



**Shri Shivaji Science College, Congress Nagar, Nagpur**  
**'A+' Grade accredited College by NAAC, Bangalore**  
**Under the aegis of IQAC**  
**Department Of Zoology**  
**Session: 2022-2023**  
**Nutrition Week Celebration 2022**

**“CELEBRATE A WORLD OF FLAVOURS”**

**REPORT**

Department of Zoology, Shri Shivaji College of Science, Nagpur celebrated 'NUTRITION WEEK CELEBRATION-2022'. On the theme- "Healthy Diet Habits Affordable to All ". A grand program was organized to mark the 125th Dr. Punjab Rao Deshmukh Jayanti and centenary year of Rastrasant Tukdoji Maharaj Nagpur University.

A guest lecture was organized on this occasion. **Dr. Manisha Sadhu**, famous dietician - was the guest speaker who emphasised on "Diet and Nutrition". She also suggested possible ways to naturally consumption food for calcium, Iron, Vit.D&B<sub>12</sub>. All the staff and students appreciated the lecture. She was also judge for healthy dish competition

Hon'ble Principal Prof. M.P. Dhore preside over the programme and said this nutrition counselling lecture may helpful for the students in their future life.

Department also organised an Intercollegiate Healthy Dish Competition UG and PG Students - to spread awareness among the students and society about healthy food habits and nutritive values in our diet. Dr M. P. Dhore, Principal has observed the dishes and posters prepared by students and in his address, he advised to eat healthy food. Head, Department of Zoology Prof. A. D. Bobdey stressed on the good eating habits. The programme was organised by **Convener- Dr Rupali Patil Bhagat**, Assistant Professor, Department of Zoology. Prof. S.V. Ghonmode, Dr S. G. Kadu, Dr. S. K.Katre, non-teaching staff and students (UG and PG), were prominently present on this occasion.

HOD

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

Convener

**Dr Rupali Patil Bhagat**



Shri Shivaji Education Society Amravati's  
**SCIENCE COLLEGE**  
Congress Nagar, Nagpur



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A College with Potential or excellence (2004-2019)  
An Institutional Member of APQN  
Recognized Center for Higher Learning  
A Mentor College under Paramarsh Scheme of UGC, New Delhi

**Nutrition Week**

# Nutritional Calendar

## SEPTEMBER 2022

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- GUD KA HALWA
- ZHUNKA BHAKAR
- UKDICHE MODAK
- GUAVA DRINK
- EGGPLANT CHAAT
- BRINJAL CHAAT
- GARDEN FRESH CASU SALAD
- WHOLE BAKED PUMPKIN SOUP

## NOVEMBER 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

- SARSON KA SAAG
- GOND KE LADDOO
- BEETROOT THORAN
- GAJAR KA HALWA
- MOONG PAKODA
- METHI PARATHA
- TIL PITHA
- CHIKKI

## OCTOBER 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- SPINACH SUNGHOKE SALAD
- PURAN POLI
- DRY FRUIT LADDOO
- COCONUT LADDOO
- RAGI DATES LADDOO
- BAKED CHAKLI
- BAKED SHAKKARPARE
- ANJEER BARFI
- ALMOND HALWA

## DECEMBER 2022

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- VEGAN CAKE
- YOGURT
- KOMBUCHA
- GINGER ALE
- FRIED MAKHANA
- THICK FRUIT MOCKTAILS
- SEASONAL GREEN SMOOTHIES
- RAJMA AND MOOND

- LAAPSI
- RAAB
- METHI PARATHA
- SHAKKARPARE
- TILGUD
- TILL LADDOO
- OONDHIYA

## JANUARY 2023

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## FEBRUARY 2023

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

- SWEET POTATO Gnocchi
- VEGETABLE RICE
- WHOLE ROASTED CHICKEN
- RED LENTIL VEGETABLE SOUP
- POTATO SOUP WITH SPINACH
- GINGER VEGGIE BROWN RICE PASTA
- ALMOND TILL CHIKKI

**Shri Shivaji Science College, Congress Nagar, Nagpur**  
**Department Of Zoology**  
**Session: 2022-2023**

**Date: 20/09/22**

**NOTICE**

- All the students are hereby informed that Nutrition Week Celebration 2022 will be held on 28th September 2022 i.e. on Wednesday by DEPARTMENT OF ZOOLOGY at conference hall. Everyone should wear college uniform and maintain discipline.
- Only volunteers should wear blue color decent Saree/Punjabi suit (backless, deep neck not allowed) for Girls and Shirt/Kurta for boys.
- Everyone has to give their attendance to their respective batch representatives after the programme.

