


**Ambedkar College, Deekshabhoomi, Nagpur**  
**Department of Biochemistry and Biotechnology**

**Notice**

This is to inform all the students of Department of Biochemistry & Biotechnology that our department is organizing a one day guest lecture on "Nutrition and Human Health" on 6-09-2022 at 11.30 am, in order to celebrate World Nutrition Week. The renowned Nutritionist as a guest speaker for the day is Dt. Meghana Kumare, Red Apple Wellness Diet Centre, Dharampeth, Nagpur.

Venue: - Room No 1 (Miniauditorium)  
Timing-11.30 am

  
02/09/2022.

Dr.Utpal Dongre  
HOD

Department of Biochemistry &  
Biotechnology

- 1) Akanksha Lade Akanksha
- 2) Diksha Dayma Dayma
- 3) Gayatri R. Sharma gsharma
- 4) Aanya Kaich Kaich
- 5) Shrivani Sangitrao Sangitrao
- 6) Mayank Chauhan Chauhan
- 7) Phalok Maslam
- 8) Ankusha
- 9) Musshi Kundajwar Musshi
- 10) Anisha Rahate Rahate
- 11) Aastha Thakare Thakare
- 12) Divya
- 13) Aastha
- 14) Praachi Somkuwar Somkuwar
- 15) Neha Tekare Tekare
- 16) Khushboo Patle Patle
- 17) Akshat Hatwari Hatwari
- 18) Sneha S. Panteke Panteke
- 19) Anshul P. Nitnaware Nitnaware
- 20) Divya D. Pandey Pandey
- 21) YASH S. GAJBHIYE Gajbhiye
- 22) Sumit. Kosare Kosare
- 23) Timanshu Kotte Kotte
- 24) Rohit. Waike Waike
- 25) Aditi. Chavhan Chavhan
- 26) Shruti. Gajbhiye Gajbhiye
- 27) Mansi Patil Patil
- 28) Harshita Khapekar Khapekar
- 29) Khushi Kadke Kadke
- 30) Chetana Deepali Ason Chetana

- 31) Mandul Caurkchede Mandul
- 32) Manonvi Dhopte
- 33) Vaibhavi Joshi
- 34) Rutvik
- 35) Rohan
- 36) Soloni Tagade
- 37) Kavita Rautkar
- 38) Pranjali Dubey
- 39) Anshantika Parthi

# REPORT

The National Nutrition Week was first established in 1975 by the members of the American Dietetic Association, which is now known as the Academy of Nutrition and Dietetics. It was first observed in India in 1982 when the Government of India began a drive to inform its people and motivate them on how to live a long and healthy life. Each year, National Nutrition Week is celebrated with a unique theme.

The theme for this year is 'Celebrate a World of Flavors' which encourages people to have a healthy lifestyle while enjoying the flavors of food. A nutritious diet holds key to one's health. In the current stressful world, where a sedentary lifestyle is causing heart ailments in young people, it is increasingly important to focus on the right food, which gives us adequate nutrition. Obesity is becoming a major issue in urban India. On the other hand, there is a very serious problem of hunger and malnourishment that is affecting a large part of the population, especially in rural areas.

According to Global Hunger Health Index Report 2021, India ranked 101st among 116 countries. This means we have a long way to go to ensure that all our people have access to a nutritious diet. Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of nutrients. It includes under-nutrition, vitamin or mineral deficiency, overweight, obesity, and diet-related non-communicable diseases (such as heart disease, stroke, diabetes, and some cancers).

- 38.4% of children under age 5 are stunted, and 46% are underweight for their age.
- Abnormally low weight for the child's height affects 19% of children under the age of 3.
- Overall, girls and boys are about equally likely to be undernourished.
- Most children under age 5 are anemic (79.2%). The prevalence is slightly higher in rural areas and among non-educated mothers.
- Overweight and obesity affect almost 15% of women and 12% of men in India.
- Only 51 percent of Indian households use adequately iodized salt.

National Nutrition Week is India's biggest Good Food and Nutrition celebration from 1 – 7 September 2022. This week is celebrated in the following ways-

- A live web-based series of nutrition events on India's landmark health and wellbeing forum is showcased throughout the week.
- Bringing relevant ministries, government and private organizations, global and national level health and good food organizations, policymakers, corporate, and social organizations working at the grassroots level, top nutrition, good food and diet experts, and doctors on a live web interaction with target audiences.
- Providing insight on the government schemes, complete healthy dietary practices, and awareness on women & child nutrition.
- Mass Penetration through Multiple Active Social Media Platforms and videos.
- **Bharat Poshan Premier Quiz** is India's largest virtual quiz, which attracts schools, students, and their parents pan India. This virtual quiz focuses on good food, nutrition, and healthy eating practices and is engaging, informative, and an exciting learning experience for young and growing kids with a much-needed interest in quality food and healthy living.

- **Healthy Khayega India** is driven by social media influencers, top nutritionists, and chefs, who cook healthy dishes online, to promote healthy food practices among people.

In order to contribute a little from our side Department had organized a one day guest lecture on “Nutrition and Human Health” on 6-09-2022 at 11.30 am in Room No. 204 in order to celebrate World Nutrition Week. The renowned Nutritionist as a guest speaker for the day was Dt. Meghana Kumare, Red Apple Wellness Diet Centre, Dharampeth, Nagpur.

Madam in her lecture explained so many essential aspects of good food and balanced diet. She focused on all the necessary things like proteins, minerals, carbohydrates, vitamins, essential fatty acids required for living a healthy life and their sources through which we can get all of these. She also stressed on the fact that not only food but yoga, meditation and exercise are also required to be healthy.

