

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

Name of activity	Nutri-talk (Celebrating National Nutrition Week)
Objectives of the activity (maximum 40 words)	<ul style="list-style-type: none"> To emphasize the connection between good nutrition and regular physical activity, advocating for a balanced lifestyle that includes both. 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. 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.
Organizing department/s	Department of Biochemistry
Collaborative institute	
Date (DD / MM / YYYY)	04/09/2024
Venue	Patanjali Auditorium
Mode (Online/Offline/ Hybrid)	Offline
Details of Resource Person/ Speaker (name, designation, institute)	<ol style="list-style-type: none"> Ms. Sonali Patil – 21st Century Nutrition Science Director and Chief Nutrition officer, certified clinical nutritionist, wellness expert and celebrity health coach Ms. Riya Mhatre – Era of Nutraceuticals Clinical Nutritionist, wellness expert, health coach and lifestyle management.
Key Participants	All students of B N Bandodkar college of Science (Autonomous), thane
Remarkable outcomes / key take away messages (max. three)	<ul style="list-style-type: none"> The information on the fundamentals of nutrition, such as understanding nutrients, portion size control, and the importance of a balanced diet. Enhanced understanding of nutrition science and Nutraceuticals leads to better management and prevention of chronic

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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"> The information of action of antioxidant, anti-inflammatory & anti-cancerous properties of active components in food and Nutraceuticals ingredients. The students were informed about the emerging Nutraceuticals market in India.
Details of Teachers participants	M: 00 F : 04 T: 04
Details of Student participants	M : 15 F : 59 T: 74
Outsiders	-
In-house	78
Additional information	Information about a start up in the field of Nutrition and Nutraceuticals was given by Ms. Sonali Patil.
Name of Co-ordinator	Ms. Sayali Daptardar

Geotagged photo



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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 Manjramkar
I/C Principal

Attendance

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Department of Biochemistry
Attendance sheet

f-54
M-15

Name of the Activity: Nutri-Talk Date: 04/09/24

Sr. No.	Name	Class	Gender	Signature
1	Disha yadav	FYBSC	Female	Disha
2	Harshita Pandey	FYBSC	Female	Harshita
3	Simra cheulkar	FYBSC	Female	Simra
4	Shreya Pajari	FYBSC	Female	Shreya
5	Heba Alvi	FYBSC Biochem	Female	Heba
6	Pradnya Kulkarni	FYBSC Biochem	Female	Pradnya
7	Shruti Chawan	FYBSC Biochem	Female	Shruti
8	Saanvi Bidwai	FYBSC Biochem	Female	Bidwai
9	Saneeloh Vasuikar	TYBSC Biochem	Female	Saneeloh
10	Fatima Dawood Ramnagar	TYBSC Micro	Female	Fatima
11	Simran Nishad	TYBSC Biochem	Female	Simran
12	Ali Abbas Zaidi	SYBSC Biochem	Male	Ali
13	Shabnam Raja Shaikh	FYBSC	Female	Shabnam
14	Siddhi R. Patil	FYBSC Micro	Female	Siddhi

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Name of the Activity: Nutri-Talk Date: 04/09/24

Sr. No.	Name	Class	Gender	Signature
15	Nibha Aswara	BSc/BSc Biochem	F	Nibha
16	Pratik Jaisankar	FYBSC Biochem	M	Pratik
17	Soham Patole	TYBSC Biochem	M	Soham
18	Atin Nandan	TYBSC Biochem	M	Atin
19	Satvik Tayde	FYBSC Micro	M	Satvik
20	Kartik Shelar	SYBSC Biochem	M	Kartik
21	Sneha S. Pawar	SVBT	F	Sneha
22	Saket S. Premank	SY (PMB)	M	Saket
23	Sneha Shinde	SYBSC	F	Sneha
24	Shaziya Tasneem Sheikh	SYBC	F	Shaziya
25	Neha Khan	SYBC	F	Neha
26	Paigam Bayal	SYBC	M	Paigam
27	Abhigyan Yadav	SYBSC	M	Abhigyan

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Name of the Activity: Nutri-talk Date: 4/09/24

Sr. No.	Name	Class	Gender	Signature
28	yashvi Singh	sybsc	Female	<i>[Signature]</i>
29	Nishtha desai	sybsc	Female	<i>[Signature]</i>
30	Janhavi yadav	sybsc	Female	<i>[Signature]</i>
31	Shifali Sawant	sybsc	Female	<i>[Signature]</i>
32	Anshika Shinde	FYBSC	Male	<i>[Signature]</i>
33	Uvena Jadhav	FYBSC	Female	<i>[Signature]</i>
34	Dhanashree Athire	FYBSC	Female	<i>[Signature]</i>
35	Vishaka Phadtare	FYBSC	Female	<i>[Signature]</i>
36	Jagmohan G. Yadav	TYBSC	Male	<i>[Signature]</i>
37	Anushka Shinde	SYBSC	Female	<i>[Signature]</i>
38	Afifa Sayyed	FYBiochem	Female	<i>[Signature]</i>
39	Sweekar Shewale	SYCB	Male	<i>[Signature]</i>
40	Khushi Pandey	SYZoology	Female	<i>[Signature]</i>
41	Amicha Saha	SYZBC	Female	<i>[Signature]</i>

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Name of the Activity: Nutri-talk Date: 04/09/24