All the participants of 'Healthy dish competition' are hereby informed to carry  
5 disposable plates,  
5 spoons,  
5 tissues,  
A table cloth

A white century paper sheet to spread under respective dish

After the program you have to clean your platform yourself and carefully dispose the cutlery in the dustbin, no one else will take responsibility for any uncleanliness created by the participants.

The participants of 'Poster Making competition' should submit their posters on 27<sup>th</sup> September 2022 (Tuesday) tomorrow itself to their respective representative, no late submission will be entertained.



Prof. Atul Bobdey  
HOD of Zoology

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



***Inauguration by Prof. M.P. Dhore, Principal,***



***Observation of dishes***



***Observation of poster***



**Display of Nutritive Dishes**





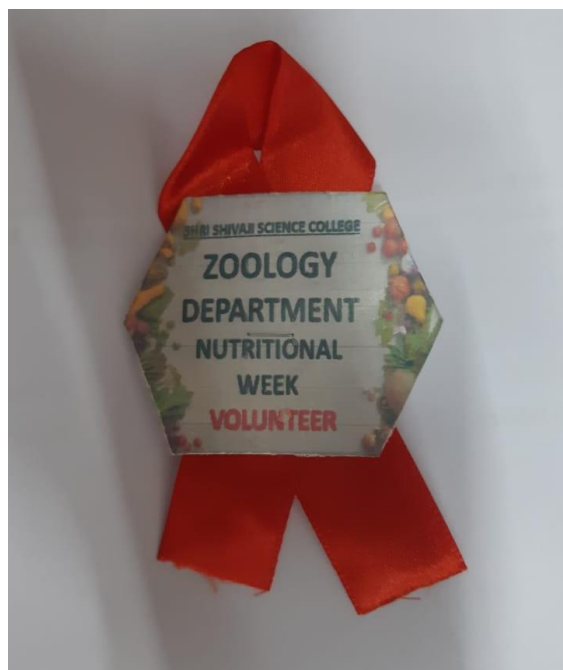
**Inauguration of Programme**



**Prize Distribution Ceremony**



*Presidential Speech*



*Badges given to participants and volunteers*





*Trophy for winner*

# Shivaji Science College

Hitwad  
03/10/22

SHIVAJI Science College organised a guest lecture on the



occasion of 'Nutrition Week Celebration-2022 Celebrate A World Of Flavors'. Manisha Sadhu, dietitian was the guest speaker who emphasised on healthy food

habits. A calendar made by students was also released at the hands of Principal Dr M P Dhore. The programme was organised by Dr Rupali Patil Bhagat. Prof SV Ghonmode, Dr S J Kadu, Dr S K Katre, non-teaching staff and students were prominently present on this occasion.

## शिवाजी विज्ञान महाविद्यालयात व्याख्यान



नागपूर : श्री शिवाजी विज्ञान महाविद्यालयातील प्राणीशास्त्र विभागात पोषण आहार सप्ताहानिमित्त प्रसिद्ध आहारतज्ञ मनीषा साधू यांच्या व्याख्यानाचे आयोजन करण्यात आले होते. निरोगी जीवनासाठी आरोग्यदायी आहारा कसा आवश्यक आहे याबाबत त्यांनी सविस्तर माहिती दिली. त्याचप्रमाणे जंक फूड टाळण्याचे संभाव्य मार्गही सुचवले. आहारातील पौष्टिक मूल्यांबद्दल लोकांमध्ये जागरूकता पसरवण्यासाठी विभागातर्फे प्राणीशास्त्राच्या यूजी विद्यार्थ्यांसाठी आरोग्यदायी डिश स्पर्धा आणि पोस्टरसह स्लोगन लेखन स्पर्धा आयोजित करण्यात आली होती. कार्यक्रमाच्या अध्यक्षस्थानी प्राचार्य डॉ.एम.पी.ढोरे होते. त्यांनी सकस आहार घेण्याचा सल्ला दिला. प्राणीशास्त्र विभागाचे प्रमुख प्रा. ए.डी. बोबडे यांनी खाण्याच्या चांगल्या सवयींवर भर दिला. कार्यक्रमाचे नियोजन सहायक प्राध्यापिका डॉ. रुपाली पाटील भगत यांनी केले. तसेच प्रा.एस.व्ही. घोनमोडे, डॉ.एस.जे. कडू, डॉ.एस.के. कटरे, शिक्षकेतर कर्मचारी, विद्यार्थी- विद्यार्थिनी या देखी उपस्थित होते.

