

"Techno - Social Excellence"
MARATHWADA MITRA MANDAL'S
INSTITUTE OF TECHNOLOGY
Lohgaon, Pune-47

S.P.P.U. Vidyarthini Arogya Upkram Programme
(Academic Year 2016-17)

Workshop Report

On

"Nutrition"

Held on

23rd March 2017

At

Marathwada Mitra Mandal's Institute of Technology Lohgaon, Pune

Committee Member By

1. Prof. Shwetal K. Patil (Asst. Prof) (Coordinator)
2. Prof. Sheetal Nirve (Asst. Prof)
3. Prof. Monalisa Das (Asst. Prof)
4. Prof. Yamini Warke (Asst. Prof)
5. Prof. Laxmi Shinde (Teaching Asst.)

P. S. Ballapur
HOD



P. S. Ballapur
Principal

Workshop Details

Date of programme :	23/03/2017
Program Title:	NUTRITION
Duration:	12.00 PM To 1.00 PM
Resource Person:	Smita Dongare
No. of Girl students present :	50
No. of faculties:	15

Objectives

The workshop is conducted as per the instructions from Savitribai Phule Pune University Vidyarthini Aarogya Prabodhan Program and it has following objectives-

- Think about whether your life could be happier and better Diet balanced
- Think about what sort of Healthy food you eat
- Think about the factors which are truly important to you
- And then ask yourself if and how you might want to change them.

Program Details:

- Introduction of guest given by Mrs. Shwetal K.Patil.
- Felicitation done by Assist. Prof. P.M.Daflapurkar.
- Speech given by Ms.Smita Dongare.
- Program end with question and answer.
- Vote of thanks given by Mrs. Laxmi Shinde.

Session By Ms. Smita Dongare

The speaker Ms.Smita Dongare addressed to **Nutrition** is the science that interpret the interaction of nutrients and other substance in food (e.g. phytonutrients, anthocyanins, tannins etc.) in relation to maintain, growth, reproduction, health and disease of an organism. She also advised student how to improve balance diet. She supported her talk by giving real life examples.



Healthy Eating Tips:

- Drink plenty of liquids
- Make eating a social event
- Plan healthy meals
- Know how much to eat
- Vary your vegetables
- Eat for your teeth and gums
- Use herbs and spices
- Read the Nutrition facts label
- Keep food safe
- Ask your doctor about vitamins or supplements

The speech ended by question and answer session.

Contact No : 919637190920

E-mail – smitad.perceptium@gmail.com

Program Outcomes

Making healthy food choices is a smart thing to do – no matter how old you are! Your body changes through 60s,70s,80s and beyond. Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

Enclosure

1. Photocopy of application
2. Photocopy of girls attendance
3. Photocopy of Voucher

SKPatil
Prof. Shwetal K. Patil
(Asst. Professor)
Coordinator





MARATHWADA MITRA MANDAL'S
INSTITUTE OF TECHNOLOGY (MMIT)
Lohgaon, Pune-411047

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Event Name: Vidyarthi Arogya Upkram Programme.
Date: 23/03/2017 A.Y.- 2016-17

Sr.No.	Name of the Candidate	Class	Signature
1.	Deepanjaya Modak.	FE	
2.	Nikita Ansule	FE	
3.	Poonam Magar	SE	
4.	Komal Kirdar	SE	
5.	Bhagyashri Kondekar	SE	
6.	Tanuja Kharote	SE	
7.	Lambod Aishwarya	SE	
8.	Mayuri Magar	SE	
9.	Priyanka Lone	FE	
10.	Ketaki Kurane	FE	
11.	Lohar Pratiksha	FE	
12.	Raja Bugade	SE	
13.	Alwarkar Bajakta	SE	
14.	Pooja D. Arya	SE	
15.	Rishmi K. Bobade	SE	
16.	Amruta S. Bhoir	SE	
17.	Bhalesar Sushmita S	SE	
18.	Susili R. Bandiya	SE	
19.	Aneha Dairkar	FE	
20.	Niharika Arpat	F.E.	
	_____	F.E.	
19.	Ravi Komal Jaisankar	F.E.	
20.	Mundhe Shweta Baburao	F.E.	
21.	Haishikesh Rane Pradip	FE	
22.	Swapnil Sadhekar Patil	FE	
23.	nivedita Gaikwad.	SE	
24.	Yashwanti S. Godbole	SE	
25.	Mayuri V. Jachak	SE	
	Sagali A Joshi	SE	
27.	Vaishnavi Lavhale	SE	





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Event Name: Vidharothi Arogya Upakram Programme
Date: 23/3/2017 A.Y.- 2016-17

Sr.No.	Name of the Candidate	Class	Signature
	Nihagika Argado	F.E.	NMA
	Snehal Saikar	FE	Snehal
	Arpita Sonawane	F.E.	Arpita
	Pooja Komalki Sajeendkar	F.E.	P. Pooja
	Pooja Dharampal Argya	S.E.	P. Argya
	Sayali Anil Joshi	SE	Sayali
	Raja V. Buzarde	SE	Raja
	Jayraj Bhuywat	SE	Jayraj
	Snehal Parvati Patkare	SE	Parvati
	Vaishali K. Jadhav.	SE	Vaishali
	Poonam K. Mager	SE	Poonam
	Bhalekar Sushmita	SE	Sushmita
	Bhair Amrudas	SE	Bhair
	Yashwanthi Godbole	SE	Yashwanthi
	Vaishnavi Larhale	SE	Vaishnavi
	Mai		
	Pooja Wagdare	SE	Pooja
	Meha Patil	SE	Meha
	Poonam Shinde	SE	Poonam
	Sayali Jishi	SE	Sayali
	Mayuri Jachak	SE	Mayuri



