

## Guest Lecture on

### Basics of personalized nutrition (Girl's student Council/Gender equality cell)

#### Details of The Resource Person:

Ms. Divya Sanglikar,

Director Editorial,

Just for hearts, MSC Diet & Nutrition and,

Sports Nutrition ISSN Certified degree.

**Day and Date:** Thursday and 30/12/2021

**Link to join:** <https://meet.google.com/cad-epjt-xtn>

**Link for social media shared:** <https://www.instagram.com/p/CYQfGU8vH6I/>

#### Participants Details

**Total no. of students: 84**

**Total no of Faculties: 02**

#### Objectives:

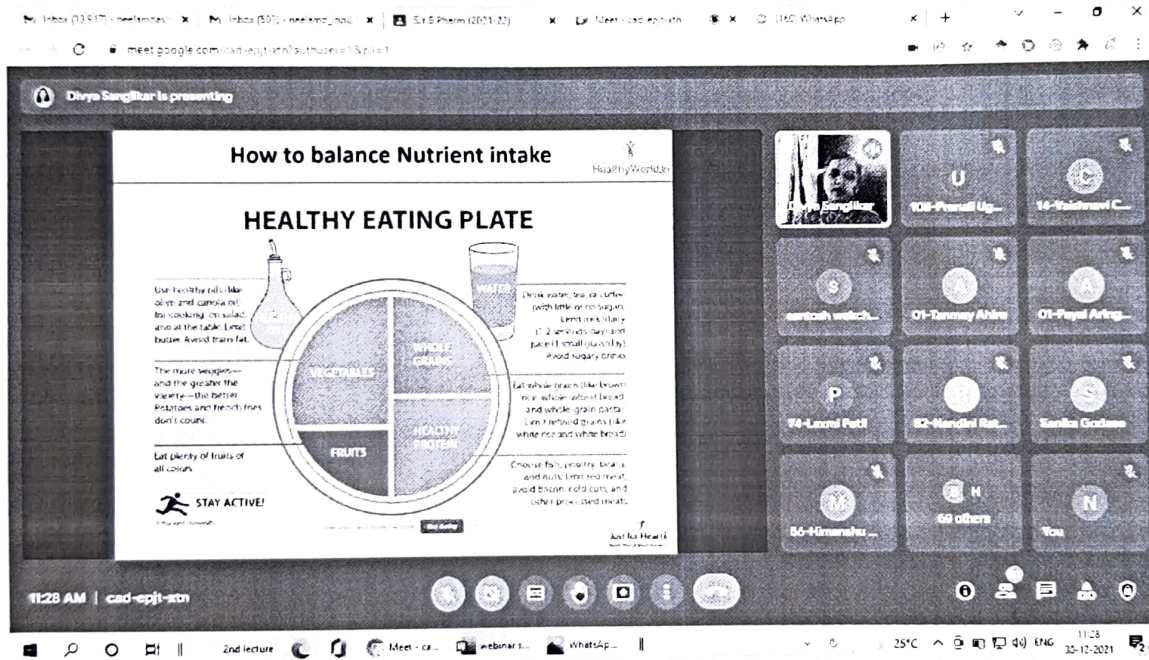
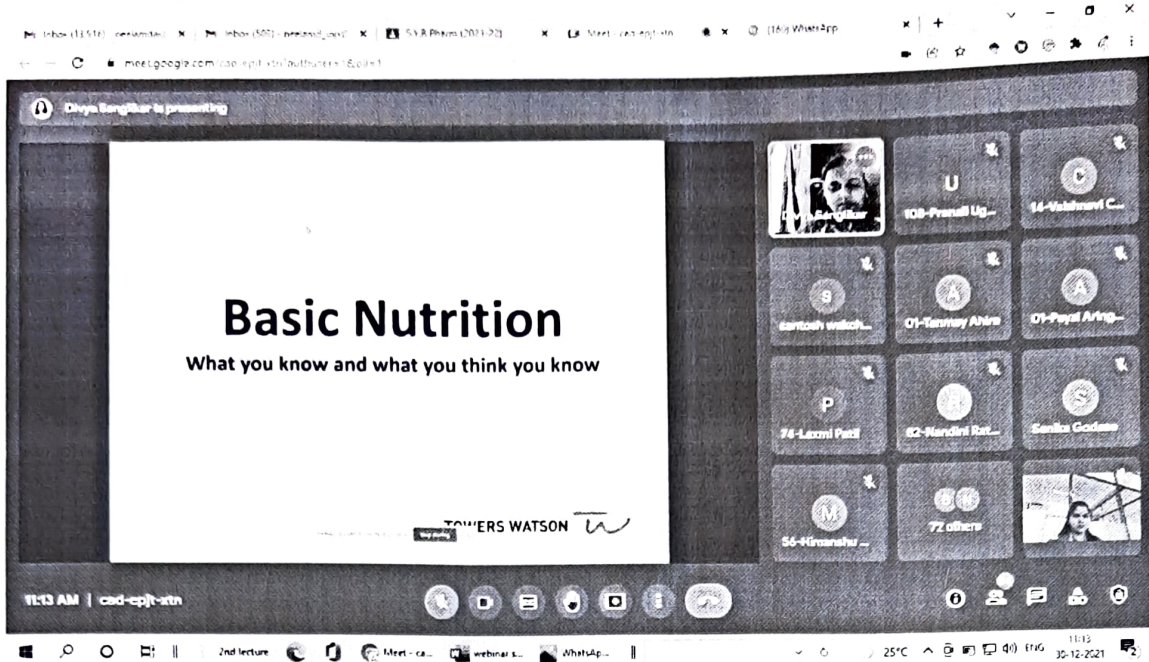
- Webinar gives you information regarding importance of nutritional values.
- Gives information regarding how to balance Nutrient intake.

