

☀️ Unit 2: Diet in Health and Disease-I (Comprehensive Notes & Solved Exercises) ☀️

📌 What's Included?

- ✓ Detailed Notes for Fever, Diarrhea, Eating Disorders, and Obesity
 - ✓ 30 MCQs with Answers
 - ✓ 20 One-Mark Questions
 - ✓ 20 Two-Mark Questions
 - ✓ 20 Three-Mark Questions
 - ✓ 10 Four-Mark Questions
 - ✓ Glossary of Important Terms
 - ✓ Motivational Special Note from Srishti Ma'am
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Chapter 5: Fever (🔥 Acute & Chronic)

Summary Notes:

- **Definition:** Fever is an abnormal rise in body temperature due to infections or inflammation.
- **Classification of Fever:**

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- **Acute Fever** (🕒) - Lasts <1 week, e.g., malaria, viral infections.
 - **Sub-acute Fever** (📅) - Lasts up to 2 weeks, e.g., typhoid.
 - **Chronic Fever** (⚠️) - Lasts >2 weeks, e.g., tuberculosis, HIV.
 - **Intermittent Fever** (🌡️) - Comes and goes in cycles, e.g., malaria.
 - **Remittent Fever** (📈) - Temperature fluctuates but never returns to normal, e.g., typhoid.
 - **Continuous Fever** (🔥) - Remains elevated with minimal variation, e.g., pneumonia.
 - **Symptoms:** 😓 High temperature, ❄️ chills, 🤯 headache, 💪 muscle aches, 🍽️ loss of appetite.
 - **Metabolic Changes:** 📊 Increased BMR, 💧 fluid loss, 🍖 protein breakdown.
 - **Dietary Management:**
 - 🍲 High-calorie, 🥚 high-protein diet.
 - 💧 Plenty of fluids, ⚡ electrolytes.
 - 🍴 Soft and easily digestible food.
-

Chapter 6: Diarrhea (💩💧)

Summary Notes:

- **Definition:** Diarrhea is the frequent passage of loose, watery stools leading to dehydration.
 - **Types:**
 - **Acute Diarrhea** (🕒) - Lasts <2 weeks, caused by infections.
 - **Chronic Diarrhea** (📅) - Lasts >2 weeks, associated with diseases like IBS.
 - **Causes:** Contaminated food, bacterial/viral infections, food intolerance, medication side effects.
 - **Symptoms:** Loose stools, dehydration, abdominal pain, fatigue.
 - **Dietary Management:**
 - 🥤 Oral rehydration therapy (ORS).
 - 🍲 Soft, low-fiber diet (e.g., rice, bananas, boiled potatoes).
 - ❌ Avoid fatty, dairy-based, and spicy foods.
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Chapter 7: Eating Disorders (🍲🧠)

Summary Notes:

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- **Definition:** Eating disorders are psychological conditions that lead to unhealthy eating habits.
 - **Types of Eating Disorders:**
 - **Anorexia Nervosa** (🚫🍔) - Extreme restriction of food intake, intense fear of gaining weight.
 - **Bulimia Nervosa** (🍽️➡️🤢) - Episodes of binge eating followed by purging (vomiting/laxatives).
 - **Binge Eating Disorder** (🍕🍩🍷) - Frequent episodes of overeating without purging.
 - **Causes:** Low self-esteem, societal pressure, genetics, stress, hormonal imbalances.
 - **Symptoms:** Extreme weight loss/gain, fatigue, digestive issues, mood swings.
 - **Dietary Management:**
 - Balanced meals, small frequent portions.
 - Psychological therapy and support groups.
 - Gradual reintroduction of nutrient-rich foods.
-

Chapter 8: Obesity (⚖️🥑)

Summary Notes:

- **Definition:** Excessive accumulation of body fat that increases health risks.
 - **Causes of Obesity:**
 - **Primary Causes:** Excess calorie intake, sedentary lifestyle, processed foods.
 - **Secondary Causes:** Hormonal disorders (thyroid imbalance), genetics, certain medications.
 - **Health Risks:**
 - Increased risk of diabetes, hypertension, heart diseases.
 - Joint pain, sleep apnea, depression.
 - **Dietary Management:**
 - 🥗 Low-calorie, high-fiber diet.
 - 🏃 Increased physical activity.
 - 📊 Behavioral therapy for lifestyle changes.
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Multiple Choice Questions (MCQs)

Chapter 5: Fever

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1. What is the normal body temperature of humans?

