



Sindhudurg Shikshan Prasarak Mandal'S COLLEGE OF ENGINEERING
A/ P: HarkulBudruk, Tal: kankavli, Dist: Sindhudurg, Maharashtra- 416 602 (M.S.)
Website: www.sspmcoe.ac.in ;E-mail: sspmcoe@gmail.com

WOMEN DEVELOPMENT CELL REPORT

Program Title : An online Session on "Nutrition and Diet " (dt. : 8th Mar 2022)

No of Attendees	124
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Good Nutrition is important for your body and processes. It is important to have a balanced diet rich in all nutrients to ensure that no deficiencies or hormonal imbalances are created in the body. Nutrition is also important for you to boost your immunity and give it the ability to fight against diseases

- **Good Nutrition Improves Well-Being**
- **Maintains Your Immune System**
- **Delays the Effects of Aging**
- **Gives You Energy**
- **Healthy Diets May Lengthen Your Life**

Now a day our young generation fails to maintain the balanced diet. Many people are prone to junk food. Everyone knows the very flat statement that we should avoid it but still not able to control it.

Research has shown that students are able to learn better when they're well nourished, and eating healthy meals has been linked to higher grades, better memory and alertness, and faster information processing. "Eat the rainbow" is a phrase that many nutritionists use to help remind people to incorporate more fruits and veggies in their diet.

To create such awareness among students and staff Women Development Cell of the Institute arranged an online session on " Nutrition and Diet" on the occasion of the international Women's Day. The session was delivered by Dr. Gargi Oroskar. Duration of the program was 1 hour(11am to 12noon) . President of WDC Mrs. Rane P.S. hosted the session. Principal of the institute Dr. A.C.Gangal expressed his views regarding the topic. Vote of thank was given by President, WDC.

Prane

President

WDC



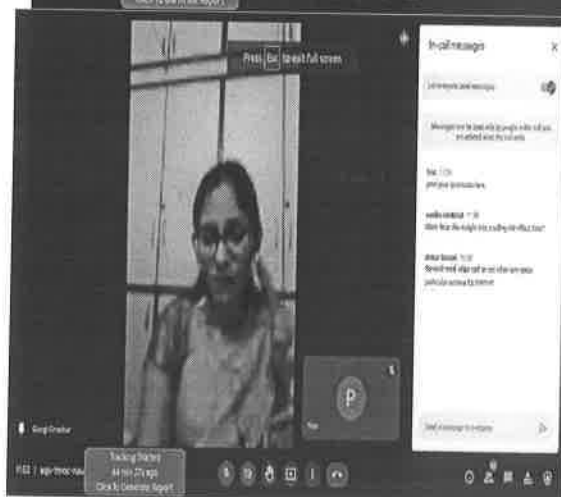
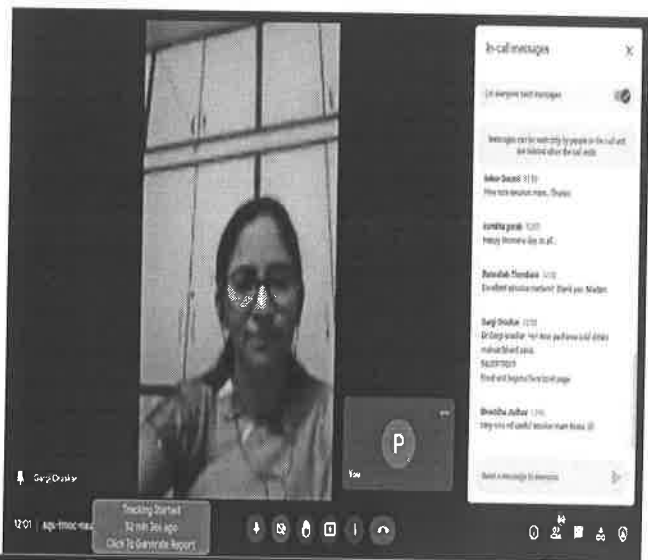
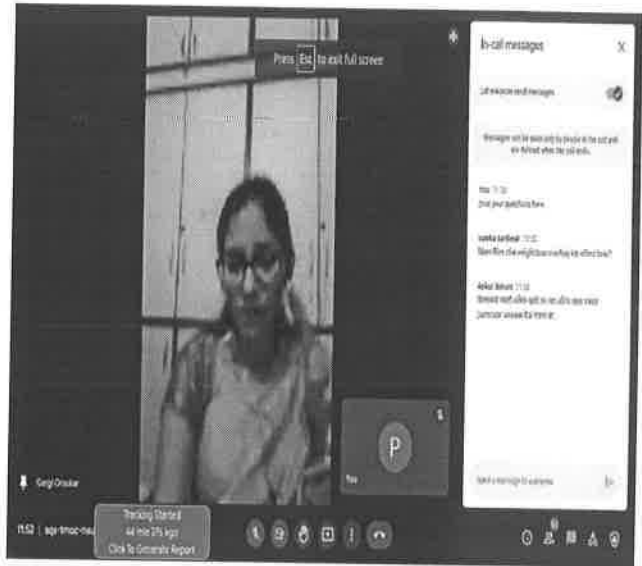
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Principal



