

**VPM's B.N. Bandodkar College of Science (Autonomous), Thane**

<b>Name of activity</b>	Nutri-talk (Celebrating National Nutrition Week)
<b>Objectives of the activity (maximum 40 words)</b>	<ul style="list-style-type: none"> <li>• To emphasize the connection between good nutrition and regular physical activity, advocating for a balanced lifestyle that includes both.</li> <li>• To understand the role of Nutraceuticals in preventing the onset of chronic diseases such as cardiovascular disease, diabetes, and cancer by supporting overall health and well-being.</li> <li>• To make student understand the concept of Tailor nutrition and resources to meet the specific needs of different age groups, including children, adults, and the elderly.</li> </ul>
<b>Organizing department/s</b>	Department of Biochemistry
<b>Collaborative institute</b>	
<b>Date (DD / MM / YYYY )</b>	04/09/2024
<b>Venue</b>	Patanjali Auditorium
<b>Mode (Online/Offline/ Hybrid)</b>	Offline
<b>Details of Resource Person/ Speaker (name, designation, institute)</b>	<ol style="list-style-type: none"> <li>1. <b>Ms. Sonali Patil</b> – 21<sup>st</sup> Century Nutrition Science Director and Chief Nutrition officer, certified clinical nutritionist, wellness expert and celebrity health coach</li> <li>2. <b>Ms. Riya Mhatre</b> – Era of Nutraceuticals Clinical Nutritionist, wellness expert, health coach and lifestyle management.</li> </ol>
<b>Key Participants</b>	All students of B N Bandodkar college of Science (Autonomous), thane
<b>Remarkable outcomes / key take away messages (max. three)</b>	<ul style="list-style-type: none"> <li>• The information on the fundamentals of nutrition, such as understanding nutrients, portion size control, and the importance of a balanced diet.</li> <li>• Enhanced understanding of nutrition science and Nutraceuticals leads to better management and prevention of chronic</li> </ul>

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	<p>diseases such as diabetes, cardiovascular disease, and obesity through evidence-based dietary recommendations.</p> <ul style="list-style-type: none"> <li>● The information of action of antioxidant, anti-inflammatory &amp; anti-cancerous properties of active components in food and Nutraceuticals ingredients. The students were informed about the emerging Nutraceuticals market in India.</li> </ul>
<b>Details of Teachers participants</b>	M: 00 F : 04 T: 04
<b>Details of Student participants</b>	M : 15 F : 59 T: 74
<b>Outsiders</b>	-
<b>In-house</b>	78
<b>Additional information</b>	Information about a start up in the field of Nutrition and Nutraceuticals was given by Ms. Sonali Patil.
<b>Name of Co-ordinator</b>	Ms. Sayali Daptardar
<p><b>Geotagged photo</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <div style="border: 1px solid black; padding: 5px; display: inline-block;">           Thane (West), Maharashtra, India            VPM's B N Bandodkar College of Science, Building no.6, Chendani Bunder Road, Thane            Lat 19.188743°            Long 72.98019°            04/09/24 03:01 PM GMT +05:30         </div> </div> <div style="text-align: center;">  <div style="border: 1px solid black; padding: 5px; display: inline-block;">           Thane (West), Maharashtra, India            VPM's B N Bandodkar College of Science, Building no.6, Chendani Bunder Road, Thane            Lat 19.188743°            Long 72.98019°            04/09/24 02:56 PM GMT +05:30         </div> </div> </div>	

# VPM's B.N. Bandodkar College of Science (Autonomous), Thane

## Flyer/ Notice



VPM'S B.N. BANDODKAR COLLEGE OF SCIENCE  
(AUTONOMOUS), THANE

DEPARTMENT OF BIOCHEMISTRY  
ORGANIZES

## NUTRI-TALK

CELEBRATING NATIONAL NUTRITION WEEK  
(1ST TO 7TH SEPTEMBER, 2024)

### Guest Speakers



#### MS. SONALI PATIL

Director and chief nutrition officer |  
certified clinical nutritionist | wellness  
expert | celebrity health coach

#### 21ST CENTURY NUTRITION SCIENCE



#### MS. RIYA MHATRE

Clinical nutritionist | wellness expert |  
runner 6+ year experience in clinical  
nutrition and lifestyle management

