

**REPORT ON ONE DAY  
WORKSHOP ON “NUTRITION  
AND DIETETICS “**

Department of Zoology &  
Fisheries

Y.C.I.S, Satara  
1/9/2017

## **A report on**

### **One day workshop on “Nutrition and Dietetics”**

An one day workshop on Nutrition and Dietetics was organized by Department of Zoology And fisheries on 1<sup>st</sup> September 2017 . The beneficiaries for this workshop was total 312 students from B.Sc I to Msc II students of zoology department .The workshop was inaugurated by the hands of Principal Dr. K.G .Kanade in the presence of honourable Resource Persons Dietitian Deepali Kholgade and Mr.suyash Bhandari from Pune , Head of the department Dr.V.Y Deshpande ,and all the teaching staff members of the department and students .



After inauguration ,lecture was first delivered by Dt.Deepali Kholgade who is a certified diabetic educator ,working in CIPLA as Pune Head Nutritionist .



.She delivered her talk on topic “Food Safety and Hygiene” .In which she explained all the food safety techniques ,ways of keeping good habits about the personal diet by keeping a proper balanced diet .Also she explained how to identify food adulteration by giving homemade ideas to identify whether the food I adulterated or not and lastly explained the information about the maintaineneance about food hygiene which plays very important role in ones nutrition .



Next lecture was delivered by Mr.Suyash Bhandari who is a Holistic lifestyle coach check institute from U.S ,and a certified clinical and sport nutritionist .He delivered his talk on Nutrition and Diet Therapy

In which he explained the goals and objectives of nutrition and diet therapies by defining the nutrition and diet in very simple terms .Also he gave information about the sources of protein ,fats and carbohydrate ,and its daily requirement in normal and abnormal conditions ,and their importance in maintaining the balanced

diet



And also he explained about the diet of the sports personalities in maintaining their daily needs of there body for getting a proper sports physique .

In this way both the sessions were very informative and very useful in our day to day life which inspired the students and staff to a proportionate diet everyday to live a very healthy life .After both the lecture students had very active interactive session with the resource persons .Then at

end of the seesion Dr.R.S Dubal sir gave vote of thanks to thanks all the committee members for arranging such type of useful workshop and then had a sweet end of the fruitful workshop .