

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 the Programme:	National Nutrition Month Celebration, Sept 2025-26
Day and Date :	Friday 29-08-2025
Organizing Committee/ Department (Mention Collaborating Agency, if any)	Department of Food Science and Nutrition in collaboration with Student's Council 2025.
Time:	11:00 am to 12.00 Noon
Topic/theme:	Demonstration of the Healthier Salad Dressings Theme:-“Addressing Obesity- Reducing consumption of Sugar, Salt and Oil”
Resourse Person:	Mrs. Meenal Zawar & TY BSc (ND) Students
No. of Students attended the Programme:	58 (senior college students), 7 Staff Members
Brief Summary:	<p>The FSN Dept celebrated National Nutrition Month Sept 2025-26 in collaboration with Student's Council by organizing demonstration for the students of all faculties. The department had demonstrated the Healthier Salad Dressings, “Dip into Nutrition, Scoop up Health” on the theme “Addressing Obesity- Reducing consumption of Sugar, Salt and Oil” on 29th August 2025, Friday.</p> <p>The programme started with a small talk about the Nutrition Month and importance of making healthy nutritional choices in our day to day life by Mrs. Meenal Zawar. The programme was hosted by Ms. Nafisa, Ms. Shruti and Ms Divya.</p>

	<p>TY ND students demonstrated the 6 Healthy Dips recipes namely</p> <p>Hummus Dip by Ms Ruchika Chajjed</p> <p>Cashew Dip by Ms Maitree Mehta,</p> <p>Avocado Dip by Ms. Razin Sayyed</p> <p>Hung curd Dip by Zeba Shaikh ,</p> <p>Roasted Chana Dip by Tanvi Kumar ,</p> <p>Paneer Garlic Dip by Devanshi Sharma</p> <p>Overwhelming response was received for the event from students and staff. Respected Principal madam also tasted and appreciated the recipes prepared by the students.</p>
<p>Signature of the Committee In-charge/ H.O.D.</p>	
<p>(Attach Photographs)</p>	



