

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,

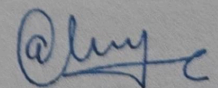
5 tissues,

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 27th 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.

To,

The principal
SSES Amt's Science College
Nagpur.

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

N. Dhoke
22.9.22



Shri Shivaji Education Society Amravati's

SCIENCE COLLEGE

Congress Nagar, Nagpur



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A College with Potential or excellence (2004-2019)

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Nutrition Week



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”

Date: September 28, 2022

Venue: Conference Hall and Zoology laboratory

Organized by: Department of Zoology, Shri Shivaji College of Science, Nagpur

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&B₁₂. 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.

ACTION TAKEN: The Nutrition Week Celebration 2022 was a successful and impactful event. It achieved its objectives of raising awareness, promoting healthy eating, and engaging students creatively. Students demonstrated creativity and critical thinking in their dish preparations and poster designs, effectively conveying important messages about nutrition. The Department of Zoology at Shri Shivaji Science College, Nagpur, effectively organized the event, providing valuable insights and practical knowledge to all attendees.

HOD

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

Convener

Dr Rupali Patil Bhagat

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 SUNCHOKE 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
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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



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				

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



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



Nagpur, Maharashtra, India
Chandrapur - Nagpur Rd, Dhantoli, Nagpur, Maharashtra 440020, India
Lat 21.12254°
Long 79.07368°
20/09/22 11:41 AM GMT +05:30

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 S V 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 वेळी उपस्थित होते.

HEALTHY DISH COMPETITION'

NAME OF PARTICIPANTS	BATCH	HEALTHY DISH COMPETITION REMARKS
3rd YEAR		
1 SANSKRUTI GHODMARE	B1	
2 ARSHIYA SHAIKH	B1	
3 TWINKLE RAO	B1	
4 ANUSHKA KHARE X	B3	
5 KAMINI FUNNE	B3	
6 PRIYANSHI DUBEY	B3	
7 TASBIHA CHHAWARE Y	B3	34
8 SALONI GAUTAM	B3	
9 SHRAVANI KHARCHI	B3	
10 KETKI SONKUSAKRE	B4	
11 PALAK MEHTA 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	
18 BHAVANA BAGDE	B3	
19 TANUJA BISHT	B3	
2nd YEAR		
1 DEVENDRA GIRI 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	
8 PRANITI MOHADIKAR X	B4	III
9 AANCHAL CHOUDHARY	B3	
10 MONALI MAHANT	B1	
1st YEAR		
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 (3rd yr)
2. Anushka Khare (3rd yr)
3. Gargee Vichore (3rd yr)
4. Chaitali Petil (~~3rd yr~~)
5. Ishita Chelwani (3rd yr)
6. Janhavi Taikar (3rd yr)
7. Riddhi Desai (2nd yr)
8. Afiya Bandhukia (2nd yr)
9. Mrunmayee Bendre (2nd yr)
10. Isha Kolhatkar (2nd yr)
11. Safura Mirza (2nd yr)
12. Avanti Pusdekar (2nd yr)
13. Devendra Giri (2nd yr)
14. Dnyaneshvarii Sukaare (2nd yr)
15. Monali Mahant (2nd yr)
16. Vasu Madekar (2nd yr)
17. Shruti Waghmare (2nd yr)
18. Abhishek Batke (2nd yr)
19. Krunal Bajait (2nd yr)
20. Shrushti Ninawe (2nd yr)
21. Nivedita kusram (2nd yr)
22. Vaibhav Tike Raven Dutta (~~2nd yr~~) 2nd yr
23. Shreya Kalambe (1st yr)
24. Yashashree Ghaywat (1st yr)
25. Prachi Sarode (1st yr)
26. Tanushree Manapure (1st yr)
27. Minal Bisen (1st yr)
28. Shravani Shende (1st yr)
29. Gitanesh Dhapodkar (~~1st yr~~)
30. Yash Daste (1st yr)

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

FOR CONF. HALL :- PROF. DR. SEEMA KADU MAA'M - Dr
 PROF. SHILPA KATRE MAA'M - Sakha

VOLUNTEER'S LIST

Kamini Shinde - Junny
Anchal Sharma

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

Juchelwar → Certificate writing

Desai

Arbatkar

Aravali
Devendra

Shreyas

Vikram

Vasudekar

Shrushti

Skalambe

Prachi

Manapure

Minal

Pranay

Anshu

Raven

Yash

Jinisha

Bhujade

→ guiding for prizes & flowers

H.O.D
 Department of Zoology

Aditya

CONVENER

Rupali



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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 SSES's Science College, Nagpur on 27th to 29th 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

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

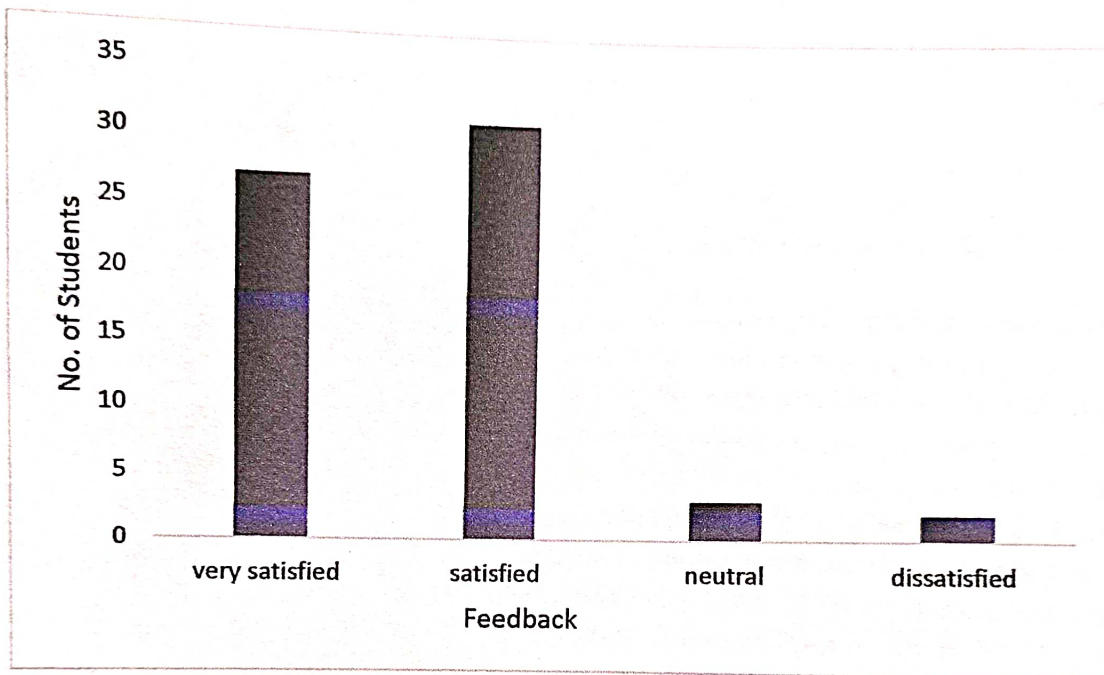
- **What did you like most about the program?** _____
- **What did you like least about the program?** _____
- **Do you have any suggestions for improving the program?**

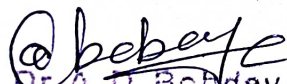
Additional Comments

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

Feedback


Feedback from participants was overwhelmingly positive. Many students expressed their appreciation for the informative lecture and the opportunity to participate in the competitions.




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


IQAC Coordinator
Science College,
Congress Nagar Nagpur




Principal
S. S. E. S. Amravati's
Science College, Nagpur.