



SSES Amravati's Science College, Nagpur

**Under the Aegis of IQAC**

Intercollegiate Nutrition Week Celebration - 2021  
(Nutrient Counselling and Competitions)

**“Feeding Smart Right From Start Human and Lifestyle:  
Nourishing People”**

**Report**

**20<sup>th</sup> September to 25<sup>th</sup> September 2021.**

**Venue: Department of Zoology (Online)**

Shri Shivaji Education Societies' Science college, Congress Nagar, Nagpur organized Nutrition week in zoology department from 20-25<sup>th</sup> September 2021 in Online mode. U.G.& P.G. students participated in the programme through registration link on google meet.

\* Dr. Atul Bobdey, Head of Zoology Department, contributed chairperson of the programme. As well as being a prominent presence, renowned Nutritionist Dr. Mrs. Suneeti Khandekar,.

\* Healthy dish competition was also organized in which 29 entries enrolled. Students has sent the mobile selfie by preparing the healthy dishes.

\* Slogan competition also organized online in which 18 entries was received.

Cash prized was delivered to the winning students in both competitions. Nutrition Week 2021 marks the **46th Nutrition Week** which is celebrated under the theme **“Feeding Smart Right from Start” – Exploring Human-Nurishing Diet.**

HOD  
Prof. A.D. Bobdey

CONVENER  
Dr. R.P. Bhagat

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

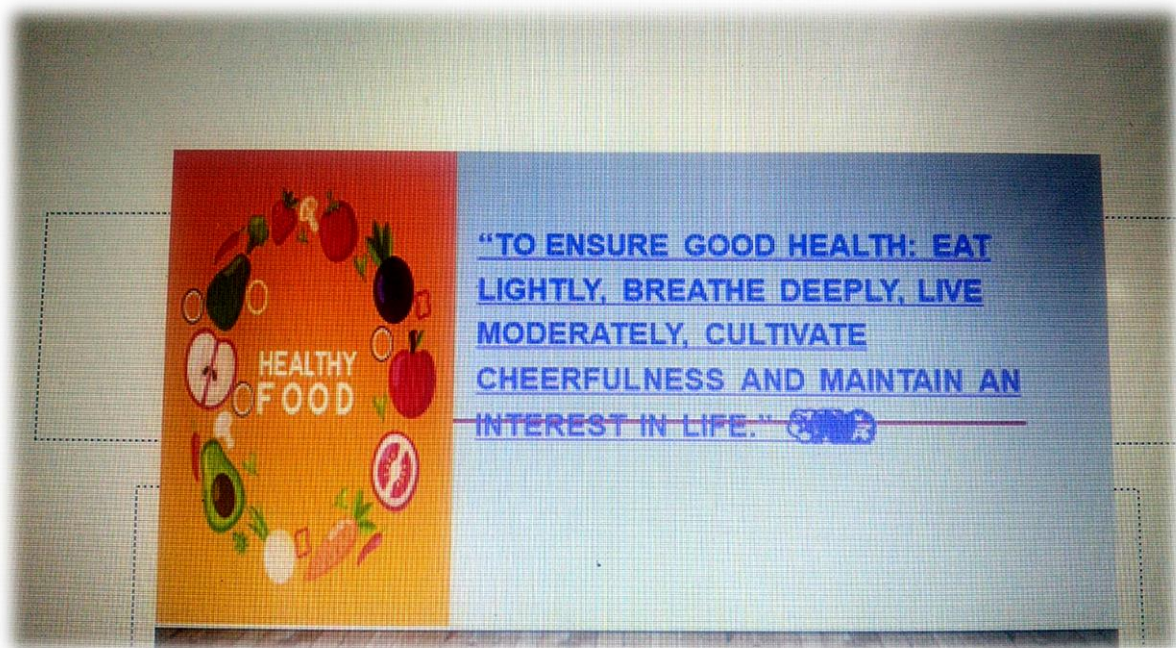
## Winners of competitions -

### (1) Slogan Competition-

First prize - Rupees 500/- Cash and Certificate - Riddhi Desai (Sem-I)

**Eat food provided by Mother Earth,  
It will make your life worth.**

Second Prize - Rupees 300/- cash and certificate- Tejasvini Mute (Sem-III)



### (2) Healthy dish Competition -

**First Prize - Rupees 500/- cash and certificate - Ishita Chelwani (Sem-III)**

Name : ISHITA MAHESH CHELWANI  
Group : CZM  
Class : Sem III  
College Name : SHRI SHIVAJI EDUCATION SOCIETY SCIENCE COLLEGE  
Healthy Dish Name : **"MAST MAKHANA CHAT"**

**(Eat Makhana, Stay Away From Dawakhana)**

Information : MAKHANA (FOX NUTS or LOTUS SEEDS)

They are delicious, economical, easy to prepare and yet wholesome and very very healthy.

