

**Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur**

NOTICE

All the Students of B.Sc (Sem I,III,V) are here by informed that Online **Healthy student meals activity organized for B.Sc. Students** on WhatsApp group dated 6/09/2020.



Convener



Head of the Department

Dr. A. D. Bobdey
Professor & Head
Department of Zoology,
Shri Shivaji Science College,
Congress Nagar, Nagpur-12.

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar
National Nutrition Week
Report
2020-2021

National Nutrition Week 2020 is celebrated from **September 1 to 7**. It aims to create awareness about good nutrition and health . Zoology department celebrated national nutrition week from 1st September to the 7th September to aware the students about important tips of their health and well-being. The theme for National Nutrition Week 2020 was '**Eat Right, Bite by Bite**'. This year's theme focuses on how food helps with immunity, choosing the main source of nutrition wisely, preparing food the right way to avoid loss of important nutrients and more.

Prime Minister Narendra Modi in the latest address of Mann ki Baat noted that the month of September will be observed as Poshan Maah that is Nutrition month. He focused that nation and nutrition are very closely interrelated. He recalled - "Yatha Annam Tatha Mannam." It means that mental and intellectual development is directly related to the quality of our food intake.

He also highlighted that nutrition and proper nourishment play a crucial role in helping children and students to attain their optimum potential. Therefore, it is necessary that children be well-nourished and the mother needs to receive proper nourishment.

Just like in a Class there is a Monitor, so in the same way, there should be a Nutrition Monitor. Just like the Report Card, there should be a Nutrition Card that should also be introduced. In this year the COVID-19 pandemic represents a massive impact on human health, causing sudden lifestyle changes, through social distancing and isolation at home, with social and economic consequences. At the peak of the COVID-19 pandemic department of Zoology organizes online activity for student. The theme of the activity was **Healthy student meals**. Students presents their meal pattern and nutritional value on WhatsApp group. On this occasion department organized quiz for students.

Convener



Dr. Shital Deshmukh

Department of Zoology



I'm Sakshi. S. Gedam of cbz b3 batch with the traditional Maharashtraian food "puran poli and kadhi " puranpodi is a rich source of folate, fibre along with vitamin a, b, d and kdhi is maintaining vat and kapha and it is source used for proper digestion as well.



Name :- Trusha Kamdi group:- CBZ batch:- b3
Maharashtrian meal which contain Protein, fiber, and carbohydrates



Trupti Kadwe CZM Batch - B1. Home made Maharashtrian food include chole puri along with fruit contain all necessary nutrition.



TUSHAR S BRAMHANKAR CBZ B3 SEM5

SHRADDHA INGLE



NAME: SHAMLI RAJENDRASAWWASHERE

BSC 5TH SEM

Indian cuisine is not only tasty but also very healthy. 🍏 Many Indian are vegetarians and they eat vegetables, fruits, whole grains, milk and plant-based proteins. These foods contain essential micro-nutrients and vitamins that produce antioxidants which are good for heart, blood pressure and diabetes. 🍀 stay healthy and fit💖 IN

Name:- Bhavika prafull wankhede

Batch :- CBZ B4

Clasa:- B.sc 5th sem



8612

Low fat, calcium-rich, fibre rich, source of vitamin c, source of folate, low calorie, source of calcium this are the nutrients present in bread sandwich.



Convener Dr.Shital S.Deshmukh participated online nutrition week activity '**Eat Right, Bite by Bite**'.

Date:	4/9/2020	"Time:"	"21:33"	"Meet ID:"	"rbq-gmpt-mrb"			
Names	4/9/2020	"Email"	"Comments"	"Arrival time"	"Last Seen"	"# of Checks"	"Joined"	"Details"
Shârwâri !!!	""	""	""					
Vaishnavi Ashok Ade	""	""	""					
Vaishnavi Ashok Ade	""	""	""					
Pralay Ambagade	""	""	""					
Mokshada Balaskar	""	""	""					
Tanushree Banerjee	""	""	""					
Tanushree Banerjee	""	""	""					
Gauri Bargi	""	""	""					
Gauri Bargi	""	""	""					
Prachi Barik	""	""	""					
Prachi Barik	""	""	""					
Pratiksha Bhange	""	""	""					
Akshay Bhatkulkar	" ✓"	""	""	"22:15"	"22:16"	"2"	"1"	
Vaidehi Bhingare	""	""	""					
Vaidehi Bhingare	""	""	""					
Rohit Bhopulkar	""	""	""					
Dhanashree Bhude	""	""	""					
Anjali Bhusari	" ✓"	""	""	"21:34"	"22:15"	"19"	"1"	
Anjali Bhusari	" ✓"	""	""	(marked present)				
Tanuja Bisht	""	""	""					
Tanuja Bisht	""	""	""					
Purva Bobde	""	""	""					
Purva Bobde	""	""	""					
Radhesh Bobdey	""	""	""					
Prathmesh Bodkhe	""	""	""					
Prathmesh Bodle	""	""	""					
Mansi Bokde	""	""	""					
Mansi Bokde	""	""	""					
Tushar Bramhankar	""	""	""					
Sejal Bulkunde	""	""	""					
Vaishnavi Chakole	""	""	""					
Akansha Chakre	""	""	""					
Akansha Chakre	""	""	""					
Sweety Channe	""	""	""					
Aanchal Chaturvedi	""	""	""					
Akansha Chavhan	""	""	""					
Sanjana Chawla	""	""	""					
Sanjana Chawla	""	""	""					
Ishita Chelwani	" ✓"	""	""	"22:15"	"22:16"	"2"	"1"	
Tasbiha Chhaware	" ✓"	""	""	"21:34"	"21:46"	"13"	"1"	
Rakshita Chitmitwar	" ✓"	""	""	"21:36"	"22:15"	"32"	"2"	"22:00 (16min) [22:15]"
Neha Chopde	""	""	""					
Dibina Dinakaran Czm	" ✓"	""	""	"21:34"	"21:35"	"2"	"1"	
Ruchita Chakrapani	""	""	""					