Sr. No.	Name	Class	Gender	Signature
42	Supriya yadav	FYBSC Biochem	Female	<i>[Signature]</i>
43	Fiza Sayyad	FYBSC CBP	Female	<i>[Signature]</i>
44	Vaishnavi Nalla	FYBSC CBZ	Female	<i>[Signature]</i>
45	Yashvree Mane	FYBSC CBZ	Female	<i>[Signature]</i>
46	Chetna Sharma	TYBSC Biochem	Female	<i>[Signature]</i>
47	Komal Kamble	TYBSC Biochem	Female	<i>[Signature]</i>
48	Vanshika Agrawal	TYBSC Biochem	Female	<i>[Signature]</i>
49	Sonal Mishra	TYBSC Biochemistry	Female	<i>[Signature]</i>
50	Anushka P. Kulharni	TYBSC Biochemistry	Female	<i>[Signature]</i>
51	Nishigandha More	FYBSC Biotech	Female	<i>[Signature]</i>
52	Kirti Nautiyal	SYBSC Biochem	Female	<i>[Signature]</i>
53	Kavya Mithibawkar	FYBSC Biochem	Female	<i>[Signature]</i>
54	Shikhar Jadhav	FYBSC Biochem	Female	<i>[Signature]</i>
55	Rishi Gabriel	FYBSC Biochem	Female	<i>[Signature]</i>

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Name of the Activity: Nutri-talk Date: 04/09/24

Sr. No.	Name	Class	Gender	Signature
56	Pranav Bhambhaniya Yadav	FYBSC	Male	<i>[Signature]</i>
57	Anna madhwal	FYBSC Biochem	Female	<i>[Signature]</i>
58	Kajal Sharma	TYBSC Zoology	Females	<i>[Signature]</i>
59	Sandhya Chauhan	TY Zoology	Females	<i>[Signature]</i>
60	Poovali Yadav	TY Zoology	Female	<i>[Signature]</i>
61	Kirti Nautiyal	SYBSC Biochem	Female	<i>[Signature]</i>
62	Bhumi Kope	TYBSC Biochem	Female	<i>[Signature]</i>
63	Madhuri Yadav	SYBSC Biochem	Female	<i>[Signature]</i>
64	Afifa Sahibole	SYBSC Microbiology	Female	<i>[Signature]</i>
65	Ummesalma Dhanurawala	TYBSC Biochem	Female	<i>[Signature]</i>
66	Poovali Gajare	TYBSC Biochem	Female	<i>[Signature]</i>
67	Alwin Nadar	TY Biochem	Male	<i>[Signature]</i>
68	Bhruvi Patil	SY Biochem	Female	<i>[Signature]</i>
69	Shruvani Shatkar	SY Biochem	Female	<i>[Signature]</i>

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Sr. No.	Name	Class	Gender	Signature
70	Komal Shukla	SYBSC Biochem	F	<i>[Signature]</i>
71	Vyag Sahar	TY Biochem	M	<i>[Signature]</i>
72	Pragati Parde	TY Biochem	F	<i>[Signature]</i>
73	Shruvati Chipode	TY Biochem	F	<i>[Signature]</i>
74	Siya Patil	SY Biochem	F	<i>[Signature]</i>

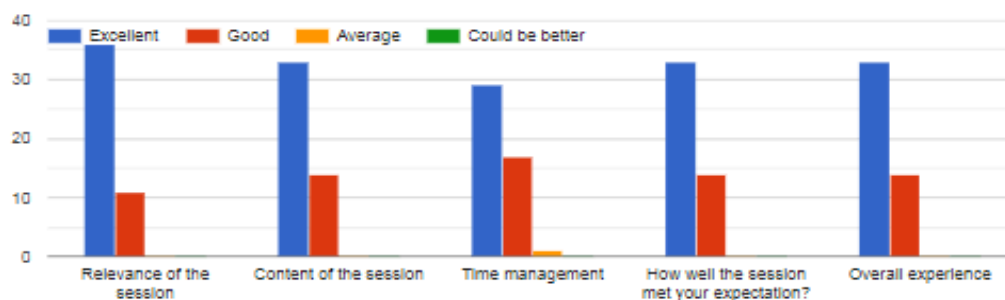
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Feedback analysis

About the session

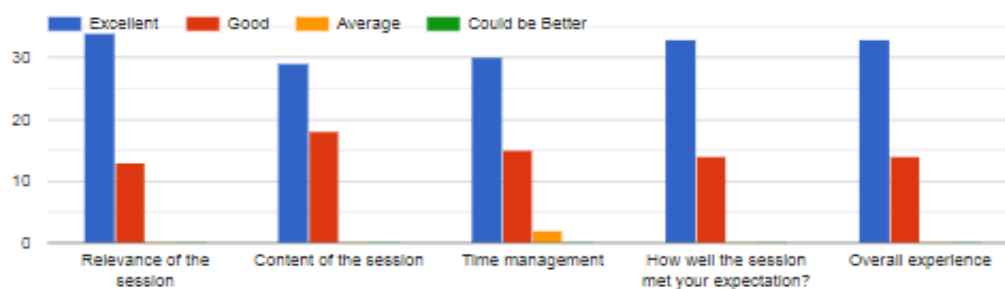
How did you find '21st Century Nutrition Science' talk by Ms. Sonali patil.

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

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What was your take away lessons from the session?

47 responses

Excellent

Importance of nutraceutical

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