- Low in calorie
- High in fibre
- High in calcium content
  - High in protein
- Anti aging properties
- Anti inflammatory



**Second Prize - Rupees 300/- cash and certificate - Prathmesh Bodkhe (Sem-V)**

***Dish prepared by : Prathmesh Bodkhe***

***B.Sc Sem 5 CZM***

***Shivaji Science College Nagpur***

***Dish Name. : Nutritious Indian thali with daal and salad***





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**Dr. Mrs. Suneeti Khandekar**  
(MBBS, PG (Dietics & Applied Nutrition))

**Feeding Smart  
Right from Start!**

DR. SUNEETI ASHWINIKUMAR KHANDEKAR  
MBBS, PGD DIETETICS & APPLIED NUTRITION, MBA HOSPITAL ADMINISTRATION

REC You have extensions installed that may affect the quality of your call

Learn more Diagnostics

Dr. Anil Bobdey

1:07 PM | Nutrition Week Celebration-2021

Participants in grid: Sushant Nimbrorkar, RIDDI Desai, Geeta Masare, Geeta Asikar, Rashmi Paware, Komal Choudhary, MAYURS SURWADE..., pratiksha uchhare, Ishita Lakshwar, TUSHAR PILLEWAN, arshiya shalkh, Prash Wagmare, Aditi Deshmukh, 108 others, You

REC You have extensions installed that may affect the quality of your call

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TUSHAR PILLEWAN was removed from the meeting

1:03 PM | Nutrition Week Celebration-2021

Participants in grid: Sushant Nimbrorkar, RIDDI Desai, Geeta Masare, kavahalya dhabale, Rashmi Paware, Komal Choudhary, pranali marape, Ritika Tandekar, Dibha Dirakaran C..., Mohini Bajarghate, Yash Pandit, jani wadetiwar, AKANKSHA ANAND, 78 others, You

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REC You have extensions installed that may affect the quality of your call

Learn more Diagnostics

Dr. Mrs. Rupali Mahakhode has left the meeting

1:51 PM | Nutrition Week Celebration-2021

Participants in grid: Ishita Chelwani, sanskriti ghodmare, AKANKSHA ANAND, anupama mendhe, RIDDI Desai, Nandini Marodkar, Cajanan Avachar, Pretiksha Bhange, pratiksha uchhare, Lazmi Shihare, VAIDEHI BHINGARE, Rashmi Paware, Komal Choudhary, pranali marape, Ritika Tandekar, Dibha Dirakaran C..., jani wadetiwar, Jayant Patil 2, Muskan Mishra, Nivedita Kuram, Yash Pandit, Sakshi Dushargwal, Kalyani Gawande, Khushi Singh, palak mehta, Somya Khan, ruchita chakrapani..., Akshay Bhatkulkar, Gargee Vichore, jashvi talwar, Aditi Jain, sejal bulkande, Narayshri Parshi, Sruhangsi Hinge, Divya Pandey, Riya Palkmare, Seer Dharwadikari, Anshika Arora, Tejashvini mute, Ketki Juvare, Dr. Mrs. Rupali Mahakhode, Jashvi Dhote, NISHA SELOWAR, Aditi Dhakne, Yash Patil, Anchal sharma, TUSHAR PILLEWAN, BhairaVI Nihare, 32 others, You

Shri Shivaji Education Society Amravati's  
Science College Congress Nagar, Nagpur  
Department of Zoology  
Session: 2021-2022

**NOTICE**

**Date: 05/04/22**

All the students of UG are here by informed that they have to attend National Nutrition Day program from **20-25<sup>th</sup> September 2021 in Online mode. Link for online guest lecture will be provided 1 hr prior on WhatsApp group.**



Head

Prof. A. D. Bobdey

**Dr. A. D. Bobdey**

Professor & Head

Department of Zoology,

Shri Shivaji Science College,  
Congress Nagar, Nagpur-12.