- a) 35°C
- b) 36-37°C
- c) 38°C
- d) 40°C

Answer: b

2. Which of the following is NOT a symptom of fever?

- a) High body temperature
- b) Chills
- c) Increased appetite
- d) Muscle aches

Answer: c

3. Which type of fever comes and goes in cycles?

- a) Acute fever
- b) Intermittent fever
- c) Continuous fever
- d) Chronic fever

Answer: b

4. What is a common dietary recommendation for fever patients?

- a) High-fat diet
- b) High-protein and high-calorie diet
- c) Low-protein diet
- d) High-spice diet

Answer: b

5. Which of the following is a metabolic change in fever?

- a) Decreased Basal Metabolic Rate (BMR)
- b) Increased fluid retention
- c) Increased protein breakdown
- d) Decreased energy requirements

Answer: c

6. Which fever type lasts for more than two weeks?

- a) Acute fever
- b) Sub-acute fever
- c) Chronic fever
- d) Continuous fever

Answer: c

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7. Which disease is an example of a remittent fever?

- a) Typhoid
- b) Malaria
- c) Dengue
- d) Pneumonia

Answer: a

8. Which of the following is **not** an important nutrient for a fever patient?

- a) Protein
- b) Fluids
- c) Vitamins
- d) Spicy foods

Answer: d

Chapter 6: Diarrhea

9. What is the main cause of diarrhea?

- a) Excessive sugar intake
- b) Bacterial or viral infections
- c) High fiber diet
- d) Lack of exercise

Answer: b

10. What is the primary treatment for dehydration in diarrhea?

- a) Antibiotics
- b) Oral Rehydration Solution (ORS)
- c) Fasting
- d) High-fat diet

Answer: b

11. Which of the following should be avoided in diarrhea?

- a) Rice and bananas
- b) Spicy and fried foods
- c) ORS
- d) Boiled potatoes

Answer: b

12. Which electrolyte is most commonly lost in diarrhea?

- a) Calcium
- b) Sodium

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- c) Iron
- d) Magnesium

Answer: b

13. Which food is beneficial for diarrhea patients?

- a) Fatty foods
- b) Dairy products
- c) Boiled potatoes
- d) Fried chicken

Answer: c

14. Chronic diarrhea lasts for more than how many weeks?

- a) 1 week
- b) 2 weeks
- c) 3 weeks
- d) 4 weeks

Answer: b

15. Which disease is associated with **chronic diarrhea**?

- a) Malaria
- b) IBS (Irritable Bowel Syndrome)
- c) Tuberculosis
- d) Typhoid

Answer: b

16. What should be **restricted** in diarrhea management?

- a) Water intake
- b) Electrolytes
- c) Fatty foods
- d) Hydration therapy

Answer: c

Chapter 7: Eating Disorders

17. Which of the following is **not** an eating disorder?

- a) Anorexia Nervosa
- b) Bulimia Nervosa
- c) Diabetes
- d) Binge Eating Disorder

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Answer: c

18. What is a key characteristic of **Anorexia Nervosa**?

- a) Excessive food intake
- b) Self-induced starvation and fear of weight gain
- c) Eating only protein
- d) Avoiding only junk food

Answer: b

19. In Bulimia Nervosa, what follows episodes of binge eating?

- a) Weight training
- b) Purging (vomiting, laxative use)
- c) Excessive sugar intake
- d) Starvation

Answer: b

20. Which psychological factor **commonly** leads to eating disorders?

- a) High calcium intake
- b) Body image concerns
- c) Low cholesterol
- d) Drinking too much water

Answer: b

21. Which disorder is characterized by excessive **overeating without purging**?

- a) Anorexia Nervosa
- b) Bulimia Nervosa
- c) Binge Eating Disorder
- d) Type 1 Diabetes

Answer: c

22. What are **common symptoms** of Anorexia Nervosa?

- a) Rapid weight gain
- b) Extreme weight loss, fatigue, and dry skin
- c) Increased appetite
- d) High cholesterol levels

Answer: b

Chapter 8: Obesity

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23. What is the BMI range for an **obese** person?

