



Late Shri. Vishnu Waman Thakur Charitable Trust's

VIVA Institute of Technology

Approved by AICTE, New Delhi, DTE, Government of Maharashtra, Affiliated to University of Mumbai
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National Service Scheme (SH-17)

Event Name:

Vegan Day Event

Date:

07 February 2022

Time:

3:00 pm to 4:30 pm

Programme Summary/Details:

NSS Volunteers of Viva Institute of Technology attended a webinar conducted by NSS Unit of the University of Mumbai and Vegan Outreach on topic FOOD - PLANET - HEALTH which commenced on 07th February 2022. We completed this event via online platform by attending zoom meeting conducted from 3:00 pm to 4:30 pm. There were total of 60 volunteers from our unit who attended the webinar. The Guest speaker for the webinar was Preen Sachdeva and Astha Gupta who is Outreach Coordinator at Vegan Outreach, India. In this webinar, we learnt about the impact of food choices on animals and the environment. We were shown many advantages related to Vegan Diet. And the problems which affect the food chain of this planet Health was the main concern in this webinar, which the speaker presented the topic very effectively. We as students were told to spread this message of Going Vegan further to colleagues and friends. We also received certificates for attending the session. It was indeed very informative session.

Thank you.



Preen Sachdeva,
Guest Speaker



Speaker: Astha Gupta,
Outreach Coordinator at
Vegan Outreach, India

