



Shree Rahul Education Society's
Shree L. R. Tiwari Degree College of Arts, Commerce & Science
Kanakia Park, Mira Road (E), Thane-401107, Maharashtra.

Date: 21st Feb, 2021

NOTICE

All NSS Students and volunteers are hereby informed that on 23rd Feb, 2021 NSS Unit of Shree L.R. Tiwari Degree College of Arts, Commerce and Science in association with Vegan Outreach is going to organize webinar on Plant Based Diet.


Venue : Online

Time : 4.00 pm

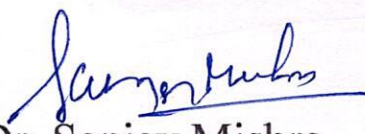
Speaker : Mr. Kuntal Joisher

Requesting all students for their active participation and be present on time as mentioned above.

By Order


Asst. Prof. Ajay Gupta

N. S. S. COORDINATOR
SHREE L. R. TIWARI DEGREE
COLLEGE OF ARTS, COM. & SCI.
Mira Road (E) - 401 107.


Dr. Sanjay Mishra

H/C Principal
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Kanakia Park, Mira Road (East),
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Shree Rahul Education Society's

Shree L. R. Tiwari Degree College of Arts, Commerce & Science

Shree.L.R.Tiwari Educational Campus, Mira Road (E), Thane-401107, Maharashtra.

Event On: PLANT BASED DIET WEBINAR

Date: 26/02/2021

Platform : Zoom and YouTube .

REPORT OF PLANT BASED DIET WEBINAR

N.S.S Unit of Shree L.R Tiwari Degree College of Arts, Commerce and Science, Mira road in Association with **Vegan Outreach** had organized Webinar on 26th Feb, 2021 at 4:00 PM via **Zoom** and went live on **YouTube** .

This event was started by the introduction of Vegan Outreach and speaker of the webinar **Mr.kuntalA.joisher** who is the first person in the world to climb Mount Everest on entirely plant based diet. later Mr. Kuntal A. Joisher explained the meaning of "Vegan" , Vegan means a person who does not eat meat or any other animal product. He also explained about vegan and many more interesting facts about being a vegan person. he gave us the example of many vegan followers those people are very famous and successful in their field by following a vegan diet , he gave the example of many people like Carl Lewis , Lewis Hamilton, Serena Williams, Novak Djokovic and many more. He explained us so beautifully that why we should choose to be a vegan person and what are the benefits as we are using many animals for our needs which are not good later he gave us the diet plan of a vegan person.

Webinar was ended at 5:00 PM by Vote of Thanks given by Mr. **Jaydeep Jhala** From Vegan Outreach. After two days **certificated of participation** was received for **NSS Volunteers** as well as for **NSS Unit**.

YouTube Link -<https://www.youtube.com/watch?v=MR0DPCApbro&t=266s>.

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PLANT BASED WEBINAR IN ASSOCIATION WITH VEGAN OUTREACH

