

Prasanta Chandra Mahalanobis Mahavidyalaya



111/3, B.T. Road (Bon-Hooghly), Kolkata – 700108

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Event/ activity report

1. Name of the department : **FOOD AND NUTRITION**
2. Name of the Event: **One day workshop on ABCD of Diet Planning**
3. Date of the Event: **12.04.2023**
4. Venue of the Event: **Room No. 15 ,Prasanta Chandra MahalanobisMahavidyalaya, 111/3 B.T, Road, Kolkata-700108**
5. Nature of Activity: **Capacity Building Programme**
6. Level of Activity: **State Level**
7. Name of the sponsor: **Self Sponsored**
8. Name of the collaborator: **Panihati Mahavidyalaya**
9. Objective of the event:
 - To make the students grasp the fundamental nutritional requirements of different age groups and enabling them to create well balanced and personalized diet plans.
 - To teach the students how to design meals that incorporate essential nutrients in adequate quality and quantity.
 - To introduce the concept of tailoring diets for individuals with specific health conditions.
10. Names and designation of speaker: **Dr.Shruti Agrawal, Assistant Professor, Budge Budge college.**
11. Name of the programme coordinators:
Dr Arnab Ghosh (Principal) Prasanta Chandra Mahalanobis Mahavidyalaya
Dr. Tanima Paul Das (HOD) Department of Food and Nutrition. PCMM, Kolkata
Mrs Swati Roy Choudhury (HOD) Department of Food and Nutrition, Panihati mahavidyalaya
Mrs Juthi Saha (Convenor) Department of Food and Nutrition, PCMM, Kolkata
12. Other staff and students involved in organising of the event:
Mr. Asim Nandy(lab Assistant) Dept of Food and Nutrition, PCMM, Kolkata
Mr. Usnish Das student
Mr. Swapnendu Dey student
13. Participants / audience (type and number) Faculty, research scholars , UG/PG students-
 - **Number of Faculty members:15**
 - **Non teaching staff : 1**
 - **Students : 79**
14. Outcome of the activity (underline the suitable alternatives and give details:
 - Participants developed deep understanding of nutrition requirements of individual population and also learned how to plan a diet for healthy individual as well as individual with specific



need.

- Participants learned how to modify normal diet to meet the altered requirement of an individual with unique condition.
- As the speaker illustrated the process of tailoring diet plan which helped the participants to understand how to create a balance meal by using REE formula for diseased persons.
- Participant learned about various aspects of diet planning including nutritional requirements, meal composition and dietary considerations for special population

15. Quantitative information

- Number of Faculty members:15
- Non teaching staff : 1
- Students : 79

16. Colleges universities involved in the organisations of the events;

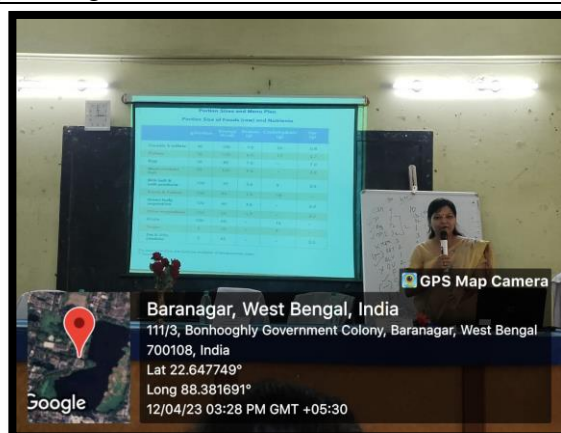
- Prasanta Chandra Mahalanobis Mahavidyalaya
- Panihati Mahavidyalaya

17. Any other information or remarks NA

18. Photographs (with caption) submitted for uploading in website.



Geo Tagged Photo of Question Answer Session



Geo Tagged Photo Of lecturer presenting her lecture



Geo tagged photo of Felicitation of Speaker



Geo tagged photo of attendees

19. Evidence produced (Participant list, certificates, banner, Invitation letter etc)

Enclosing with this report in email.



Aghosh
Principal
Prasanta Chandra Mahalanobis Mahavidyaaya
111/3, B. T. Road, Kolkata-108



ONE DAY STATE LEVEL WORKSHOP

On



A B C D OF DIET PLANNING

12 th April at
11.30 am

PCMM at
Room
No:15

BY

DR. SHRUTI AGARWAL

ASSISTANT PROFESSOR
DEPARTMENT OF FOOD & NUTRITION
BUDGE BUDGE COLLEGE
CALCUTTA UNIVERSITY



Organized By

Department of Food and Nutrition & IQAC

**PRASANTA CHANDRA MAHALANOBIS
MAHAVIDYALAYA**

in collaboration with

IQAC, PANIHATI MAHAVIDYALAYA