice given during the seminar to stay healthy during the rainy season.

Overall, the seminar was a great success. The participants gained valuable insights into the importance of making healthy food choices during the rainy season. They also learned about the common health problems that arise during this period and how to prevent them. The event was informative and interactive, and the speakers did an excellent job of delivering the message. The organizers are to be commended for conducting such an informative seminar.



