

NOTICE

(2020-21)

This is to inform all the NSS Volunteers of T.Y.B.COM. that an online invited lecture on "Importance of Nutrition" will be held on 31th March, 2021. All the students are instructed to be present for the talk.

Date: 26th March, 2021



PRINCIPAL

T.Y.B Com. A _____



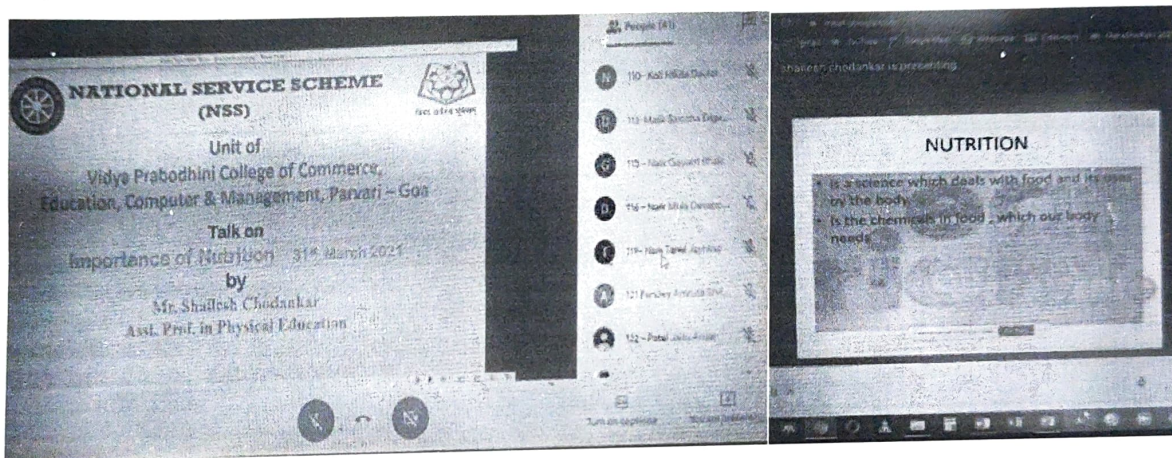
ACTIVITY REPORT

Submission Date: 31-03-2021

Course Name : T.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 : 31-03-2021

Resource Person Details


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



Report

The NSS Unit of Vidya Prabodhini College of Commerce, Education, Computer & Management, Parvuri-Goa organised a talk on the '**Importance of Nutrition**'. Total 40 NSS Volunteers of T.Y.B.Com. attended it on Google Meet from 12.00p.m to 1.00 p.m. on Wednesday, 31st March 2021.

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.


Ms. Shamal Dessai
NSS Programme Officer




Mr. Kuldeep Kamat
Officiating Principal

NSS Unit

Vidya Prabodhini College, Parvuri

'Importance of Nutrition' Talk - G-Meet on 31-03-2021
by the In-house Guest Mr. Shailesh Chodankar, Asst. Prof. in Physical Education

Sr. No.	TYBCOM		
1	Aditya Komti	21	Omkar Naresh Nagvekar
2	Alfiya Khalil Bepari	22	Pooja Ahirwar
3	Aman Chavan	23	Prajyot Vasudev Shiroadkar
4	Bhaskar Bharati	24	Rohan Selvaraj Gaunder
5	Dhanashree Sawant	25	Sahil Salim Beleri
6	Geeta Shrikar Lokre	26	Saiccha Malik
7	Jatin Narvekar	27	Sampada Gurudas Kamat
8	Kaushik Gopal Naique	28	Sandeep Honkhande
9	Nisha Narvekar	29	Shaila Tari
10	Nitin Revankar	30	Shakuntala Channappagouda Patil
11	Preeti Sharma	31	Shetkar Jayesh Alias Saicharan Manohar
12	Pundalik Sudhakar Morajkar	32	Shubham Naresh Lotlikar
13	Reddy Anisha Selvarajan	33	Sugandh Vishnu Soundekar
14	Amiksha Dayanand Madgaonkar	34	Sumit Sutar
15	Amruta Pandey	35	Sweta Shashikant Kerkar
16	Gayatri Bhalchandra Naik	36	Tanvi Chari
17	Jaitu Ansar Patel	37	Tanvi Jayhind Naik
18	Mala Naik	38	Vaishali Prakash Banavlikar
19	Miksha Gaonkar	39	Viraj Rivankar
20	Neeta Ravindranath Tarkar Pednekar	40	Nikita Daulat Koli



Seesai

Ms. Shamal Krishna Dessai,
NSS Programme Officer



PRABODHAN EDUCATION SOCIETY'S
**VIDYA PRABODHINI COLLEGE
OF COMMERCE, EDUCATION, COMPUTER & MANAGEMENT**
(Recognised by Govt. of Goa, UGC under Section 2(f) and 12 (B) of the UGC Act 1956 & Affiliated to
Goa University) and Approved by NCTE
Accredited by NAAC with B+ Grade on a Seven Point Scale under New Framework (1st Cycle)



Webinar on "Importance of Nutrition" will be held on 31st March, 2021.



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



'Importance of Nutrition' Talk was held on 31st March 2021

