

**EVENT REPORT**

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<b>Name of the Programme:</b>	Mock Counselling Session
<b>Day and Date :</b>	Monday 09-03-2026
<b>Organizing Committee/ Department</b> (Mention Collaborating Agency, if any)	Department of Food Science and Nutrition
<b>Time:</b>	09:30 am -10:30 am
<b>Topic/theme:</b>	Mock Counselling Session
<b>Resource Person:</b>	Mrs. Pooja Shirbhate
<b>No. of Students attended the Programme:</b>	25 (S.Y. & T.Y. N.D.)
<b>Brief Summary:</b>	<p>FSN Dept. organized Mock Counselling session to handle OPD patients in clinic or hospital setup for S.Y &amp; T.Y. ND specialization students. The speaker guided students about how to prepare patient's detail form to collect valuable information about the patient's anthropometry measurements, community, family history, diagnosis, dietary recall, health targets, like and dislikes and allergies (if any). The speaker emphasized on the importance of establishing good interpersonal rapport with the clients. She also showed how to conduct counselling by considering Mrs. Vishakha Gore as a client with diagnosis of hypertension and obesity. Mock counselling session was followed by interaction with students.</p>
<b>Signature of the Committee In-charge/ H.O.D.</b>	Mrs. Meenal Zawar
<b>(Attach Photographs)</b>	




**EVENT REPORT**

<b>Name of the Programme:</b>	Visit to Fitness Point Pvt Ltd (MOU) under Nutrition Exercise Subject
<b>Day and Date:</b>	16/03/2025- Monday
<b>Organizing Committee/ Department (Mention collaborating Agency, if any)</b>	Dept. of Food Science & Nutrition in Collaboration with Fitness Point Health Care Pvt Ltd, Thatte nagar Gangapur Road
<b>Time:</b>	11.00 a.m. to 1.00 p.m.
<b>Topic/ Theme:</b>	To learn about different types of exercises conducted in the Gym under the subject Nutrition Exercise Fitness
<b>Resource Person:</b>	Mr. Nitin Shirbhate and Mrs. Pooja shirbhate Gym Owner
<b>No. of students &amp; staff attended the Programme:</b>	08 students of T.Y. Bsc (ND), 1 Teaching staff
<b>Brief Summary:</b>	<p>The department of Food Science and Nutrition organised the visit to the Fitness Point gym under the MOU ,in reference to the subject Nutrition Exercise and Fitness. 08 students of TY BSc (ND) and 01 teacher from the FSN Dept visited the gym. Mrs. Pooja Shirbhate explained about the various exercises taken in the gym with the help of different machines targeting specific muscles. She also guided to the cardio section &amp; weight training section explainig the various aspects of fitness namely muscular strength, muscular endurance (stamina) , cardiorespiratory fitness and flexibility. Mr. Nitin Shirbhate showed the gents section of the gym and explained about the various types of muscles used in the weight training exercise, 2 to 3 girls did the actual practical about hoe the machine work. Over all it was a very learning experience for all the students.</p>
<b>Signature of the committee In-charge/ H.O.D.</b>	Mrs. Meenal Zawar.



**EVENT REPORT**

<b>Name of the Programme:</b>	Low - Cost nutritious recipe demonstration, nutrition education and awareness program for Anganwadi, Divyacha pada, Trimbakeshwar-Taluka, Nashik.
<b>Day and Date:</b>	24/03/2026- Tuesday
<b>Organizing Committee/ Department (Mention collaborating Agency, if any)</b>	Dept. of Food Science & Nutrition in Collaboration with Anganwadi, Divyacha pada (Trimbakeshwar)
<b>Time:</b>	11.00 a.m. to 2.00 p.m.
<b>Topic/ Theme:</b>	To spread nutritional awareness among tribal women through recipe demonstrations and educational games and activities for children below 5 years of age.
<b>Resource Person:</b>	Mrs. Rekha Sonawane (Anganwadi Supervisor, Trimbakeshwar)
<b>No. of students &amp; staff attended the Programme:</b>	24 students of T.Y. BSc (ND) and S.Y. B.Sc. (ND) 3 Teaching staff & 2 non-teaching staff.
<b>Brief Summary:</b>	<p>Every year the Department of Food Science &amp; Nutrition of SMRK-BK-AK Mahila Mahavidyalaya organizes a field visit with the aim of spreading awareness about the importance of nutrition among women &amp; children.</p> <p>This year a low cost recipe demonstration, nutrition education, activities and awareness program was conducted for Anganwadi, Divyacha Pada, tribal women and children below 5 years of age. The bare necessities required for the program were arranged by Mrs. Rekha Sonawane. The program started with the Introductory speech of Mrs. Rekha Sonawane at 11.00 am at Anganwadi centre followed by Ms. Shrti Khairnar (TY ND Student) welcoming all participants and briefing them about the program schedule.</p> <p>The first part of the program was the demonstration of four different nutritious, low cost recipes By TY (ND) focusing on protein, calcium, iron and vitamin A nutrients and</p>

	<p>also explained the importance of all these nutrients in diet to promote growth and better health. After that “Natika” was presented by SY (ND) students, which highlighted the common myths around tribal communities along with simple dietary solutions.</p> <p>Student’s also conducted nutritional activities and games for all the children present for the program.</p> <p>A group discussion in the form of a questions answers session including different queries from tribal women and their practical solutions from students and teaching staff of the FSN department was held at the end of the session.</p> <p>Dr Savita Borse and Vishaka Gore created awareness about the various programmes run by SMRK-BK-AK Mahila Mahavidyalaya, Nashik.</p> <p>Vote of thanks was proposed by Ms. Divya Marathe TY (ND)</p> <p>The program was attended by 50+ participants.</p>
<p><b>Signature of the committee In-charge/ H.O.D.</b></p>	<p>Mrs. Meenal Zawar.</p>
<p><b>(Attach photograph)</b></p>	 <p>The left photograph shows a woman standing at the front of a room, addressing a group of women seated in rows. The room has posters on the wall. The right photograph shows two women in white lab coats standing behind a table with a stove and a pot, likely demonstrating a cooking activity. Both photos have a Google Maps overlay at the bottom with the following text: "Divyachapada, Maharashtra, India 🇮🇳 25.64°N, Divyachapada, Maharashtra 422203, India Lat 20.023304° Long 73.536742° Tuesday, 24/01/2023 11:44 AM GMT +05:30".</p>



