

## **Report**

SSES Amravati's Science College, Nagpur

**Under the Aegis of IQAC**

Nutrition Week Celebration - 2021

Intercollegiate programme (Nutrient Counselling and Competitions)

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

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 Bobadey, 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 have sent the mobile selfie by preparing the healthy dishes.

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

Nutrition Week 2021 marks the **46th Nutrition Week** which is celebrated under the theme **“Feeding Smart Right From Start” – Exploring Human-Nourishing Diet.**

## **Winners of competitions -**

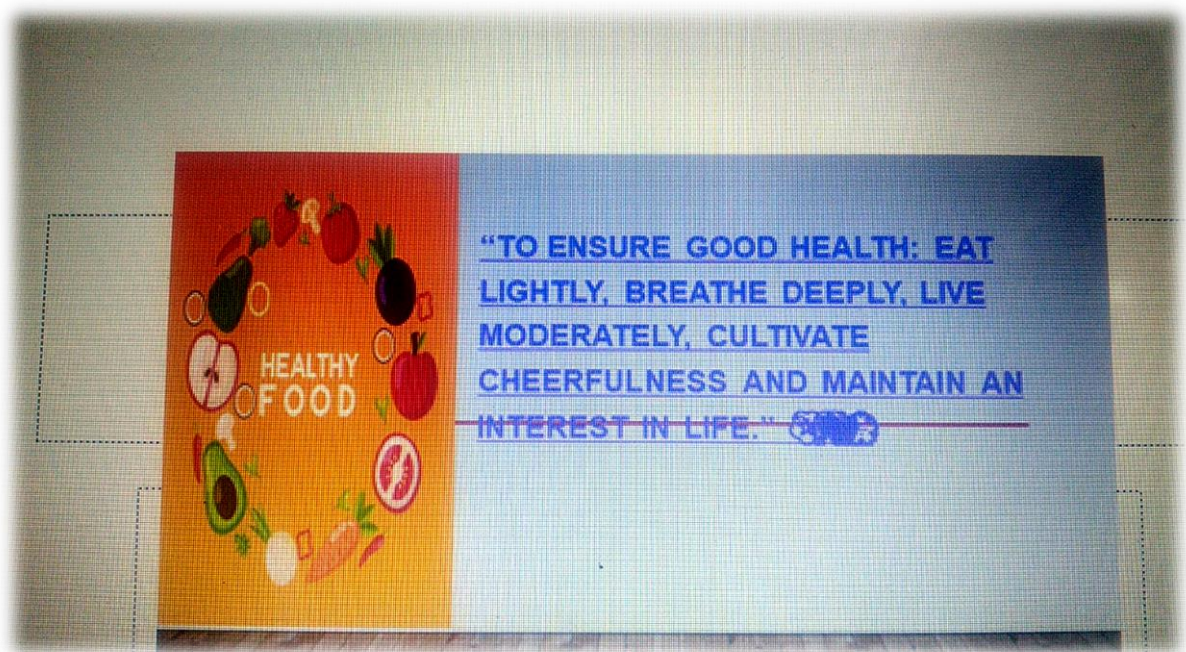
### **(1) Slogan Competition-**

**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)**

## Online Healthy Dish Competition



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

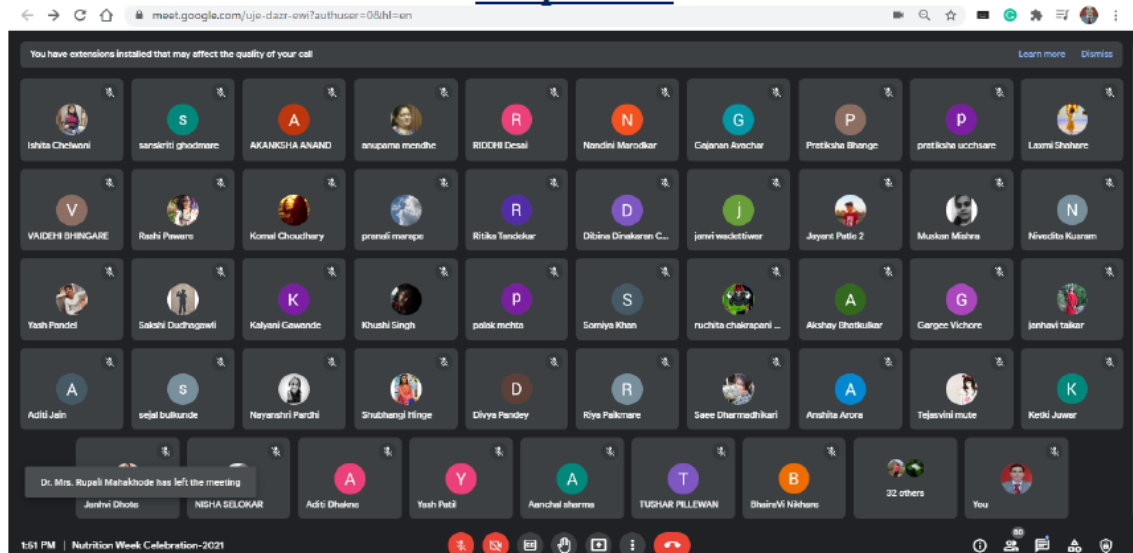
***B.Sc Sem 5 CZM***

***Shivaji Science College Nagpur***

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



## Snap Shots





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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

The slide features a light gray background with a dark teal curved shape on the right side. A small video inset in the top right corner shows Dr. Suneeti Khandekar speaking. The title 'Feeding Smart Right from Start!' is prominently displayed in a large, bold, dark teal font. Below the title, the speaker's name and qualifications are listed in a smaller, dark teal font.