

One Day International Webinar

On

Strategies to Boost Immunity by Functional Foods to Combat COVID-19

[SBIFFCC]

Date: 15/07/2020; Time: 3:00 pm – 6:00 pm

Organized by

Dept. of Food Processing

in collaboration with

Dept. of Nutrition & Research Cell



Mugberia Gangadhar Mahavidyalaya

[College with Potential for Excellence (UGC); Star College (DBT),
Affiliated to Vidyasagar University]

**PO-Bhupatinagar; Dist. - Purba Medinipur,
West Bengal - 721425, India**

Tel: 03220 270 236, E-mail: mugberia_college@rediffmail.com
<http://www.mugberiagangadharmahavidyalaya.org>

Organizing committee



Chair Person

**Dr. Swapan Kr. Misra, Principal,
Mugberia Gangadhar Mahavidyalaya**



Convener

Dr. Apurba Giri
Coordinator, Dept. of Food Processing
Assistant Professor & Head, Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya



Jt. Convener

Dr. Bidhan Ch. Samanta
Coordinator, Research Cell
Associate Professor & Head, Dept. of Chemistry
Mugberia Gangadhar Mahavidyalaya

Advisory committee

Dr. Maria Fernanda de Mesquita, Full Professor, Cooperativa de Ensino Superior Egas Moniz, Portugal
Dr. Santanu Das, Global Manager, Fonterra, Auckland, New Zealand
Dr. Anwesha Sarkar, Associate Professor, University of Leeds, UK
Dr. A.K. Chauhan, Professor, Centre of Food Sci. & Tech., BHU, Varanasi, UP
Dr. S.K. Kanawjia, Retired Principal Scientist, NDRI, Haryana
Dr. B.V. Venkatasia, Ex-Dean, Dairy Science College, KVAFSU, Bangalore
Dr. H.G. Ramachandra Rao, Ex-Dean, Dairy Science College, KVAFSU, Bangalore.
Dr. D.C. Sen, Former Professor and HOD, Dairy Tech., WBUAFS, Nadia, WB
Dr. H.N. Mishra, Professor, Agri. & Food Eng.Dept., IIT Kharagpur
Dr. Debidas Ghosh, Prof. & Head, Dept. of Bio-Medical Lab. Sci. & Manag., VU, Medinipur
Dr. Runu Chakraborty, Professor, Dept. of Food Tech. & Biochem. Eng., JU, Kolkata.
Dr. Krishna Das Saha, CSIR-Indian Institute of Chemical Biology, Kolkata
Dr. Anamika Das, Assist. Prof., Food Sci. & Tech, SHUATS, Allahabad.
Dr. Preetam Sarkar, Assist. Prof., Dept. of Food Process Eng, NIT, Rourkela, Odisha

Dr. Kalipada Maity, Coordinator of IQAC, Asso. Prof. & Head, Dept. of Math., MGM
Dr. Prasenjit Ghosh, GB member, Asso. Prof. & Head, Dept. of History, MGM
Dr. Pintu Roy Chowdhury, Coordinator, Dept. of Tourism & Hotel Manag., MGM
Dr. Debasis Ray, Associate Professor & Head, Dept. of Physical Education, MGM
Dr. Manoranjan De, Assist. Prof., Dept. of Mathematics, MGM
Dr. Narottam Sutradhar, Assist. Prof., Dept. of Chemistry, MGM
Mr. Manas Khalua, Assist. Prof.& Head, Dept. of Botany, MGM
Mr. Wadut Shaikh, Assist. Prof.& Head, Dept. of Physics, MGM
Mr. Kousik Kr. Mondal, Head, Dept. of Zoology, MGM
Mr. Biswadyuti Bera, Head, Dept. of Physiology, MGM

