

# **One Day Webinar on Women Nutrition in Immune Response against Covid-19 (25-08-2020)**

## **Report**

Women's Studies Centre of KBN College conducted a one-day webinar on Women Nutrition in Immune Response against Covid-19 by Dr. Manjula Kola, Head, Dept. of Home Science, Tirupati on 25<sup>th</sup> August, 2020. The webinar was inaugurated at 11.15 am by Dr. V. Narayana Rao, Principal of KBN College which was followed by the technical session by the resource person. This webinar explores the importance of nutrition to boost immunity of women and how Nutrition can help to fight against COVID-19 Pandemic. About 150 members are participated in this webinar. She gave a magnificent talk on “Women Nutrition in Immune Response Against Covid-19”

The immune system protects the host from pathogenic organisms (bacteria, viruses, fungi, parasites). A number of vitamins (A, B6, B12, folate, C, D and E) and trace elements (zinc, copper, selenium, iron) have been demonstrated to have key roles in supporting the human immune system and reducing risk of infections. Other essential nutrients including other vitamins and trace elements, amino acids and fatty acids are also important. Each of the nutrients named above has roles in supporting antibacterial and antiviral defence, but zinc and selenium seem to be particularly important for the latter. It would seem prudent for individuals to consume sufficient amounts of essential nutrients to support their immune system to help them deal with pathogens should they become infected. The gut microbiota plays a role in educating and regulating the immune system. Gut symbiosis is a feature of disease including many infectious diseases and has been described in COVID-19. Dietary approaches to achieve a healthy microbiota can also benefit the immune system. Severe infection of the respiratory epithelium can lead to acute respiratory distress syndrome (ARDS), characterized by excessive and damaging host inflammation, termed a cytokine storm. This is seen in cases of severe COVID-19. There is evidence from ARDS in other settings that the cytokine storm can be controlled by n-3 fatty acids, possibly through their metabolism to specialized pro-resolving mediators.

## Brochure

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## **One-Day Webinar on 'Women Nutrition In Immune Response Against COVID-19'**

### **RESOURCE PERSON**



**25<sup>th</sup> August, 2020**

**11:30 am - 01:00 pm**

**Dr. Manjula Kola**

Asst. Prof. Dept. of Home Science,  
Sri Venkateswara University, Tirupathi

Organized by **UGC -Women's Studies Centre, K.B.N. College**

### CHIEF PATRON

**Sri Tunuguntla Srinivasu**  
Secretary & Convener, KBNHC Committee

### PATRON

**Dr. V. Narayana Rao**  
Principal, KBN College

### CONVENOR

**Dr. G. Krishnaveni**  
Head, Dept. of UG Chemistry

**\*\*\*NO REGISTRATION FEE\*\*\***

### TO REGISTER

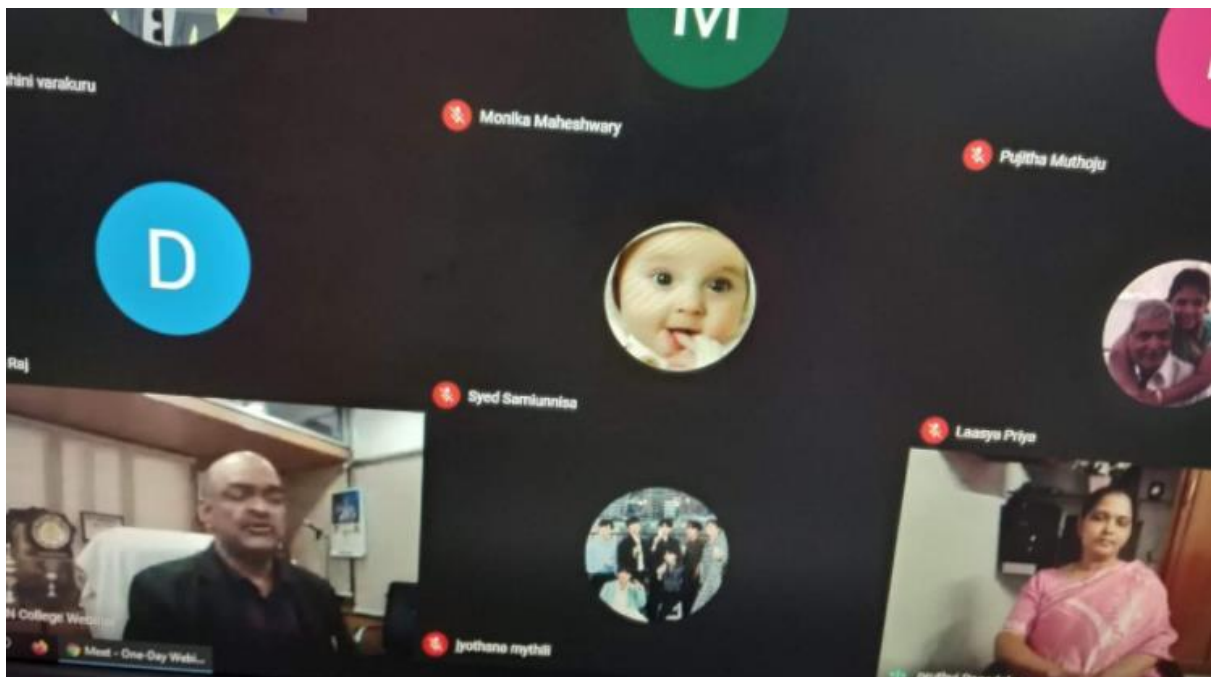
<https://forms.gle/VqqffuDm9T5Kdjkk7>



Note: E-Certificate will be provided to the participants  
FOR DETAILS CONTACT: +91 94911 30111



Inaugural address by Dr V Narayana Rao, Principal, KBN College



Participants in the webinar



Technical Session by Dr. Manjula Kola, Head, Dept. of Home Science, SV University, Tirupati

**REC**

### What is Our Immune System?

**Immune system** – The body's system of defense against foreign materials.  
It is a network of intricate stages and pathways in the body, protects against harmful microbes as well as certain diseases.

**Immunity** – The body's ability to recognize and eliminate foreign materials.  
It recognizes foreign invaders like bacteria, viruses, and parasites and takes immediate action.

(75)

saija bota (You)

pruthvi Pagadala

pruthvi Pagadala

Dept of Chemistry KBN College

Others in the meeting (71)