



## Activity Report

1. Name of the activity: - Online Webinar on "Nutrition and changing Lifestyle – Miss Pralobhana Deorukhakar"

2. Date and Time: - 19<sup>th</sup> July, 2021 from 11.00 AM to 12.30 PM

3. Aim and purpose: -

- To understand the concept and implication of the concept – Nutrition
- To create awareness about nutrition and changing lifestyle
- To understand the importance of healthy eating from toddler to adults.
- To discuss the Do's & Don'ts related to food.
- 

4. Inauguration and Resource person and topic:

Online Webinar on "Nutrition and changing Lifestyle" was conducted on 19<sup>th</sup> July, 2021. The key-note speaker – Miss Prolobhana Derukhakar — Research Dietitian (B.K.L Walawalkar Hospital, Dervan) had humbly accepted the invite to address the online audience.

5. Number of Participants:

The session had approximately 100 participants and seven faculty members from D. U. B. Senior Science College.

6. About overall conduct:

For this Webinar, registration link using G Meet and password was created. The link was circulated among students and faculties. More than 100 participants Students and seven Faculty Members have participated. The session was made available live on YouTube, too

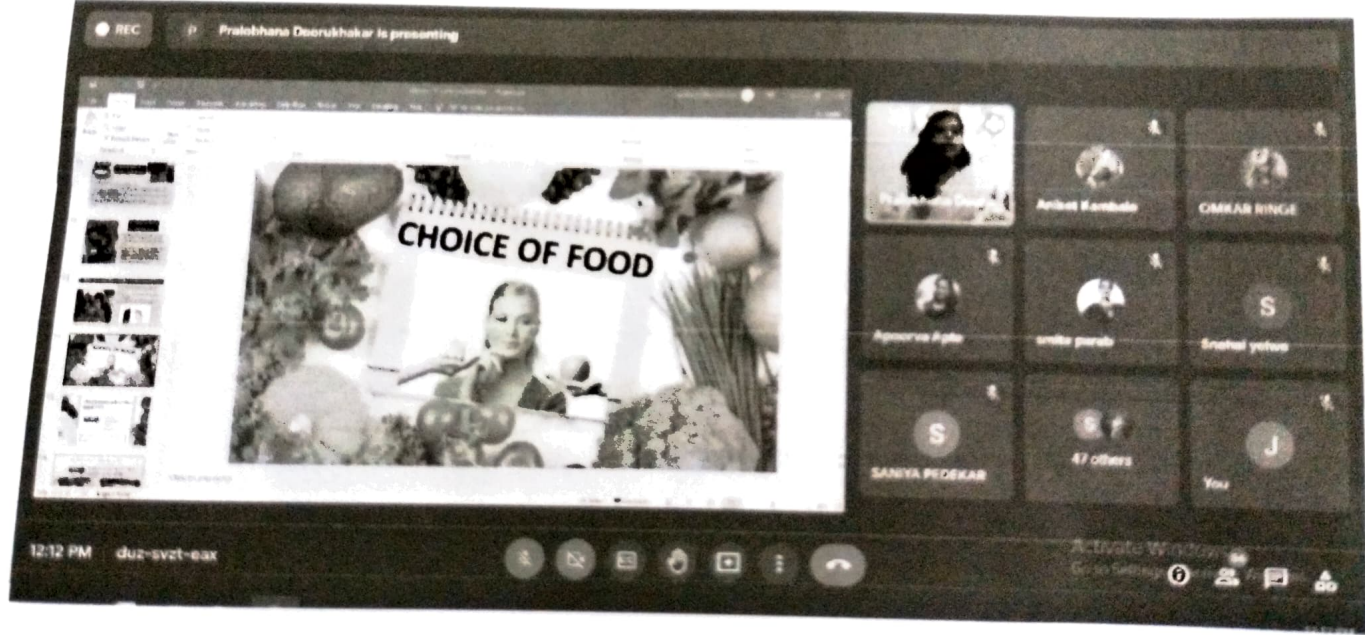
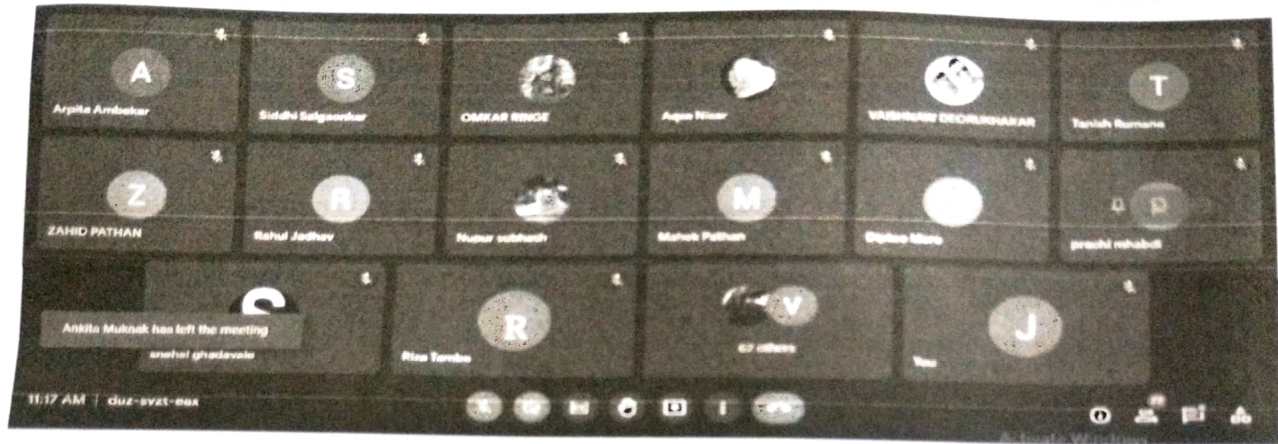
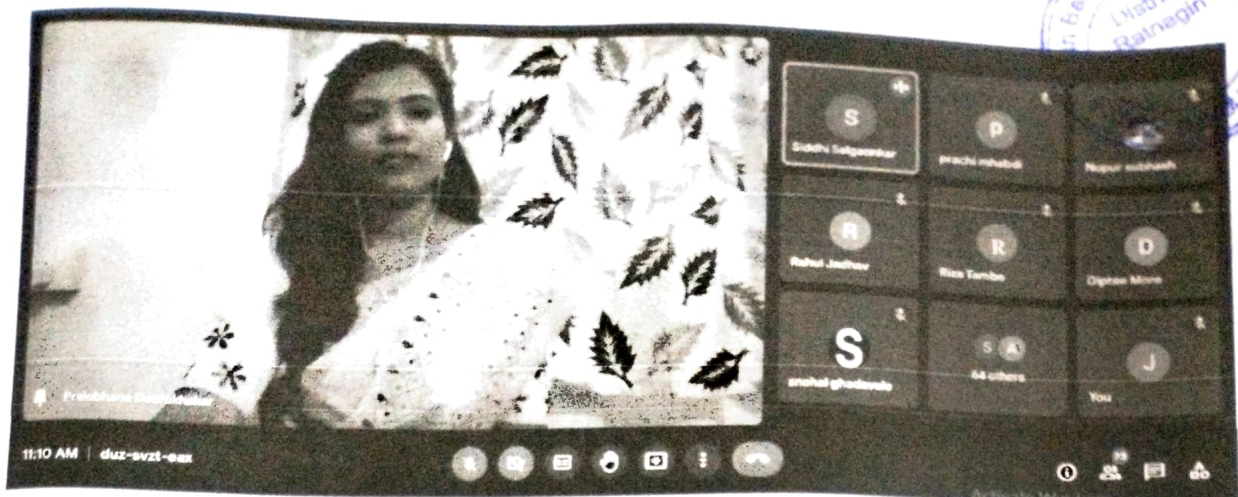
The honorary key-note speaker – Miss. Pralobhana Deorukhakar was introduced by Asst. Prof. Nanda Jagtap. After the lively informative session around Balanced diet, Choice of food, Nutrition, Exercise and fitness. The vote of thanks was proposed by Asst. Prof. Jyoti Chougale.