## HEALTHY DISH COMPETITION'




NAME OF PARTICIPANTS	BATCH	HEALTHY DISH COMPETITION REMARKS
<b>3rd YEAR</b>		
1 SANSKRUTI GHODMARE	B1	
2 ARSHIYA SHAIKH	B1	
3 TWINKLE RAO	B1	
<del>4 ANUSHKA KHARE</del> X	B3	
5 KAMINI FUNNE	B3	
<del>6 PRIYANSHI DUBEY</del>	B3	
<del>7 TASBIHA CHHAWARE</del> X	B3	34
8 SALONI GAUTAM	B3	
9 SHRAVANI KHARCHE	B3	
10 KETKI SONKUSAKRE	B4	
<del>11 PALAK MEHTA</del> X	B4	I
12 AANCHAL SHARMA	B4	
13 CHAITALI PATIL	B4	
14 FALGUNI SHIVAHRE	B4	
15 KHUSHI MISHRA	B4	
16 DHANSHIKA WAGHMARE	B4	
17 POONAM KHOPE	B3	
<del>18 BHAVANA BAGDE</del>	B3	
19 TANUJA BISHT	B3	
<b>2nd YEAR</b>		
<del>1 DEVENDRA GIRI</del> X	B3	-II
2 ISHA DHAKAHA	B3	
3 MRUNMAYEE BENDRE	B3	
4 ISHA KOLHATKAR	B3	
5 SHALINI BHARTI	B3	
6 MADHAVI RORIA	B4	
7 ZAINAB MOTORWALA	B4	
<del>8 PRANITI MOHADIKAR</del> X	B4	-III
9 AANCHAL CHOUDHARY	B3	
10 MONALI MAHANT	B1	
<b>1st YEAR</b>		
1 YASHASHREE GHAYWAT	B3	
2 UMAKANTI BAGHEL	B3	
3 GARIMA CHADOKAR	B3	
4 AKANSHA SHINDE	B4	

Conculation Healthy dish  
Anushka khare

Best volunteer - Riddhi  
- Vasu

Poster Conculation -

## VOLUNTEER'S LIST

1. Palak Mehta  (3<sup>rd</sup> yr)
2. Anushka Khare  (3<sup>rd</sup> yr)
3. Gargee Vichore (3<sup>rd</sup> yr)
4. ~~Chaitali Patil~~ (3<sup>rd</sup> yr)
5. Ishita Chelwani (3<sup>rd</sup> yr)
6. Janhavi Taikar (3<sup>rd</sup> yr)
7. Riddhi Desai (2<sup>nd</sup> yr)
8. Afiya Bandhukia (2<sup>nd</sup> yr)
9. Mrunmayee Bendre (2<sup>nd</sup> yr)
10. Isha Kolhatkar (2<sup>nd</sup> yr)
11. Safura Mirza (2<sup>nd</sup> yr)
12. Avanti Pusdekar (2<sup>nd</sup> yr)
13. Devendra Giri  (2<sup>nd</sup> yr)
14. Dnyaneshvarii Sukaare (2<sup>nd</sup> yr)
15. Monali Mahant (2<sup>nd</sup> yr)
16. Vasu Madekar (2<sup>nd</sup> yr)
17. Shruti Waghmare (2<sup>nd</sup> yr)
18. Abhishek Batke (2<sup>nd</sup> yr)
19. Krunal Bajait (2<sup>nd</sup> yr)
20. Shrushti Ninawe (2<sup>nd</sup> yr)
21. Nivedita kusram (2<sup>nd</sup> yr)
22. ~~Vaibhav Tilde~~ Raven Dutta (1<sup>st</sup> yr) 2<sup>nd</sup> yr
23. Shreya Kalambe (1<sup>st</sup> yr)
24. Yashashree Ghaywat (1<sup>st</sup> yr)
25. Prachi Sarode (1<sup>st</sup> yr)
26. Tanushree Manapure (1<sup>st</sup> yr)
27. Minal Bisen (1<sup>st</sup> yr)
28. Shravani Shende (1<sup>st</sup> yr)
29. ~~Gitansh Dhapedkar~~ (1<sup>st</sup> yr)
30. Yash Dasle (1<sup>st</sup> yr)