- a) 18.5 - 24.9
- b) 25 - 29.9
- c) 30 and above
- d) Below 18.5

Answer: c

24. What is a primary cause of obesity?

- a) Genetic mutation
- b) Low physical activity and high-calorie intake
- c) Drinking excessive water
- d) High protein diet

Answer: b

25. Which hormone regulates **appetite and metabolism**?

- a) Insulin
- b) Leptin
- c) Estrogen
- d) Adrenaline

Answer: b

26. Which health condition is **most strongly linked** to obesity?

- a) Tuberculosis
- b) Hypertension and diabetes
- c) Jaundice
- d) Anemia

Answer: b

27. Which strategy is **most effective** for weight loss?

- a) Skipping meals
- b) Balanced diet and regular exercise
- c) Taking diet pills
- d) Drinking only fruit juice

Answer: b

28. What should an **obese person** include in their diet?

- a) Processed fast foods
- b) High-fiber, low-calorie foods
- c) High-sugar sodas
- d) Fried foods

Answer: b

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29. Obesity increases the risk of **which disease**?

- a) Hypertension
- b) Malaria
- c) Tuberculosis
- d) Anemia

Answer: a

30. What is the **recommended** physical activity for obesity prevention?

- a) Watching TV for long hours
- b) Exercising for at least 30 minutes daily
- c) Taking diet pills
- d) Avoiding any movement

Answer: b

One-Mark Questions (20) with Answers

Chapter 5: Fever

1. **Define fever.**

Answer: Fever is an abnormal rise in body temperature due to infections or illness.

2. **What is the normal human body temperature?**

Answer: 36-37°C

3. **Name one metabolic change that occurs during fever.**

Answer: Increased Basal Metabolic Rate (BMR)

4. **What type of fever lasts more than two weeks?**

Answer: Chronic fever

5. **Give one example of an intermittent fever.**

Answer: Malaria

6. **What is one dietary recommendation for fever patients?**

Answer: High-calorie and high-protein diet

7. **Which nutrient is most important for tissue repair in fever patients?**

Answer: Protein

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Chapter 6: Diarrhea

8. **Define diarrhea.**

Answer: Diarrhea is the frequent passage of loose, watery stools leading to dehydration.

9. **What is the main cause of diarrhea?**

Answer: Bacterial or viral infections

10. **Which solution is used to treat dehydration caused by diarrhea?**

Answer: Oral Rehydration Solution (ORS)

11. **What is one symptom of severe dehydration?**

Answer: Sunken eyes

12. **Name one food that helps in managing diarrhea.**

Answer: Boiled potatoes

13. **Which electrolyte is most commonly lost in diarrhea?**

Answer: Sodium

14. **What type of diarrhea lasts more than two weeks?**

Answer: Chronic diarrhea

Chapter 7: Eating Disorders

15. **Name one eating disorder.**

Answer: Anorexia Nervosa

16. **What is the main characteristic of Bulimia Nervosa?**

Answer: Binge eating followed by purging

17. **Which eating disorder involves excessive food restriction?**

Answer: Anorexia Nervosa

18. **Name one psychological factor that contributes to eating disorders.**

Answer: Body image concerns

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Chapter 8: Obesity

19. What is the BMI range for an obese person?

Answer: 30 and above

20. Give one lifestyle cause of obesity.

Answer: Sedentary lifestyle (lack of physical activity)

Three-Mark Questions (20) with Answers

Chapter 5: Fever

1. What are the three main classifications of fever?

Answer:

- **Acute Fever** (Lasts less than one week, e.g., viral infections).
- **Sub-Acute Fever** (Lasts between 1-2 weeks, e.g., typhoid).
- **Chronic Fever** (Lasts more than two weeks, e.g., tuberculosis).

2. List three metabolic changes that occur in fever.

Answer:

- Increased Basal Metabolic Rate (BMR).
- Increased protein breakdown leading to muscle loss.
- Increased fluid and electrolyte loss.

3. What are the dietary recommendations for a person suffering from fever?

Answer:

- High-calorie diet to meet increased energy demands.
- High-protein intake to prevent muscle breakdown.
- Adequate fluids to prevent dehydration.

4. Explain the role of protein in the recovery of a fever patient.

Answer:

- Helps in tissue repair and healing.
- Prevents muscle wasting due to increased protein breakdown.
- Supports immune function to fight infection.