7. Feedback: -

The overall feedback for webinar was Excellent. Students learned several key pieces of information that will greatly impact on their habits and food choices. The audience participated actively and cleared their doubts through the Question-and-Answer session.

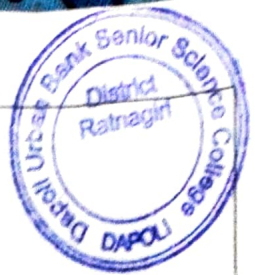
*J. Chougale*  
MPC - Convener

*J. Chougale*  
Principal  
Dapoli Education Society's  
Dapoli Urban Bank Senior Science College  
Dapoli, Dist. Ratnagiri



Sahugale  
Coniener  
WDC





Date: 019/07/2021

## Brochure for the Webinar



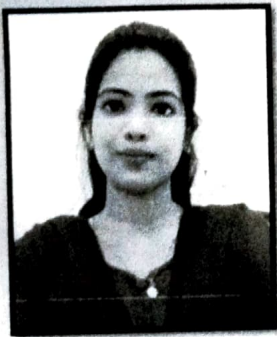
Dapoli Education Society's  
Dapoli Urban Bank Senior Science College, Dapoli -Ratnagiri  
(Maharashtra)

Women Development Cell & IQAC  
Organizes National Level Webinar On  
"Nutrition and Changing Lifestyle"

Registration Form

Date:- 19<sup>th</sup> July 2021

<https://forms.gle/RP2FEuRyguBdN6cC8> Time:- 11.00 pm to 12.30 pm



**Miss. Pralobhana P. Deorukhakar**  
(Research Dietitian)

B.K.L.Walawalkar Hospital, Dervan

### **-:About:-**

- Balanced Diet
- Nutrition in Digital World
- Choice of Food
- Kitchen Gardening
- Exercise and Fitness

### **Source**



Dr. Sandesh P. Jagdale  
Principal

Miss. Jyoti Chougale  
Convener

Dr. R.L. Ghalame  
IQAC Coordinator



**State Level Webinar On Nutrition  
and Changing Lifestyle**

Organized by IQAC and Women ...  
docs.google.com

**National Level Webinar on- " Nutrition and  
Changing Lifestyle" -organized by Women  
Development Cell and IQAC of Dapoli  
Education Society's Dapoli Urban Bank  
Senior Science College, Dapoli\*, Ratnagiri,  
Maharashtra.**

**(Affiliated to University of Mumbai)**

**Resource Persons:**

**Miss. Pralobhana P. Deorukhakar  
(Research Dietitian)**

**B.K.L.Walawalkar Hospital, Dervan  
(Chiplun)**

**Event Details:**

**Date: 19th July 2021**

**Time: 11.00am to 12.30pm**

**(Google Meet and Youtube)**

**Registration Link: <https://forms.gle/RP2FEuRyguBdN6cC8>**

**Whatsapp group 1: <https://chat.whatsapp.com/FvRdPT3dkwIDdGNFRiBF5o>**

**Registration Fees: FREE**

**Last Date to Register: 18th July 2021**