

Gokhale Education Society's

SMRK-BK-AK Mahila Mahavidyalaya, Nashik--422005

SMRK-BK-AK/QM/7.2/01

DEPARTMENT OF FOOD SCIENCE AND NUTRITION

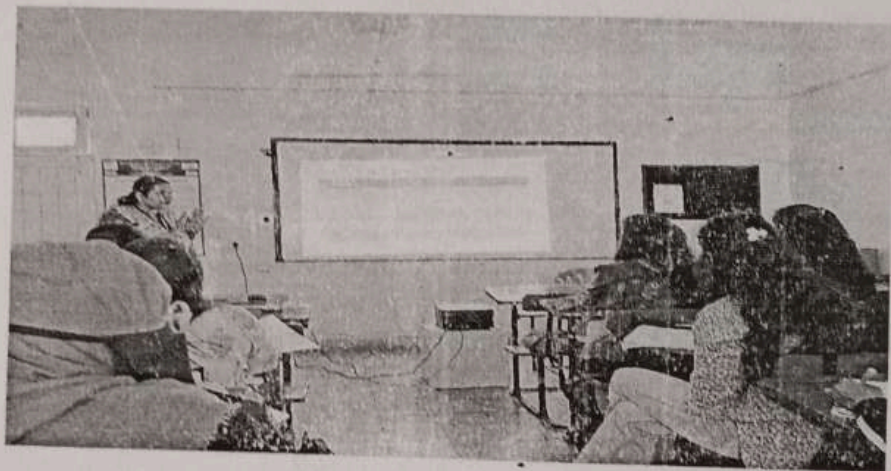
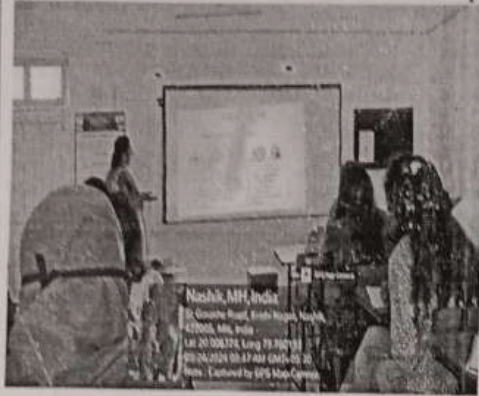
EVENT REPORT

Name of Programme:	Carbohydrate Counting Workshop
Day and Date :	Tuesday 24 rd Sept 2024
Organizing Committee/ Department (Mention collaborating Agency , if any)	Department of Food Science and Nutrition
Time :	9.30am to 10.30am
Topic / Theme :	"Carbohydrate Counting"
Resource Person :	Mrs. Meenal Zawar
No. of students attended the Programme:	20 students and 2 teachers
Brief Summary	<p>FFSN Dept. has organized Carbohydrate Counting workshop to understand how to plan meals for Type I Diabetes patients on insulin with the help of Carbohydrate Counting to maintain good glycemic control for T.Y. students of ND specialization. The resource person for the workshop was Mrs. Meenal Zawar She is Registered Dietician (RD) & Founder Of "Swasthya 4 U Clinic" and a Certified Diabetes Educator.</p> <p>The resource person taught students to determine the total number of carbohydrates, insulin sensitivity and insulin carbohydrate ratio in order to modify the insulin dosage. Also, she helped students to understand carbohydrate counting technique better as a meal planning technique. The students also learnt about its benefits like:</p> <p>Fewer incidences of hyperglycemia and hypoglycemia</p> <p>Give more flexibility in diet for the patients</p> <p>Less restrictions in diet</p>

Signature of the
committee In-
charge/ H.O.D.

Meena Zawa

(Attach
Photographs)



Meena Zawa
26/9/24

Head

Dept. of Food Science And Nutrition
SMRK-BK-AK Mahila Mahavidyalaya,
Nasik - 422 005

K. Sandhya

Principal

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