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Photos of the Event





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Website: www.sspmcoc.ac.in E-mail: sspmcoc@gmail.com

03/05/2022

Notice

On the occasion of International women's day, the institute is celebrating it by arranging a session on "Nutrition and Diet". The program is scheduled on 8th March 2022 at 11am. It will be conducted in online mode. The speaker will be Dr. Gargi Orosakar

All the students and staff members are requested to attend the same.

Link for the Google meet : <https://meet.google.com/aqs-tmoc-nau>

Pran
08/05/2022

President (WDC)

Mrs. Rane Prajakta



Principal

Dr. Gangal A.C.



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03/05/2022

To
Dr. Gargi Gaurav Oraskar

Sub.: Invitation regarding conducting a session on "Nutrition and diet "

Respected Madam,

On the occasion of International women's day, institute want to celebrate it by arranging a session on "Nutrition and Diet" . The program is scheduled on 8th March 2022 at 11am. It will be conducted in online mode.

We kindly request you to be a speaker for the program.

Thank you.

Frauy
03/05/2022
President (WDC)

Mrs. Rane Prajakta



Taf
Principal

Dr. Gangal A.C.

@qs-tmoc-nau

Google Meet Attendance Tracking Report

Meeting Name: WDC of SSPM
organised webinar on "Nutrition
and Diet"

Date: 8-Mar-2022



Download as pdf

Attendance Tracking Started At : 11:08:28
Attendance Tracking Stopped At : 12:02:56
Total Number of people Attended : 124
Total Meeting Duration : 54 min 23s

Detailed Attendance Report

☰ Apply filter

Number Of People Attended More Than 65% Of Meeting: 73

Number Of People Attended Less Than 65% Of Meeting: 51

S.No	Participant Name	Attended Duration	Attended Percentage
1	02 BAGWE JAY	54 min 23s	100%
2	A PENDSE	2 min 5s	4%
3	ABHIMANYU PARTE	6 min 49s	13%
4	ABHISHEK GAWADE	54 min 23s	100%
5	ADITI GAWADE	47 min 36s	88%
6	ADITYA ANAVKAR	53 min 16s	98%
7	ADITYA DALVI	23 min 44s	44%
8	ADITYA GAONKAR	54 min 23s	100%
9	ADITYA PARAB	50 min 2s	93%
10	ADNAN SHAIKH	54 min 23s	100%
11	AKANKSHA PATIL	13 min 49s	26%
12	ANISH SHARMA	54 min 23s	100%
13	ANKUR SOVANI	47 min 44s	88%
14	ANURAG BHOGALE	48 min 30s	90%
15	ARIF JAMADAR	47 min 26s	88%

