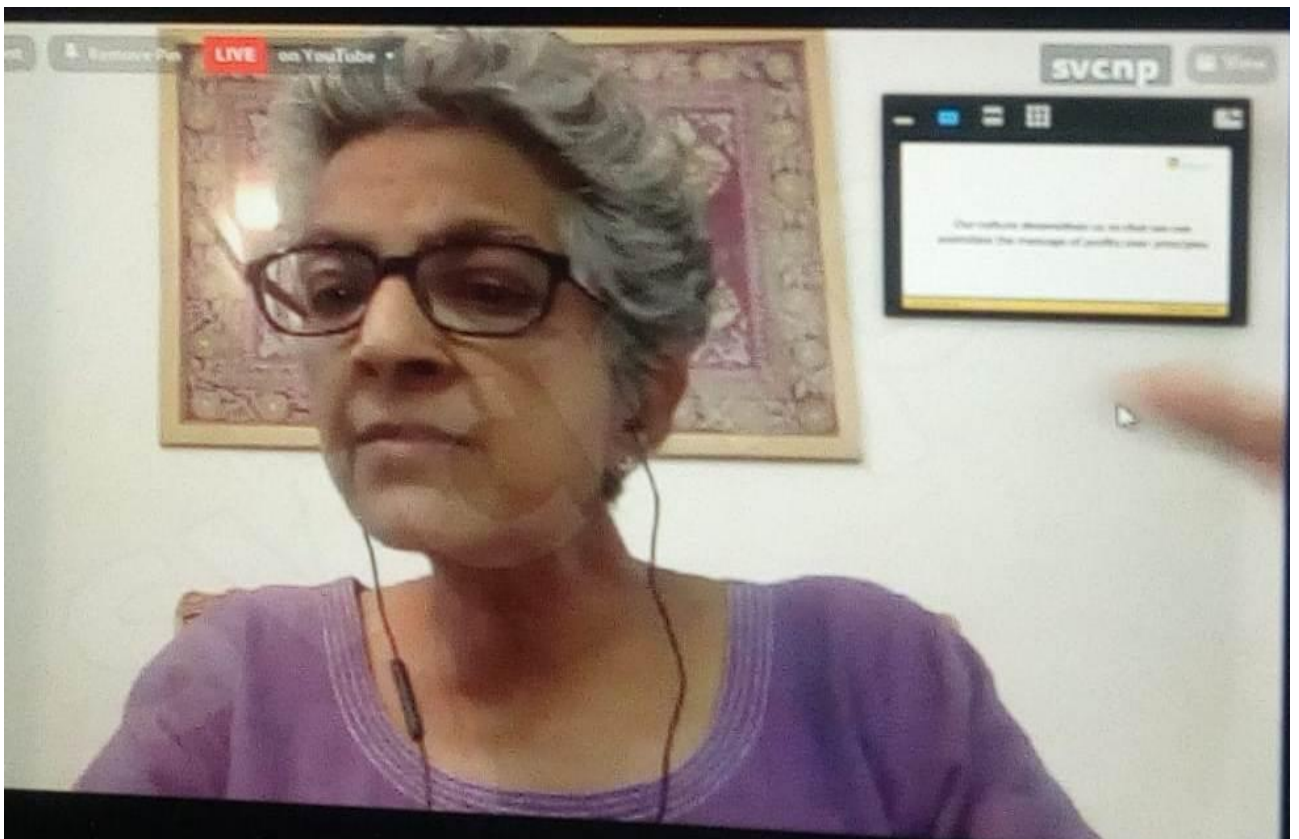


WEBINAR

Sree Vidyanikethan College of Nursing organized a National webinar on 23-2-2021 with the title "Preventive Health and Disease Reversal for You and Your Patients". The key note speaker **Dr.Nanditha Shah, Founder & Chairman, SHARAN**. In her addressing **Dr. Nanditha** stressed the significance of physical health, mental health, beyond the health.



Dr. Shah Interacting with the Students.

She explained the causes of disease that included lack of understanding, wrong nutrition, medicines, chemicals, lack of exercise, stress, lack of rest, wrong attitude, and insufficient fresh air. Nutritional causes includes excess fat, excess proteins, lack of fats. She insisted on to eat plant based diet. She gave scientifically clinically evidenced live examples and replacement for animal milk, meat, egg and Five Point diet which includes

Plant foods, whole grain, organic foods, Vitamin B12, and Vitamin D and stated its importance. She gave some references for management of diseases and disease reversal.

Lessons from COVID - 19

- We are all connected
- If we do something against nature we have to bear the serious consequences
- Governments can implement changes

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Building a Culture of He...

Dr Nandita Shah's screen

Fat

Normal artery

Normal blood flow

Artery with plaque

Restricted blood flow

Normal out-section of artery

Fatty material is deposited in vessel wall

Tear in artery wall

Narrowed artery becomes blocked by a blood clot

Dr.Shah explaining the impact of excess fat in our body