Czm							
Ruchita Chakrapani							
Czm	""	""	""				
Ujwala Dademal	""	""	""				
Ujwala Dademal	""	""	""				
Apurva Damedhar	" ✓"	""	""	"21:34"	"21:34"	"1"	"1"
Dr. Shital Deshmukh	""	""	""				
Rohan Deshmukh	""	""	""				
Aditi Dhakne	""	""	""				
Aditi Dhakne	""	""	""				
Isha Dhawankar	" ✓"	""	""	"21:34"	"21:35"	"2"	"1"
Isha Dhawankar	""	""	""				
Gayatri Dhomne	""	""	""				
Ameya Dhore	""	""	""				
Kajal Dubey	""	""	""				
Sakshi Dudhagawli	""	""	""				
Sakshi Dudhagawli	""	""	""				
Mrudul Fadnavis	""	""	""				
Siddhant Fulmali	""	""	""				
Siddhant Fulmali	""	""	""				
Kamini Funne	" ✓"	""	""	"21:35"	"22:15"	"41"	"1"
Kamini Funne	""	""	""				
S S G	""	""	""				
Margan Gajbe	""	""	""				
Margan Gajbe	""	""	""				
Isha Gajbhiye	""	""	""				
Ankita Gajghate	""	""	""				
Saloni Gautam	""	""	""				
Kalyani Gawande	""	""	""				
Mansi Gawande	""	""	""				
Sakshi Gedam	""	""	""				
Sayali Gedam	""	""	""				
Sanskriti Ghodmare	" ✓"	""	""	"21:34"	"22:15"	"8"	"1"
Sanskriti Ghodmare	""	""	""				
Anshul Gour	""	""	""				
Anshul Gour	""	""	""				
Shivan Goutel	""	""	""				
Ayushi Hedau	" ✓"	""	""	"21:48"	"22:15"	"28"	"1"
Shraddha Ingle	""	""	""				
Riya Jadhao	""	""	""				
Riya Jadhao	""	""	""				
Vaishnavi Jagtap	""	""	""				
Vaishnavi Jagtap	""	""	""				
Tarini Jahagirdar	" ✓"	""	""	"21:34"	"21:34"	"1"	"1"

Aditi Jain	""	""	""					
Aditi Jain	""	""	""					
Rohit Jambhule	" ✓"	""	""	"21:34"	"21:35"	"2"	"1"	
Sharvari Jichkar	""	""	""					
Ketki Juwar	""	""	""					
Ketki Juwar	""	""	""					
Dr. Seema Kadu	""	""	""					
Trupti Kadwe	""	""	""					
Pranjali Kale	""	""	""					
Pranjali Kale	""	""	""					
Akanksha Kamble	" ✓"	""	""	"21:35"	"22:15"	"2"	"1"	
Sanket Kamble	""	""	""					
Sanket Kamble	""	""	""					
Trusha Kamdi	""	""	""					
Kuldeep Kaur	""	""	""					
Sakshi Khadakkar	""	""	""					
Azmina Khan	""	""	""					
Sana Khan	""	""	""					
Sana Khan	""	""	""					
Shravani Kharche	""	""	""					
Anushka Khare	" ✓"	""	""	"21:34"	"22:15"	"33"	"4"	"22:01 (15min) [22:15]"
Anushka Khare	""	""	""					
Komal Khobragade	" ✓"	""	""	"22:15"	"22:16"	"2"	"1"	
Sneha Kodape	""	""	""					
Sneha Kodape	""	""	""					
Prachita Kolhe	""	""	""					
Sanskriti Kolhe	""	""	""					
Rutika Kowe	""	""	""					
Thorvi Kubde	""	""	""					
Thorvi Kubde	""	""	""					
Vaishnavi Kukde	" ✓"	""	""	"21:35"	"22:15"	"36"	"2"	"22:09 (7min) [22:15]"
Vaishnavi Kukde	""	""	""					
Manasi Kulkarni	""	""	""					
Radhika Lakudkar	""	""	""					
Krunal Lende	""	""	""					
Krunal Lende	""	""	""					
Shilpa Lokhande	""	""	""					
Shilpa Lokhande	""	""	""					
Pranjali Mahant	""	""	""					
Tanvee Mangate	""	""	""					
Tanvee Mangate	""	""	""					
Dhanashri Mankar	""	""	""					

Nidhi Manwatkar	""	""	""				
Apeksha Masram	""	""	""				
Shweta Mayur	""	""	""				
Shweta Mayur	""	""	""				
Palak Mehta	" ✓"	""	""	"21:34"	"21:34"	"1"	"1"