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5. **Differentiate between continuous and intermittent fever.**

Answer:

- **Continuous Fever:** Body temperature remains high with minimal fluctuations (e.g., pneumonia).
 - **Intermittent Fever:** Fever comes and goes in cycles (e.g., malaria).
-

Chapter 6: Diarrhea

6. **What are three common causes of diarrhea?**

Answer:

- Bacterial or viral infections (e.g., cholera, rotavirus).
- Food intolerance (e.g., lactose intolerance).
- Contaminated water and poor hygiene.

7. **What are three symptoms of dehydration caused by diarrhea?**

Answer:

- Dry mouth and sunken eyes.
- Reduced urine output.
- Fatigue and dizziness.

8. **List three foods that should be included in a diarrhea management diet.**

Answer:

- Boiled rice or khichdi (low-fiber, easy to digest).
- Bananas (rich in potassium and electrolytes).
- ORS (Oral Rehydration Solution) to restore lost fluids.

9. **Explain the importance of Oral Rehydration Therapy (ORT) in diarrhea treatment.**

Answer:

- Replaces lost fluids and electrolytes.
- Prevents severe dehydration.
- Improves recovery and prevents complications.

10. **List three foods that should be avoided during diarrhea.**

Answer:

- Spicy and fried foods.
- Dairy products (except yogurt).
- High-fiber foods (e.g., whole grains).

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Chapter 7: Eating Disorders

11. What are three psychological causes of eating disorders?

Answer:

- Low self-esteem and body dissatisfaction.
- Social media and peer pressure.
- Depression and anxiety disorders.

12. List three major differences between Anorexia Nervosa and Bulimia Nervosa.

Answer:

- **Anorexia Nervosa:** Extreme restriction of food intake.
- **Bulimia Nervosa:** Episodes of binge eating followed by purging.
- **Anorexia** causes severe weight loss, while **Bulimia** maintains normal weight.

13. What are three long-term health effects of Anorexia Nervosa?

Answer:

- Malnutrition and extreme weight loss.
- Weak bones (osteoporosis) due to calcium deficiency.
- Heart problems due to electrolyte imbalance.

14. What are three symptoms of Binge Eating Disorder?

Answer:

- Eating large quantities of food even when not hungry.
- Feeling guilty or distressed after binge episodes.
- Rapid eating without control.

15. Explain the role of psychological therapy in treating eating disorders.

Answer:

- Helps patients recognize unhealthy thought patterns.
- Provides coping strategies to improve self-esteem.
- Supports gradual recovery with guided nutrition therapy.

Chapter 8: Obesity

16. List three major health risks associated with obesity.

Answer:

- Increased risk of Type 2 diabetes.
- Higher chances of developing heart disease.
- Increased risk of joint pain and arthritis.

17. Differentiate between primary and secondary causes of obesity.

Answer:

- **Primary Causes:** Unhealthy diet, sedentary lifestyle, overeating.

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- **Secondary Causes:** Hormonal disorders (e.g., thyroid imbalance), genetic factors, certain medications.

18. **List three effective strategies for obesity prevention.**

Answer:

- Balanced diet with portion control.
- Regular physical activity (at least 30 minutes daily).
- Limiting processed foods and sugary drinks.

19. **How does obesity increase the risk of heart disease?**

Answer:

- Increases blood pressure, leading to hypertension.
- Raises bad cholesterol levels, causing artery blockage.
- Leads to insulin resistance, increasing the risk of diabetes.

20. **Explain the importance of fiber-rich foods in weight management.**

Answer:

- Promotes satiety and reduces overeating.
- Improves digestion and prevents constipation.
- Helps in regulating blood sugar levels.

Four-Mark Questions (10) with Answers

Chapter 5: Fever

1. **Explain the dietary management of fever and the role of nutrition in recovery.**

Answer:

- **High-calorie diet:** To meet increased energy demands.
- **High-protein intake:** Helps in tissue repair and prevents muscle loss.
- **Increased fluid intake:** Prevents dehydration due to sweating and high temperature.
- **Soft and easily digestible foods:** Avoids additional stress on the digestive system.

2. **Describe the metabolic changes that occur in the body during fever.**

Answer:

- **Increased Basal Metabolic Rate (BMR):** More energy is required to fight infections.
- **Increased protein breakdown:** Leads to muscle wasting if not replenished.
- **Loss of fluids and electrolytes:** Due to sweating and high temperature.
- **Impaired digestion:** Leads to reduced appetite and lower food intake.