FOR LABORATORY OF ZOOLOGY :- PROF. S.N. GHORMODE MAA'M - Shreyas  
 Dr. SHILPA KATRE MAA'M -

FOR CONF. HALL :- PROF. DR. SEEMA KADU MAA'M - Seema  
 PROF. SHILPA KATRE MAA'M - Shilpa

**VOLUNTEER'S LIST**

Kamini Shinde - Jury  
Anchal Sharma.

1. Palak Mehta (3<sup>rd</sup> yr) : Intro of guest + notice Palak
2. Anushka Khare (3<sup>rd</sup> yr) : Intro of dept. + notice Anushka
3. Gargee Vichore (3<sup>rd</sup> yr) : Anchoring conf. hall Gargee
4. Chaitali Patil (3<sup>rd</sup> yr) : Rangoli conf hall Chaitali
5. Ishita Chelwani (3<sup>rd</sup> yr) : Dept. volunteering Ishita
6. Riddhi Desai (2<sup>nd</sup> yr) : Anchoring conf. hall + list preparations + stationery Riddhi
7. Afiya Bandhukia (2<sup>nd</sup> yr) : floral welcome + poster Afiya
8. Mrunmayee Bendre (2<sup>nd</sup> yr) : floral welcome + board decoration Mrunmayee
9. Isha Kolhatkar (2<sup>nd</sup> yr) : floral welcome + board decoration Isha
10. Safura Mirza (2<sup>nd</sup> yr) : floral welcome + poster Safura
11. Avanti Pusdekar (2<sup>nd</sup> yr) : Memento + Batches + Prize distribution Avanti
12. Devendra Giri (2<sup>nd</sup> yr) : Prize distribution + department volunteering Devendra
13. Dnyaneshvari Sukare (2<sup>nd</sup> yr) : technical team for calendar Dnyaneshvari
14. Vaishnavi Likhitkar (2<sup>nd</sup> yr) : Rangoli supervision Vaishnavi
15. Vasu Madekar (2<sup>nd</sup> yr) : table programme + calendar + batch representative 2<sup>nd</sup> yr Vasu
16. Shruti Waghchoure (2<sup>nd</sup> yr) : technical team for calendar Shruti
17. Abhishek Batke (2<sup>nd</sup> yr) : saplings Abhishek
18. Krunal Bajait (2<sup>nd</sup> yr) : lift 3<sup>rd</sup> floor Krunal
19. Shrushti Ninawe (2<sup>nd</sup> yr) : rangoli dept. + batch representative Shrushti
20. Nivedita kusram (2<sup>nd</sup> yr) : rangoli dept. + poster Nivedita
21. Vaibhav Tikde (1<sup>st</sup> yr) : batch representative Vaibhav
22. Shreya Kalambe (1<sup>st</sup> yr) : vote of thanks Shreya
23. Yashashree Ghaywat (1<sup>st</sup> yr) : conf hall volunteer Yashashree
24. Prachi Sarode (1<sup>st</sup> yr) : batch representative Prachi
25. Tanushree Manapure (1<sup>st</sup> yr) : light lamping decoration Tanushree
26. Minal Bisen (1<sup>st</sup> yr) : lamp lighting duty Minal
27. Gitansh Dhapodkar (1<sup>st</sup> yr) : volunteer of dept. Gitansh
28. Pranay Chouragade. (2<sup>nd</sup> yr) : saplings + batch representative 2<sup>nd</sup> year Pranay
29. Anshu Meshram (2<sup>nd</sup> yr) : Lift downstairs Anshu
30. Nandini Kapoor (2<sup>nd</sup> yr) : batch representative 2<sup>nd</sup> yr Nandini
31. Raven Datta (1<sup>st</sup> yr) : lift downstairs Raven
32. Yash Dorle (1<sup>st</sup> yr) : batch representative Yash
33. Janhvi Taike (1<sup>st</sup> yr) : volunteering Janhvi
34. Jinisha Bhujade (2<sup>nd</sup> yr) : Jinisha
35. Radhika Salpekar (2<sup>nd</sup> yr) :- BR. Radhika

