

## Report on Seminar Presentation by Dr. Arvinda Shaw

Dr. Arvinda Shaw from the Department of Food and Nutrition, Raidighi College, delivered an insightful seminar presentation on the topic “**Non-Alcoholic Probiotic Drink Kanji and Its Impact.**” Her lecture highlighted the nutritional and health benefits of Kanji, a traditional Indian probiotic drink, and its role in promoting gut health and overall well-being.

### Key Highlights of the Presentation

Dr. Shaw’s presentation provided an in-depth analysis of:

- The preparation and nutritional composition of Kanji.
- The role of probiotics in maintaining digestive health and boosting immunity.
- The potential of Kanji as a functional food in modern dietary practices.
- Scientific evidence supporting the health benefits of incorporating Kanji into daily diets.

She also discussed how the drink serves as an affordable, sustainable, and culturally significant alternative to commercially available probiotic beverages, especially in rural and semi-urban communities.

### Appreciation from Experts

Dr. Shaw’s presentation was met with great appreciation from the audience, which included subject experts, scientists, and academicians. Her ability to connect traditional knowledge with contemporary scientific research was particularly lauded. The experts commended her for shedding light on the nutritional and therapeutic potential of Kanji, emphasizing its relevance in promoting sustainable food practices and public health.

### Conclusion

The seminar concluded with a note of thanks and acknowledgment of Dr. Shaw’s contributions to the field of food and nutrition. Her presentation not only enriched the understanding of probiotic foods but also highlighted the importance of preserving traditional dietary practices through scientific validation. Dr. Shaw’s work continues to bring recognition to Raidighi College, inspiring students and colleagues alike to explore innovative and impactful research.





