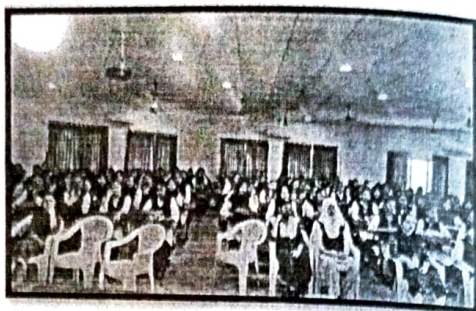




**Dapoli education society's
Dapoli Urban Bank Senior Science College Dapoli
Internal Quality Assurance Cell (IQAC)
Women Development Cell (WDC)
Activity Report**

1. **Name of the activity-** Seminar on Healthy eating and Diet
2. **Date and time** – 17th August 2022 11.00 am to 12.30 pm
3. **Aim and Purpose** – A healthy diet is essential for good health and nutrition. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer.
A healthy diet helps support reproductive health, prevents bone loss, and reduces your risk of some cancers. Proper nutrition is crucial for women experiencing gynecologic issues such as polycystic ovary syndrome (PCOS), infertility, and menopause
4. **Inauguration and resource person and topic-** Women Development Cell of our college has organised seminar on “Healthy Eating and Diet” tips for Girls on 17 August 2022 at 12.00 pm to 1.30 Pm. The programme was inaugurated by dietician Miss. Tamanna Shaikh. The welcome note given by the Dr. Jagtap madam.
5. **Number of participants** – more than 100 girl’s student participated in this seminar and also teaching staff Dr. Nanda Jagtap had welcome our guest miss. Tamanna Shaikh.
6. **About overall conduct** – The programme was good conducted miss. Tamanna shiak was the speaker for the programme. She gave the knowledge of about healthy diet and how to maintain the balance food to avoid the imbalances in healthy life. Ma’am has also provided with the diet chart.
7. **Feedback** – the overall programme was excellent. Students were asked about the irregularities in their menstrual cycle due to poor diet supplement. The audience participated actively in session and clear their doubts related to healthy food.



[Signature]
(WK Convener)

[Signature]
Principal
Dapoli Education Society's
Dapoli Urban Bank Senior Science College
Dapoli, Dist. Ratnagiri