CONVENER  
Rupali

H.O.D  
 Department of Zoology

[Signature]



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**NUTRITION WEEK - 2022**

**CERTIFICATE**

Certificate ID: {{Certificate ID}}

This is to certify that

.....  
has Owned First / Second / Third / Consolation Prize in Poster competition/ Healthy Dish Competition organized by Department of Zoology in association with IQAC of SSESAs Science College, Nagpur on 27<sup>th</sup> to 29<sup>th</sup> September 2022.

*Rupali*  
Dr. Rupali Patil Bhagat  
Convener

*A. D. Bobdey*  
Prof. A. D. Bobdey  
Head

*M. P. Dhore*  
Prof. M. P. Dhore  
Principal & Chairman

To,

The principal  
SSES Amt's science college  
Magpur.

sub:- permission to conduct. Nutrition  
Week & wild life week activity

Respected sir,

This is to request you that,  
the nutrition week celebration &  
wild life week celebration activities  
are routine activities of the zoology  
department.

Hence please permit. for the  
same and oblige me.

Also grant me permission to  
~~conduct the study tour of B.Sc III students~~  
& prizes under the said programmes.

please do the needful & oblige  
me.

Thanking you.

Yours sincerely  
@boboley

Prof. A. S. Boboley  
Head, Dept. of  
Zoology.

20/09/2022

Permitted

ND Shree  
12.9.22

## **INAUGURAL PROGRAMME – 20/09/2022**

1. LIGHTING OF LAMPS BY DIGNITORIES

2. WELCOME OF GUESTS BY SAPLINGS

- Chairman (Hon'ble Principal) – by Prof. A.D.Bobdey, Head Dept. of zoology

- Dr. MANISHA SADHU ( Guest of honour) – by Hon'ble Principal

3. INTRODUCTION OF GUESTS - STUDENT

4. INTRODUCTORY SPEECH – DR. MRS. SEEMA KADU

5. FEW WORDS – HEAD OF THE DEPARTMENT

6. ADDRESS BY CHAIRMAN (Hon'ble Principal)

7. VOTE OF THANKS – DR. MRS. RUPALI PATILBHAGAT



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

**Zoology Department Program Feedback Form**

We hope you enjoyed our program. Please take a moment to share your thoughts with us.

**Personal Information**

1. **Name:** \_\_\_\_\_
2. **Email:** \_\_\_\_\_
3. **Program:** \_\_\_\_\_
4. **Date:** \_\_\_\_\_

**Program Evaluation**

- **Overall, how satisfied were you with the program?**
  - [ ] Very Satisfied
  - [ ] Satisfied
  - [ ] Neutral
  - [ ] Dissatisfied
- **How relevant was the content of the program to your needs?**
  - [ ] Extremely Relevant
  - [ ] Very Relevant
  - [ ] Somewhat Relevant
  - [ ] Not so Relevant
- **How would you rate the quality of the instruction?**
  - [ ] Excellent
  - [ ] Good
  - [ ] Average
  - [ ] Poor
- **Was the program length:**
  - [ ] Too Long
  - [ ] Just Right
  - [ ] Too Short
- **How likely are you to recommend this program to others?**
  - [ ] Very Likely
  - [ ] Likely
  - [ ] Neutral
  - [ ] Unlikely

**Open-Ended Questions**

- **What did you like most about the program?** \_\_\_\_\_
- **What did you like least about the program?** \_\_\_\_\_
- **Do you have any suggestions for improving the program?**  
\_\_\_\_\_

**Additional Comments**

- **Please share any additional comments or suggestions below:**  
\_\_\_\_\_