



## ACTIVITY REPORT

Submission Date: 30-09-2021

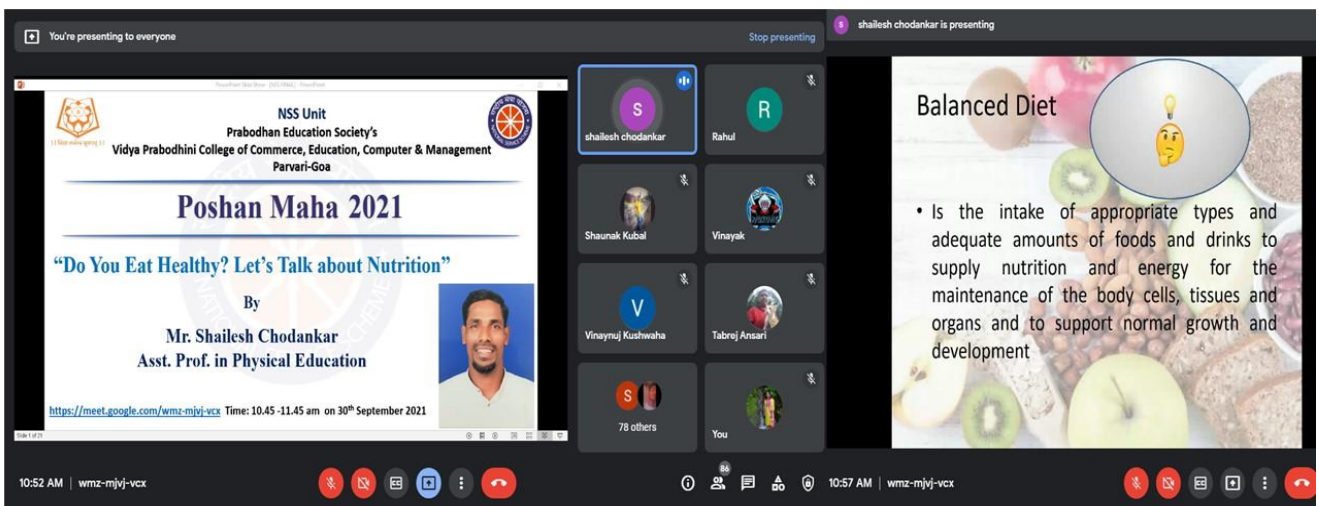
Course Name : F.Y.B.Com.  
Department Name : N.S.S.  
Nature of the Activity : 'Importance of Nutrition'  
Name of the Activity : Educational talk  
Activity In-Charge : Ms. Shamal Krishna Dessai  
Activity Venue : Google-Meet  
Event Date : 30-09-2021

### Resource Person Details

Name : Mr. Shailesh Chodankar,  
Asst. Prof in Physical Education  
Organisation : Vidya Prabodhini College, Parvari



Prabodhan Education Society's  
Vidya Prabodhini College of Commerce, Education, Computer & Management  
Parvari-Goa



### Report

The NSS Unit of Vidya Prabodhini College of Commerce, Education, Computer & Management, Parvari-Goa organised a talk on the 'Importance of Nutrition'. The talk was delivered by the In-house Guest **Mr. Shailesh Chodankar**, Asst. Prof. in Physical Education to create awareness among students about the necessity of nutritious food to practice a healthy lifestyle. Resource Person in the talk & PPT presentation covered the following major topics – meaning of nutrition, composition of balanced food, functions of diet and various factors affecting diet. The session also had practical work to calculate energy required by each of them based on formula given. And he explained the need for extra energy requirements for sports person to improve their performance on field. NSS Programme Officer Ms. Shamal Dessai welcomed the guest and proposed the Vote of thanks. Total **85 NSS Volunteers** of T.Y.B.Com. attended it on Google Meet from 10.45am to 11.45a.m. on 30<sup>th</sup> September 2021.

**Ms. Shamal K. Dessai**  
NSS Convenor



**Dr. Bhushan Bhawe**  
Principal