#### THE ERA OF NUTRACEUTICALS

DATE - 4TH SEPTEMBER 2024

TIME - 12:00PM - 03:00PM

VENUE - PATANJALI AUDITORIUM

Sayali Daptardar  
In-Charge

Dr. Vinda Manjamkar  
I/C Principal

## Attendance

VPM's B. N. Bandodkar College of Science (Autonomous), Thane Department of Biochemistry Attendance sheet				
Sr. No.	Name	Class	Gender	Signature
1	Disha yadav	FYBSC	Female	Disha
2	Harsikha Pandey	FYBSC	Female	Harsikha
3.	Simra cheulkar	FYBSC	Female	Simra
4.	Shreya Patil	FYBSC	Female	Shreya
5.	Heba Alvi	FYBSC Biochem	Female	Heba
6.	Pradnya Kulkarni	FYBSC Biochem	Female	Pradnya
7.	Shreya Chawhan	FYBSC Biochem	Female	Shreya
8.	Saanni Bidawai	FYBSC Biochem	Female	Saanni
9.	Saneelah Varcikam	TYBSC Biochem	Female	Saneelah
10.	Fatima Dausad, Ramzakar	TYBSC Micro.	Female	Fatima
11.	Simran Nishad	TYBSC Biochem	Female	Simran
12.	Ali Abbas Zaidi	SYBSC Biochem	Male	Ali Abbas
13.	Shabnam Raja Shaikh	FYBSC	Female	Shabnam
14.	Siddhi R. Patil	FYBSC Biochem	Female	Siddhi

VPM's B. N. Bandodkar College of Science (Autonomous), Thane Department of Biochemistry Attendance sheet				
Sr. No.	Name	Class	Gender	Signature
15	Nibha Aravina	TYBSC Biochem	F	Nibha
16	Pratik Jaiswal	FYBSC Biochem	M	Pratik
17	Soham Patole	TYBSC Biochem	M	Soham
18	Akash Naseem	TYBSC Biochem	M	Akash
19	Saloni Tayde	FYBSC Micro	M	Saloni
20	Kartik Shelar	SYBSC	M	Kartik
21	Sejal S. Pawar	SUBT	F	Sejal
22	Saket S. Pramanik	SY(BMB)	M	Saket
23	Sneha Shimole	SY(BCH)	F	Sneha
24	Shazia Tasneem Shaikh	SYBC	F	Shazia
25	Neha Khan	SYBC	F	Neha
26	Faizan Sayed	SYBC	M	Faizan
27	Ashish Yadav	SYBSC	M	Ashish

# VPM's B.N. Bandodkar College of Science (Autonomous), Thane

VPM's B. N. Bandodkar College of Science (Autonomous), Thane Department of Biochemistry Attendance sheet				
Name of the Activity: Nutri-folk.				
Sr. No.	Name	Class	Gender	Signature
28	Yashvi Singh	SYBSC	Female	<u>Yashvi</u>
29	Nishtha Desai	SYBSC	Female	<u>Nishtha</u>
30	Janhavi Yadav	SYBSC	Female	<u>Janhavi</u>
31	Shefali Sawant	SYBSC	Female	<u>Shefali</u>
32	Anuska Sheth Shamma	FYBSC	Male	<u>Anuska</u>
33	Veena Jadhav	FYBSC	Female	<u>Veena</u>
34	Dhanashree Athire	FYBSC	Female	<u>Dhanashree</u>
35	Vishakha Phadtore	FYBSC	Female	<u>Vishakha</u>
36	Jagmohan G. Yadav	TYBSC	Male	<u>Jagmohan</u>
37	Anushka Shinde	SYBSC	Female	<u>Anushka</u>
38	Afifa Sayyed	FYBSC	Female	<u>Afifa</u>
39	Sweekar Shewale	SYCBZ	Male	<u>Sweekar</u>
40	Khushi Pandey	SYZoology	Female	<u>Khushi</u>
41	Amrisha Saha	SYBSC	Female	<u>Amrisha</u>