The program started by welcoming the guest speaker by offering a sapling by Principal of the college Dr. Mrs. B.A. Mehere. Dr. Deovrat Begde, Assistant Professor, Department of Biochemistry and Biotechnology, also welcomed Principal Madam by offering a sapling. Mr. Pradip Hirapure, Assistant Professor, Department of Biochemistry and Biotechnology welcomed Dr. Deovrat Begde by offering a sapling. The program started with a welcoming address by Dr. Mrs. B.A. Mehere.

A total of 39 students of B.Sc. were present in the program. Out of which 28 were girls and 11 were boys. Mrs. Shweta Paranjape, Assistant Professor, Department of Biochemistry and Biotechnology was the program Coordinator. All the teaching and nonteaching staff members were present in the program. The program ended with the vote of thanks by the program coordinator.

## Glimpses of the program



Mrs. Shweta Paranjape Coordinator of the program welcoming the guests



Dt. Meghana Kumare addressing the students



Dr. Mrs. B.A. Mehere, Principal, Dr. Ambedkar college Giving welcome speech and addressing all



## Guest lecture Feedback

S.NO	Submit Date	Name of the Student	Phone number	Email-id	Does the guest lecture created a valuable impression?	Do you feel session to be boring?	What is the most usable strategy you gained from this guest lecture?	Would you recommend this guest lecture to others?	How would you rate this lecture out of 5?	Do you feel the resource person appropriate for the lecture?	Do you want such lectures to be organised in future?
1	07-09-2022	Akshat Hatwar	7741099857	akshathatwar123@gmail.com	5	4th Session	To prioritise health more than anything	Yes	5	True	True
2	07-09-2022	Ambarish parkhi	9834582589	Ambarishparkhi@gmail.com	5	1st Session	There cummunication skillis were adorable	Yes	5	True	True
3	07-09-2022	Priyanjali s Dubey	7719959909	priyanjalidubey2070@gmail.com	5	5th Session	Regarding healthy diet	Yes	5	True	True
4	07-09-2022	Akanksha Lade	9767742725	akankshalade5112@gmail.com	1	1st Session	Eat nutritious food	Yes	5	True	True
5	07-09-2022	Mansi M Parihar	9119511607	Pariharmansi46@gmail.com	4	1st Session	About diet what we have to eat or what not	Yes	4	True	True
6	07-09-2022	Diksha dayma	9420177387	Dikshadayma1605@gmail.com	5	1st Session	Health is most important and to fulfill what we want to achieve we must take care of ourselves first .	Yes	5	True	True
7	07-09-2022	Kavita Rankawat	9561812565	s2001swami@gmail.com	5	1st Session	eat healthy stay fit	Yes	5	True	True
8	07-09-2022	SALONI TAGADE	8378813354	salonitagade12@gmail.com	5	5th Session	eating on time	Yes	5	True	True
9	07-09-2022	Rohan	9876452310	Cyberfatemi@gmail.com	1	1st Session	We get that we should not attend this type of lectures	No	1	False	False

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10	07-09-2022	KHUSHI ARUN HADKE	8625922755	khushihadke.03@gmail.com	3	1st Session	We should do all things in a proper time and follow a healthy diet.	Yes	4	True	True
11	07-09-2022	Prachi Ramesh Somkuwar	8805439501	somkuwarharshal795@gmail.com	3	2nd Session	Exercise , health	Yes	5	True	True
12	07-09-2022	Rutvik	8668278572	runviksakharkar8668@gmail.com	1	1st Session	Hmm 😊 I will never attended it again	No	1	False	False
13	07-09-2022	Anushka Ashok Gandhare	9730824723	anushkagandhare2003@gmail.com	4	1st Session	To learn about health	Yes	4	True	True
14	07-09-2022	Aditi Chavhan	9359660796	adichavhan2423@gmail.com	5	1st Session	Learned to focus on health	Yes	5	True	True
15	07-09-2022	Divas Deenanath Pandey	7249354872	divasp2002p@gmail.com	4	1st Session	Nutrition values	Yes	4	True	True
16	07-09-2022	Anshul Pradip Nitnaware	9763629561	anshulnitnaware53777@gmail.com	4	1st Session	Nutrition values	Yes	4	True	True
17	07-09-2022	Vaibhavi joshi	9325345775	vaibhvirjoshi26@gmail.com	3	4th Session	To explore the things which is very Essential for our future knowledge	Yes	3	True	True
18	07-09-2022	Anisha Rahate	8849890643	rahateanisha@gmail.com	4	3rd Session	The most suitable strategy I gained from this lecture is to make certain strict changes in my lifestyle.	Yes	5	True	True

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19	07-09-2022	Manasvi Dhopte	7385091503	manasvidhopte07@gmail.com	5	1st Session	To work on myself and eat healthy and how I can make myself eat healthy food	Yes	4	True	True
20	07-09-2022	Mrudul Gaurkhede	9356515877	mrudulgaurkhede0411@gmail.com	1	1st Session	Good	Yes	1	True	True
21	07-09-2022	Arushi kundajwar	7249081017	Kundajwararushi@gmail.com	5	1st Session	Doing things at their specific time is important	Yes	5	True	True
22	07-09-2022	Chetna Deepak arora	9561341615	Chetna.arora.chipi@gmail.com	5	5th Session	How much is our health is imp	Yes	5	True	True