Organizing committee members

Ms. Sucheta Sahoo, Dept. of Food Processing, MGM
Ms. Monalisa Roy, Dept. of Food Processing, MGM
Ms. Moumita Samanta, Dept. of Nutrition, MGM
Ms. Pranati Bera, Dept. of Nutrition, MGM
Ms. Keya Dash, Dept. of Nutrition, MGM
Ms. Rikta Jana, Dept. of Nutrition, MGM
Mr. Prabir Jana, Dept. of Nutrition, MGM
Mr. Tanmoy Kr. Giri, Dept. of Nutrition, MGM
Mr. Prabal Das, Dept. of Nut. & Food Proc., MGM

Eminent Speakers of this International Webinar



Dr. Maria Leonor Silva

Assistant Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal

Topic: Food anti-inflammatory properties and its immune benefits



Dr. Alexandra Bernardo

Associate Professor, Centro de Investigação Interdisciplinar Egas Moniz, Cooperativa de Ensino Superior Egas Moniz, Portugal

Topic: Food antioxidant activity – a potential property for immunity system



Dr. (Mrs.) NMNK Narayana

Senior Lecturer, Department of Animal Science, Faculty of Agriculture, University of Ruhuna, Sri Lanka

Topic: Potential applications of immune boosting medicinal plants in functional foods to combat COVID-19



Prof(Dr) Antony Gomes

Ex-Professor & UGC-Emeritus, UGC-BSR Fellow, Dept of Physiology, Calcutta University Kolkata, India

Topic: Fight against COVID-19 with nutrition & dietary fiber



Dr. Subrota Hati

Assistant Professor, Dept. Dairy Microbiology, SMC College of Dairy Science Anand Agricultural University, Anand, Gujarat, India

Topic: Application of probiotics in immunity boosting

About the Webinar: Recently, throughout the world peoples are restless to find out the ways that can minimize the risk of COVID-19. Healthy eating habit is one of the remedial ways for this. The people who are weak in immunity are prone to attack COVID-19. Functional foods are those foods which have health beneficial role beyond its basic nutrition. So, functional foods which can improve the immunity of the people, is helpful to combat COVID-19. It has been scientifically reported that fermented dairy products, probiotics,

prebiotics, omega-3 fatty acid, some medicinal plants *i.e.* Ashwagandha, Giloy, Tulsi, and Shatavari can act as potential for immune boosting. In addition to, food components like some vitamins (D, E, C, B6, B9, B12), some minerals (Zn, Se, Mg) and some herbs, condiments and spices (ginger, garlic, moringa, mint, cumin, cinnamon) have immune enhancing role. The present International Webinar will provide more information on this.

**All interested persons are cordially invited to attend this international webinar on
"Strategies to Boost Immunity by Functional Foods to Combat COVID-19"
– Organizing Committee**

- **For registration:** No registration fee, click on the link or copy the link and paste it in Google Chrome:
<https://forms.gle/yxeey9JCYG8gMzah7>
- **Last date of registration:** 10th July, 2020 up to 5.00 pm
- **WhatsApp Group Link:**
<https://chat.whatsapp.com/DKG9T0oR9nXDgZoK5oMrqi>
- **Platform:** Zoom apps Streaming on YouTube / Facebook Live
- **Joining link** for the lectures and related updates for each session will be provided in the respective e-mail & WhatsApp.
- **E-certificate** will be issued after sending filled feedback form.

Invitation for full length paper: The full length papers related to the theme of this webinar are invited for publication in the book with ISBN No. without charging any publication fees from the author. For this, interested authors are requested to send abstract (~250 words) of their paper to the convener at both e-mail id: webinarsbiffcc@gmail.com, apurbandri@gmail.com. The selected authors will be sent the detail guidelines to write full length paper and to submit the paper within 45 days.

All communications should be made to: Dr. Apurba Giri, Mob: +91 9564289290; Dr. Bidhan Chandra Samanta: Mob: +91 9732752907; E-mail: webinarsbiffcc@gmail.com, apurbandri@gmail.com