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Chapter 6: Diarrhea

3. What are the major causes of diarrhea, and how can it be prevented?

Answer:

- **Causes:**
 - Bacterial/viral infections (e.g., cholera, rotavirus).
 - Contaminated food or water.
 - Food intolerance (e.g., lactose intolerance).
- **Prevention:**
 - Maintain proper hygiene and wash hands before eating.
 - Drink clean and boiled water.
 - Avoid consuming contaminated street food.
- 4. **Explain the role of Oral Rehydration Therapy (ORT) in the treatment of diarrhea.**

Answer:

- ORT helps replace lost **fluids and electrolytes**.
 - Prevents **severe dehydration**, which can be life-threatening.
 - Contains **sodium, potassium, and glucose**, which aid in fluid absorption.
 - Easily available and can be prepared at home with **salt, sugar, and water**.
-

Chapter 7: Eating Disorders

5. Differentiate between Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder.

Answer:

- **Anorexia Nervosa:** Characterized by self-starvation, extreme weight loss, and fear of gaining weight.
 - **Bulimia Nervosa:** Binge eating followed by purging (vomiting/laxatives).
 - **Binge Eating Disorder:** Frequent episodes of overeating without purging.
- ### 6. What are the psychological and physical effects of eating disorders?

Answer:

- **Psychological effects:** Depression, anxiety, low self-esteem, obsession with body image.
- **Physical effects:** Extreme weight loss or gain, nutrient deficiencies, heart problems, weak bones.
- **Social effects:** Withdrawal from social interactions, secrecy about eating habits.

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- **Long-term impact:** Increased risk of organ failure and death if untreated.
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Chapter 8: Obesity

7. Discuss the role of diet and physical activity in preventing obesity.

Answer:

- **Balanced diet:** Includes high-fiber foods, lean protein, and healthy fats.
- **Portion control:** Avoid overeating and consuming excessive calories.
- **Regular physical activity:** At least **30 minutes of moderate exercise** daily.
- **Limiting processed foods:** Avoiding high-fat, high-sugar foods reduces weight gain.

8. How does obesity contribute to the development of chronic diseases?

Answer:

- **Type 2 Diabetes:** Excess weight causes insulin resistance.
- **Heart Disease:** Increased cholesterol levels lead to artery blockages.
- **Hypertension (High Blood Pressure):** Excess fat increases the strain on the heart.
- **Joint Problems:** Extra weight puts pressure on bones and joints, causing arthritis.

9. Explain the difference between primary and secondary causes of obesity.

Answer:

- **Primary Causes:**
 - Excess calorie intake and low physical activity.
 - High consumption of processed and sugary foods.
- **Secondary Causes:**
 - Hormonal disorders (e.g., hypothyroidism).
 - Genetic predisposition to obesity.
 - Certain medications that promote weight gain.

10. Describe the behavioral and lifestyle changes needed for long-term weight management.

Answer:

- **Eating habits:** Consuming more fruits, vegetables, and whole grains.
- **Exercise routine:** Engaging in daily physical activities like walking, yoga, or gym workouts.
- **Mindful eating:** Avoiding emotional eating and eating only when hungry.
- **Regular monitoring:** Checking weight and BMI periodically to track progress.

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Glossary of Important Terms

1. **Fever** (🔥) - Rise in body temperature due to infection or illness.
 2. **ORS** (💧) - Oral Rehydration Solution; used for dehydration.
 3. **BMR** (⚡) - Basal Metabolic Rate; energy used at rest.
 4. **BMI** (⚖️) - Body Mass Index; measures body fat based on height and weight.
 5. **Anorexia** (🚫🍔) - Severe food restriction due to fear of weight gain.
 6. **Bulimia** (🍽️➡️🚽) - Binge eating followed by purging.
 7. **Osmolarity** (💧) - Solute concentration in a solution.
 8. **HFSS** (🍟) - High Fat, Salt, Sugar; unhealthy food category.
 9. **Diarrhea** (💩) - Frequent loose bowel movements.
 10. **Dehydration** (💧⚠️) - Loss of water and electrolytes from the body.
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💡 Special Note by Srishti Ma'am 💡

📖 **Arey, don't worry! Ma'am is here!** Pick up the book, start reading, refer to these notes, and watch my videos—**ho jayega paper acha!** 🎯💯

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