S.No	Participant Name	Attended Duration	Attended Percentage
42	MADAN PATIL	15 min 18s	29%
43	MANASI PATIL	54 min 11s	100%
44	MIA KHALIFA	18 min 20s	34%
45	MISHAL RAIS	32 min 6s	60%
46	NIKHIL MAYEKAR	53 min 58s	100%
47	NISARG PADTE	53 min 0s	98%
48	NITIN SHIVSHARAN	1 min 28s	3%
49	OMKAR BAGWE	54 min 10s	100%
50	PANKAJ JADHAV	54 min 23s	100%
51	PARAG DALVI	1 min 27s	3%
52	PARAG DICHOLKAR	2 min 20s	5%
53	PARSHURAM PARAB	54 min 22s	100%
54	PHILIPS DSOUZA	46 min 46s	86%
55	POOJA SHINDE	54 min 20s	100%
56	PRAJAKTA GODKAR	54 min 23s	100%
57	PRAJAKTA JAMSANDEKAR	53 min 38s	99%
58	PRAJKTA RANE	54 min 23s	100%
59	PRANAL KADAM	18 min 28s	34%
60	PRANAV MODI	44 min 43s	83%
61	PRANAY DHAVADE	0 min 42s	2%
62	PRANITA KORANE	37 min 58s	70%
63	PRARTHANA MODAK	9 min 13s	17%
64	PRASAD MEJARE	10 min 8s	19%
65	PRATIBHA KHADE	35 min 34s	66%
66	RAHUL CHAVAN	36 min 1s	67%
67	RAHUL SAWANT	35 min 46s	66%

S.No	Participant Name	Attended Duration	Attended Percentage
94	SHRUTI CHOUGULE	54 min 23s	100%
95	SHUBHADA PARAB	53 min 16s	98%
96	SHUBHAM KUBADE	54 min 23s	100%
97	SHUBHAM SAWANT	6 min 12s	12%
98	SHUBHANGI MANE	54 min 23s	100%
99	SIDDHARTH ADIVAREKAR	24 min 59s	46%
100	SIDDHARTH SARVEKAR	54 min 23s	100%
101	SIDDHESH DABHOLKAR	11 min 11s	21%
102	SIDDHESH SAWANT	54 min 23s	100%
103	SIDDHI SHINTRE	19 min 12s	36%
104	SIYA ALTE	54 min 23s	100%
105	SMITA KADAM	53 min 8s	98%
106	SOMNATH MELSAGARE	38 min 29s	71%
107	SONALI KADAM	54 min 23s	100%
108	SONALI PATIL	17 min 12s	32%
109	SUKANYA GAONKAR	14 min 42s	28%
110	SUKANYA PATIL	22 min 21s	42%
111	SUKANYA SUTAR	54 min 23s	100%
112	SUMEDH TAMBE	8 min 0s	15%
113	SUREKHA PARAB	54 min 23s	100%
114	SUYASH KUBADE	54 min 23s	100%
115	SWAPNIL KADAM	54 min 23s	100%
116	SWAPNIL RANE	36 min 46s	68%
117	TUSHAR JATHAR	54 min 23s	100%
118	VAISHNAV KUBADE VK	41 min 57s	78%
119	VANITA VARADKAR	28 min 14s	52%



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SSPMCOE/COMP/148/2022

SSPMCOE/COMP/2022/

To

Dr. Gargi Gaurav Oraskar

Date: 11th Jan 2022

Respected Madam,

I thank you from the bottom of my heart for taking time from your busy schedule to be the resource person for a session on " Diet and Nutrition" arranged on the occasion of International women's Day 8th March 2022. Your presence and wise words helped magnify our cause in the best possible way. Our program was a huge success. All thanks to your enlightening words that inspired so many people out there.

I look forward to our next interaction soon. Wishing you all the best for your future endeavors.

Prav
11/03/2022
PRESIDENT (WDC)



[Signature]
PRINCIPAL