Convener

Dr. Rupali Patil Bhagat

## *STUDENTS ATTENDANCE*

1	* Nutrition Week Celebration-2021						
2	* Meeting code: uje-dazr-ewi						
3	* Created on 2021-09-20 12:51:09						
4	* by <a href="https://chrome.google.com/webstore/detail/google-meet-attendance-li/appcnhiefcidclcdjeahgklghghihfok">https://chrome.google.com/webstore/detail/google-meet-attendance-li/appcnhiefcidclcdjeahgklghghihfok</a>						
5	Full Name	First Seen	Time in Call				
6	ABHISHEK BATKE	20/09/2021 01:02	00:45:11				
7	AKANKSHA ANAND	20/09/2021 01:01	00:49:36				
8	ANKITA PARIHAR	20/09/2021 01:02	00:24:38				
9	Aanchal Chaturvedi	20/09/2021 01:00	00:50:42				
10	Aanchal sharma	20/09/2021 12:58	00:39:16				
11	Aayushi Umredkar	20/09/2021 01:07	00:20:44				
12	Adithya kallattu	20/09/2021 12:58	00:30:42				
13	Aditi Deshmukh	20/09/2021 12:59	00:31:39				
14	Aditi Dhakne	20/09/2021 01:18	00:33:00				
15	Aditi Giri	20/09/2021 12:54	00:17:04				
16	Aditi Jain	20/09/2021 01:16	00:35:13				
17	Akanksha Barde	20/09/2021 01:13	00:33:14				
18	Akansha Chakre	20/09/2021 12:57	00:36:18				
19	Akshay Bhatkulkar	20/09/2021 01:20	00:30:01				
20	Alina Sheikh	20/09/2021 01:07	00:16:57				
21	Amol Bodkhe	20/09/2021 12:56	00:47:56				
22	Anjal Shahu	20/09/2021 01:00	00:35:33				
23	Anjali Bhusari	20/09/2021 12:58	00:53:26				
24	Anjali Madavi	20/09/2021 01:13	00:04:56				
25	Anshita Arora	20/09/2021 12:59	00:52:22				
26	Anushka Khare	20/09/2021 01:01	00:50:05				
27	Arya Buradkar	20/09/2021 01:07	00:38:33				
28	Bhagyashree Shahu	20/09/2021 01:11	00:19:45				
29	BhairaVi Nikhare	20/09/2021 12:59	00:51:51				
30	Bhawanjali Rinayate	20/09/2021 12:59	00:49:50				
31	Devendr Giri	20/09/2021 01:00	00:14:11				
32	Dhanashree Bhude	20/09/2021 01:00	00:37:23				
33	Dhanashri Mankar	20/09/2021 12:59	00:52:03				
34	Dibina Dinakaran CZM	20/09/2021 12:55	00:56:07				
35	Divya Pandey	20/09/2021 01:01	00:43:42				
36	Divya Sorte	20/09/2021 01:19	00:32:13				
37	Dr. Atul Bobdey	20/09/2021 12:58	00:52:47				
38	Dr. Mrs. Rupali Mahakhode	20/09/2021 01:24	00:26:47				
39	Dr. R.U. Khope	20/09/2021 01:35	00:16:00				
40	Dr. SEEMA KADU	20/09/2021 01:02	00:49:33				
41	Ekta Gaikwad	20/09/2021 01:05	00:25:57				
42	Gajanan Avachar	20/09/2021 01:03	00:47:23				
43	Gargee Vichore	20/09/2021 12:57	00:54:33				
44	Gauri Nasare	20/09/2021 12:53	00:57:05				
45	Gopal Mandal	20/09/2021 01:02	00:26:41				
46	Harshita Rohra	20/09/2021 01:14	00:21:59				
47	Himanshi Atram	20/09/2021 01:04	00:21:42				
48	ISHA SARWE	20/09/2021 12:58	00:52:12				
49	Ishita Chelwani	20/09/2021 12:58	00:44:08				
50	Ishita Lakkewar	20/09/2021 01:05	00:26:38				
51	Jageshwar Keche	20/09/2021 12:51	01:00:27				
52	Janhvi Dhote	20/09/2021 12:58	00:52:20				
53	Jayant Patle 2	20/09/2021 01:06	00:45:08				
54	Kalyani Gawande	20/09/2021 01:06	00:44:52				
55	Kalyani Waware	20/09/2021 01:03	00:45:43				
56	Ketki Juwar	20/09/2021 01:06	00:45:31				



