

**EVENT REPORT FORMAT**

---

<b>Name of the Programme:</b>	<b>Carbohydrate Counting Workshop</b>
<b>Day and Date :</b>	<b>Friday 28-03-2023</b>
<b>Organizing Committee/ Department</b> (Mention Collaborating Agency, if any)	<b>Department of Food Science and Nutrition</b>
<b>Time:</b>	<b>9:30 am -10:30 am</b>
<b>Topic/theme:</b>	<b>Carbohydrate Counting</b>
<b>Resource Person:</b>	<b>Mrs. Mayuri Joshi Sahastrabuddhe</b>
<b>No. of Students attended the Programme:</b>	<b>33 (S.Y. &amp; T.Y. N.D.)</b>
<b>Brief Summary:</b>	<p><b>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 and S.Y. students of ND specialization. The resourse person for the workshop was Ms. Mayuri Sahastrabhudhe. She is post graduate in Clinical Dietetics from SNDT University, Mumbai and is a Certified Diabetes Educator.</b></p> <p><b>The resourse 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 sudents to understand carbohydrate counting technique better as a meal planning technique. The students also learnt about its benefits like :</b></p> <ul style="list-style-type: none"><li>● <b>Fewer incidences of hyperglycemia and hypoglycemia</b></li><li>● <b>Give more flexibility for the patients</b></li><li>● <b>Less restrictions</b></li></ul>

- Wide range of food options

The workshop ended with a question and answer session.

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

(Attach Photographs)



