



HUMERA KHAN COLLEGE OF EDUCATION


UGC.NCTE Approved, Affiliated To University Of Mumbai (NCTE Code No: 123082)

Oshiwara, Jogeshwari(W)

NAAC Accreditation 'B' Grade

REPORT ON HEALTH SESSION:

"ROLE OF GUT MICROBIOTA & PROBIOTICS IN HEALTH AND DISEASES"




Maharashtra Educational Society's
HUMERA KHAN COLLEGE OF EDUCATION
NAAC Accredited 'B' Grade


Under Women's Cell

Health Session

**"Role of Gut Microbiota & Probiotics
in Health and Diseases"**

Speaker : Deeksha Sharma
Coordinator : Dr. Avani Kanakia
Principal : Dr. Masarrat Saheb Ali





26th April | 10 am
Venue : HKCE Classroom

DATE: 26th April 2025

TIME: 10:00 AM onwards

VENUE: HKCE Classroom

FACULTY:

PRINCIPAL: Dr. Masarrat Saheb Ali.

COORDINATOR: Dr. Avani Kanakia

OBJECTIVES:

- To create awareness about the role of gut microbiota in maintaining overall health.
- To highlight the significance of probiotics in preventing and managing various diseases.
- To encourage healthy lifestyle choices through proper gut care.

SIGNIFICANCE:

- Gut health is increasingly recognised as a key to physical and mental well-being.
- A balanced gut microbiota supports digestion, immunity, and even emotional health.
- Understanding the connection between gut bacteria and health outcomes can empower individuals to make informed dietary and lifestyle decisions, ultimately leading to a healthier community.

CONTENT:

Humera Khan College of Education organised a special health session titled "Role of Gut Microbiota & Probiotics in Health and Diseases". The session was led by Ms. Deeksha Sharma, an expert speaker in the field of nutrition and health sciences. Ms. Sharma began the session by explaining the structure and functions of the gut microbiome. She emphasised how a healthy gut is fundamental for digestion, immunity, and mental well-being. She further discussed the factors that can disrupt gut microbiota, such as poor diet, antibiotics, and stress. Highlighting the importance of probiotics, Ms. Sharma elaborated on how foods rich in probiotics, such as yoghurt, Yakult, and fermented foods, can help restore and maintain healthy gut flora. She also explained the latest scientific findings linking gut health to conditions like obesity, diabetes and depression. The session was highly informative as well as engaging, and the student's gained knowledge about practical ways to improve gut health through diet and lifestyle changes.

CONCLUSION:

The health session proved to be highly informative and enlightening. Students and staff gained valuable insights into the critical role of gut microbiota and the benefits of probiotics. The initiative successfully promoted the importance of preventive health care, aligning with the institution's commitment to holistic education and well-being.



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