58	Khushi Singh	20/09/2021 01:01	00:45:53
59	Komal Choudhary	20/09/2021 12:59	00:51:45
60	Kumari ruch	20/09/2021 01:01	00:34:26
61	Laxmi Shahare	20/09/2021 12:59	00:45:19
62	MAYURI SUKHADEVE	20/09/2021 01:07	00:42:02
63	Manish Wanjari	20/09/2021 12:56	00:34:05
64	Margan Gajbe	20/09/2021 01:04	00:47:10
65	Mohini Bajanghate	20/09/2021 12:55	00:36:32
66	Mohini Maske	20/09/2021 01:15	00:16:14
67	Mrunmayee Bendre	20/09/2021 01:03	00:16:10
68	Muskan Mishra	20/09/2021 12:55	00:55:20
69	NISHA SELOKAR	20/09/2021 01:02	00:48:41
70	Namrata alaspure	20/09/2021 01:02	00:19:49
71	Nandini Marodkar	20/09/2021 01:27	00:23:41
72	Nayanshri Pardhi	20/09/2021 01:14	00:37:35
73	Nidhi Manwatkar	20/09/2021 01:03	00:18:13
74	Nikita Thakre	20/09/2021 12:51	00:58:26
75	Nimisha Kalkotwar	20/09/2021 01:17	00:33:20
76	Nivedita Kusram	20/09/2021 01:06	00:44:33
77	Payal Kshirsagar	20/09/2021 12:55	00:56:54
78	Poonam Singh	20/09/2021 01:18	00:18:53
79	Prachi padwe	20/09/2021 12:53	00:37:35
80	Pragati Borkar	20/09/2021 12:59	00:22:20
81	Pranay Atkar	20/09/2021 12:55	00:38:21
82	Pranmayi Jain	20/09/2021 01:35	00:08:54
83	Pranoti Jadhav	20/09/2021 01:00	00:34:24
84	Prash Waghmare	20/09/2021 01:03	00:29:44
85	Prathmesh Bodkhe	20/09/2021 01:13	00:28:09

86	Pratiksha Bhange	20/09/2021 01:10	00:41:10
87	Priyadharshini	20/09/2021 12:51	00:45:21
88	Punita Tiwari	20/09/2021 01:39	00:11:43
89	RAJENDRA DESHMUKH	20/09/2021 01:24	00:17:41
90	RIDDHI Desai	20/09/2021 01:01	00:49:59
91	ROHIT JAMBHULE	20/09/2021 01:04	00:46:43
92	Rakhi Waratkar	20/09/2021 01:03	00:29:11
93	Rashi Paware	20/09/2021 12:54	00:56:55
94	Rasika Patil	20/09/2021 01:09	00:12:56
95	Ritika Tandekar	20/09/2021 12:56	00:55:09
96	Riya Jadhao	20/09/2021 01:00	00:51:13
97	Riya Paikmare	20/09/2021 12:54	00:56:52
98	Rohini Wasnik	20/09/2021 01:04	00:46:33
99	Ronit Banerjee	20/09/2021 01:00	00:33:42
100	Rutuja Lanjewar	20/09/2021 01:04	00:40:01
101	SAKSHI LOKHANDE	20/09/2021 12:59	00:41:04
102	SALONI SAHU	20/09/2021 01:09	00:05:23
103	Saee Dharmadhikari	20/09/2021 01:04	00:47:19
104	Safura Mirza	20/09/2021 01:13	00:20:32
105	Sakshi Dudhagawli	20/09/2021 01:03	00:48:02
106	Sakshi Navalekar	20/09/2021 01:19	00:19:50
107	Sakshi Sharma	20/09/2021 12:51	00:33:30
108	Saloni Dhole	20/09/2021 01:14	00:18:41
109	Saloni Gautam	20/09/2021 12:59	00:31:39
110	Samata Deshmukh	20/09/2021 01:06	00:11:26
111	Sanjana Ramteke	20/09/2021 12:59	00:34:43
112	Sanjeevini Patil	20/09/2021 01:05	00:01:24
113	Sarvesh Bagde	20/09/2021 01:04	00:26:56

