



## ACTIVITY REPORT

Course Name : F.Y.B.Com.  
Department Name : N.S.S. Unit  
Nature of the Activity : 'Poshan Maha 2021'  
Name of the Activity : Educational talk- Do You Eat Healthy? Let's Talk about Nutrition  
Activity In-Charge : Ms. Shamal Krishna Dessai  
Activity Venue : Online - Google-Meet  
Event Date : 30-09-2021

Submission Date: 30-09-2021

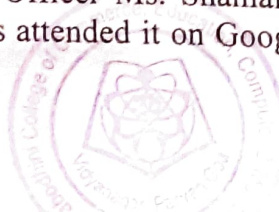
### Resource Person Details

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

The screenshot shows a Google Meet session. On the left, a slide titled "Poshan Maha 2021" by Mr. Shailesh Chodankar, Asst. Prof. in Physical Education, is displayed. The slide includes the text "Do You Eat Healthy? Let's Talk about Nutrition" and a link to the meeting. On the right, a presentation slide titled "Balanced Diet" is shown, defining it as the intake of appropriate types and adequate amounts of foods and drinks to supply nutrition and energy for the maintenance of the body cells, tissues and organs and to support normal growth and development. The bottom of the screen shows the Google Meet interface with participants and a chat window.

### Report

As 'Poshan Maha 2021' being observed from 1<sup>st</sup> to 30<sup>th</sup> September 2021 as (Nutrition Month), the NSS Unit of Vidya Prabodhini College of Commerce, Education, Computer & Management, Parvari-Goa organised a lecture on 'Do You Eat Healthy? Let's Talk about Nutrition' for the F.Y.B. Com class. The talk was delivered by the In-house Resource person **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 80 students attended it on Google Meet from 10.45a.m to 11.45a.m. on Thursday, 30<sup>th</sup> September 2021.



*Handwritten signature*