VPM's B. N. Bandodkar College of Science (Autonomous), Thane Department of Biochemistry Attendance sheet				
Name of the Activity: Nutri-folk.				
Sr. No.	Name	Class	Gender	Signature
42	Supriya Yadav	FYBSC Biochem	Female	<u>Supriya</u>
43	Fiza Sayyid	FYBSC CBZ	Female	<u>Fiza</u>
44	Vaishnavi Nalla	FYBSC CBZ	Female	<u>Vaishnavi</u>
45	Yashasree Mane	FYBSC CBZ	Female	<u>Yashasree</u>
46	Chetna Sharang	FYBSC Biochem	Female	<u>Chetna</u>
47	Komal Kamble	FYBSC Biochem	Female	<u>Komal</u>
48	Vanshika Agrawal	FYBSC Biochem	Female	<u>Vanshika</u>
49	Sonali Mishra	FYBSC Biochemistry	Female	<u>Sonali</u>
50	Anushka P. Kulhane	FYBSC Biochemistry	Female	<u>Anushka</u>
51	Nishigandha More	FYBSC Biotech	Female	<u>Nishigandha</u>
52	Kirti Nautiyal	FYBSC Biochem	Female	<u>Kirti</u>
53	Kavya Mithbawkar	FYBSC Biochem	Female	<u>Kavya</u>
54	Shrawni Jadhav	FYBSC Biochem	Female	<u>Shrawni</u>
55	Renta Gabriel	FYBSC Biochem	Female	<u>Renta</u>

VPM's B. N. Bandodkar College of Science (Autonomous), Thane Department of Biochemistry Attendance sheet				
Name of the Activity: Nutri-folk.				
Sr. No.	Name	Class	Gender	Signature
56	Supriya Premnarsayon Yadav	FYBSC	Male	<u>Supriya</u>
57	Annu Madiwal	FYBSC	Female	<u>Annu</u>
58	Kajal Sharma	TYBSC	Female	<u>Kajal</u>
59	Sandhya Chauhan	TYZoology	Female	<u>Sandhya</u>
60	Purnavati Yadav	TYZoology	Female	<u>Purnavati</u>
61	Kirti Nautiyal	SYBSC	Female	<u>Kirti</u>
62	Bhumika Koope	TYBSC	Female	<u>Bhumika</u>
63	Madhuri Yantur	SYBSC	Female	<u>Madhuri</u>
64	Alfa Satbole	SYBSC	Female	<u>Alfa</u>
65	Ummesalma Dhanwantrao	TYBSC	Female	<u>Ummesalma</u>
66	Poiyal Gujare	TYBSC	Female	<u>Poiyal</u>
67	Alwin Nadar	TYBSC	Male	<u>Alwin</u>
68	Chintu Patil	SYBSC	Female	<u>Chintu</u>
69	Bhuavani Ghatak	SYBSC	Female	<u>Bhuavani</u>

VPM's B. N. Bandodkar College of Science (Autonomous), Thane Department of Biochemistry Attendance sheet				
Name of the Activity: Nutri-folk.				
Sr. No.	Name	Class	Gender	Signature
70	Komal Shukla	FYBSC Biochem	F	<u>Komal</u>
71	Vijay Salunkhe	TYBSC	M	<u>Vijay</u>
72	Pragati Marathe	TYBSC	F	<u>Pragati</u>
73	Shrawni Chiplake	TYBSC	F	<u>Shrawni</u>
74	Siya Patil	SYBSC Biochem	F	<u>Siya</u>

## Feedback analysis

### About the session

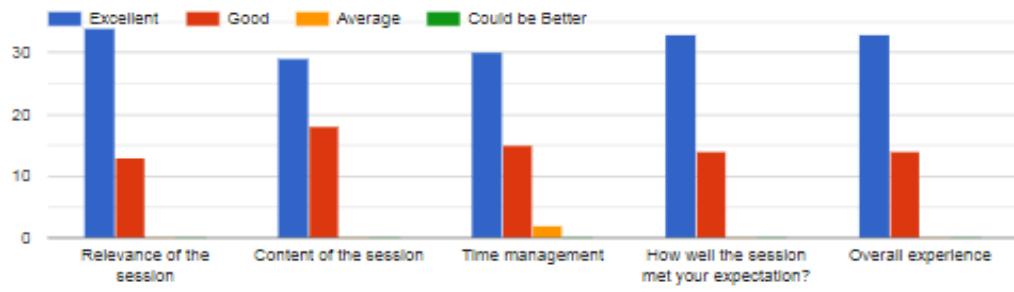
How did you find '21st Century Nutrition Science'talk by Ms. Sonali patil.

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How did you find the 'Era of Nutraceuticals' talk by Ms. Riya Mhatre.

 Copy



What was your take away lessons from the session?

47 responses

- Excellent
- Importance of neutracutical
- Importance of nutrition in daily life
- Gain knowledge about nutrition
- It was very knowledgeable
- More understood about nutrition
- Eat nutritious food
- The experience
- Importance of nutrition

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