



S.G.V.C Vidya Prasarak Trust's

**M.G.V.C Arts, Commerce and
Science College, Muddebihal**



IQAC Initiative

NSS Unit-II, NSS State Cell and Vegan Outreach Jointly Organized

National Level Online Seminar on Health and Wellness for Youth

Academic Year 2025-26



Date: 30-09-2025 Time: 11.30 to 12.30 pm In Zoom Platform



**HEALTH &
WELLNESS**





S. G. V. C. Vidya Prasarak Trust's,

**Matoshri Gangamma Veerappa Chiniwar
Arts, Commerce & Science College,**

MUDDEBIHAL-586212. Dist. Vijayapur (Karnataka)

(Accredited with CGPA of 3.31 on seven point scale at 'A+' Grade)

☎ : 08356220329

FAX : 08356220329

• email : princmgvc@gmail.com • www.mgvcmbi.in •

Ref. No. :

Date :

Notice

Date: 29-09-2025

All NSS Volunteers are informed to attend Seminar National level online Seminar Jointly Organized by State NSS Cell, NSS Unit II of M.G.V.C Arts, Commerce and Science College, Muddebihal and Vegan Outreach Delhi For All NSS Volunteers on 30/09/2025 from 11:30am to 12:30pm. Those who fill feedback will get E Certificate.

Co-ordinator,

Internal Quality Assurance Cell
M.G.V.C. Arts, Commerce & Science College
MUDDEBIHAL-586212. Dist: Vijayapur.

PRINCIPAL,

M. G. V. C. Arts, Com. & Science College
MUDDEBIHAL - 586212.



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Ms. Varsha Shankar, Coordinator, Vegan Outreach



Explain about the Dieting System



Model of Vegan Health System



THANK YOU

@veganoutreachindia

Vegan Outreach India



Scan to know more



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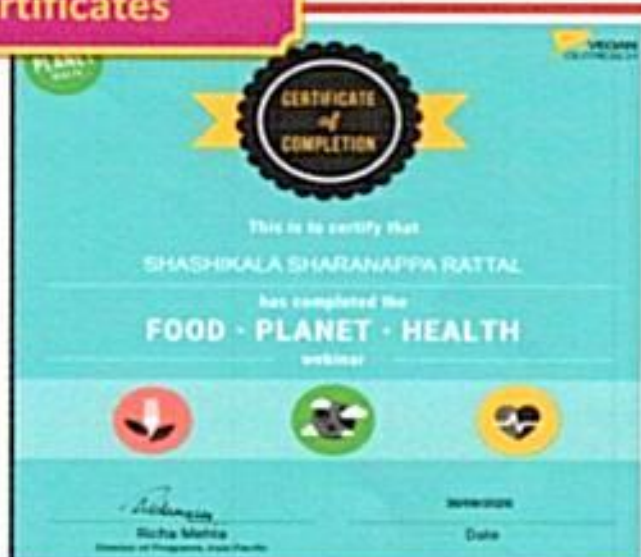
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Sample Certificates





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Letter of Recommendation

Date: 30-09-2025

This is to formally acknowledge our appreciation for Vegan Outreach, India, and to commend the contribution of Ms. Varsha Shankar, with whom we had the opportunity to collaborate for a webinar organized by the National Service Scheme (NSS) Unit II of S.G.V.C Vidya Prasarak Trust's M.G.V.C Arts, Commerce and Science College, Muddebihal Accredited With A+ Grade With 3.31 CGPA By NAAC and Affiliated to Rani Channamma University, Belagavi

The session centered on the theme of plant-based living, highlighting its ethical, environmental, and health implications. Ms. Varsha Shankar's presentation was meticulously structured and delivered with clarity, offering rich and insightful perspectives that effectively connected food choices with sustainability and compassion. Her ability to engage the audience, while communicating evidence-based information in a practical and accessible manner, was particularly noteworthy.

Throughout the collaboration, NSS Unit-II of S.G.V.C Vidya Prasarak Trust's, M.G.V.C Arts, Commerce and Science College, Muddebihal and Vegan Outreach, India, Ms. Shankar conducted themselves with the highest degree of professionalism, dedication and alignment with the community service values upheld by the NSS. The program was well-received by Volunteers and faculty alike, and it significantly complemented our institution's objective of fostering social responsibility and awareness.

We consider this partnership valuable and aligned with the larger academic and service-oriented vision of our college. I would strongly recommend Vegan Outreach, India, and Ms. Varsha Shankar for similar academic and outreach initiatives in other educational institutions.

Thanking You,

Co-ordinator,

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Report

National Service Scheme (NSS) Unit II of M.G.V.C Arts, Commerce and Science College, Muddebihal, State NSS Cell and Vegan Outreach, Delhi Jointly organized One Day National Online Seminar on "Health and Wellness for Youth on 30-09-2025 at 11.30 to 12.30pm in ZOOM platform.

The session centered on the theme of plant-based living, highlighting its ethical, environmental, and health implications. Resource Person Ms. Varsha Shankar's presentation was meticulously structured and delivered with clarity, offering rich and insightful perspectives that effectively connected food choices with sustainability and compassion. Her ability to engage the audience, while communicating evidence-based information in a practical and accessible manner, was particularly noteworthy.

Throughout the collaboration, NSS Unit-II of M.G.V.C Arts, Commerce and Science College, Muddebihal and Vegan Outreach, India, Ms. Shankar conducted themselves with the highest degree of professionalism, dedication and alignment with the community service values upheld by the NSS. The program was well-received by Volunteers and faculty alike, and it significantly complemented our institution's objective of fostering social responsibility and awareness.

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