

**EVENT REPORT FORMAT**

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<b>Name of the Programme:</b>	<b>Carbohydrate Counting Workshop</b>
<b>Day and Date :</b>	<b>Saturday 20-09-2025</b>
<b>Organizing Committee/ Department</b> (Mention Collaborating Agency, if any)	<b>Department of Food Science and Nutrition</b>
<b>Time:</b>	<b>11:00 am -12:30 pm</b>
<b>Topic/theme:</b>	<b>Carbohydrate Counting</b>
<b>Resource Person:</b>	<b>Mrs. Meenal N. Zawar</b>
<b>No. of Students attended the Programme:</b>	<b>20 (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 Diabtetes patients on insulin with the help of Carbohydrate Counting to maintain good glycemc control for T.Y and S.Y. students of ND specialization. The resourse person for the workshop was Mrs. Meenal N. Zawar. She is Assistant Professor at SMRK College, Founder of Swasthya For You and is a Register Dietician &amp; Certified Diabetes Educator. 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 :</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><li>● <b>Wide range of food options</b></li></ul> <p><b>The workshop ended with a question and answer session.</b></p>

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

**(Attach Photographs)**