114	Savita Rao	20/09/2021 12:58	00:21:15
115	Shalini Bharti	20/09/2021 01:05	00:32:02
116	Sharvari Jichkar	20/09/2021 12:59	00:48:48
117	Shashank Tidke	20/09/2021 01:05	00:24:22
118	Shilpa Gedam	20/09/2021 01:06	00:05:34
119	Shivangi Sharma	20/09/2021 01:03	00:30:27
120	Shravani Kharche	20/09/2021 01:12	00:19:46
121	Shruti Waghchoure	20/09/2021 01:00	00:34:52
122	Shubhangi Hinge	20/09/2021 01:24	00:26:56
123	Shweta Vishwakarma	20/09/2021 12:57	00:36:26
124	Sofia Udan	20/09/2021 01:21	00:03:28
125	Somiya Khan	20/09/2021 01:00	00:51:31
126	Subhash Pande	20/09/2021 01:11	00:39:57
127	Suneeti Ashwinikumar Kh.	20/09/2021 01:06	00:07:05
128	Sushant Nimbhorkar	20/09/2021 12:51	00:59:52
129	TEJAS SHRIPAL	20/09/2021 01:14	00:18:35
130	TUSHAR PILLEWAN	20/09/2021 01:00	00:35:15
131	Tarini Jahagirdar	20/09/2021 12:51	01:00:29
132	Tasbiha Chhaware	20/09/2021 01:06	00:25:27
133	Tejasvini mute	20/09/2021 12:51	00:59:50
134	Thorvi Kubde	20/09/2021 12:59	00:35:31
135	Twinkle Rao	20/09/2021 12:56	00:54:51
136	Unnati Kadu	20/09/2021 01:11	00:02:21
137	VAIDEHI BHINGARE	20/09/2021 12:54	00:57:23
138	Vaishnavi Farkade	20/09/2021 12:59	00:16:08
139	Vaishnavi Kukde	20/09/2021 01:02	00:49:09
140	Vedant Bhongade	20/09/2021 12:58	00:53:27
141	Vedanti Tekade	20/09/2021 01:01	00:18:35

142	Viplav Wankhede	20/09/2021 12:59	00:03:19
143	Vrushali Yawalkar	20/09/2021 01:04	00:26:47
144	Yash Pandel	20/09/2021 01:02	00:49:18
145	Yash Patil	20/09/2021 12:55	00:56:34
146	Yashoda Wade	20/09/2021 01:00	00:18:38
147	ahana ansari	20/09/2021 01:01	00:30:44
148	anjali patil	20/09/2021 01:17	00:24:45
149	anupama mendhe	20/09/2021 01:10	00:41:36
150	arshiya shaikh	20/09/2021 01:03	00:23:33
151	ashok pund	20/09/2021 01:32	00:19:17
152	atul bobdey	20/09/2021 01:25	00:04:21
153	ayushi hedau	20/09/2021 12:59	00:36:25
154	bhushan patil	20/09/2021 01:08	00:00:19
155	janavi wankhede	20/09/2021 01:05	00:12:54
156	janhavi taikar	20/09/2021 12:58	00:52:46
157	janvi wadettiwar	20/09/2021 01:01	00:49:54
158	jinisha bhujade	20/09/2021 01:05	00:14:02
159	kaushalya dhabale	20/09/2021 12:51	00:39:45
160	mitali jaiswal	20/09/2021 01:09	00:34:33
161	palak mehta	20/09/2021 01:14	00:36:53
162	pranali marape	20/09/2021 12:59	00:51:52
163	pranjali mahant	20/09/2021 01:00	00:51:27
164	pratiksha ucchsare	20/09/2021 01:05	00:46:06
165	radhika kokate	20/09/2021 01:01	00:03:01
166	ruchita chakrapani CZM	20/09/2021 12:57	00:53:59
167	samir gaurkar	20/09/2021 12:58	00:50:32
168	sanskriti ghodmare	20/09/2021 01:00	00:50:29