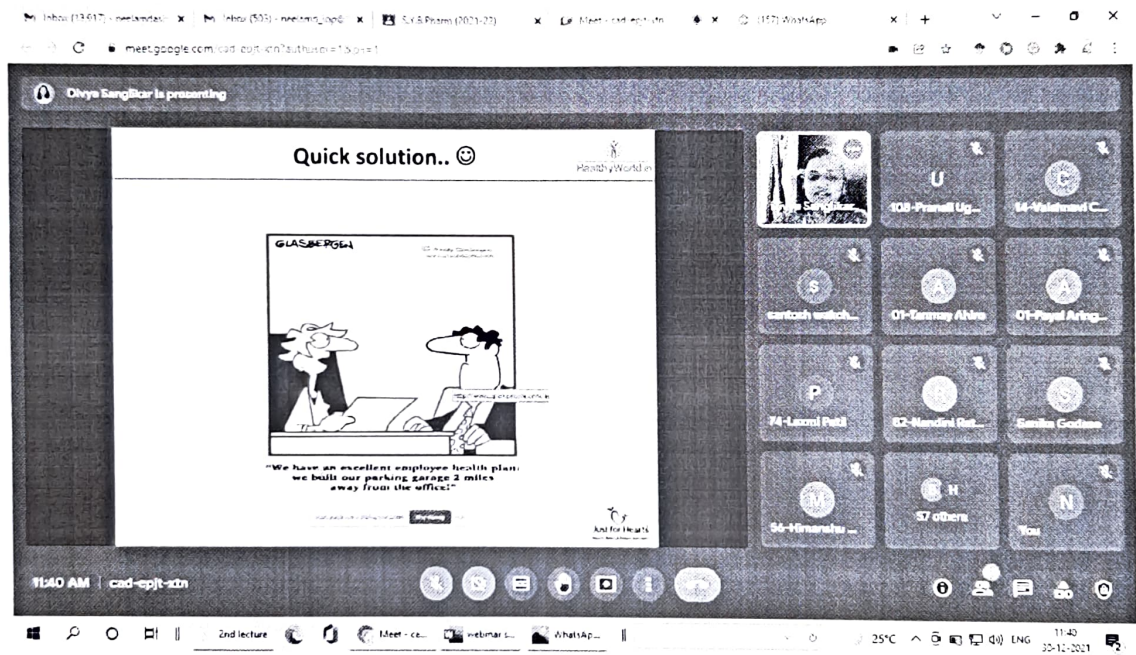
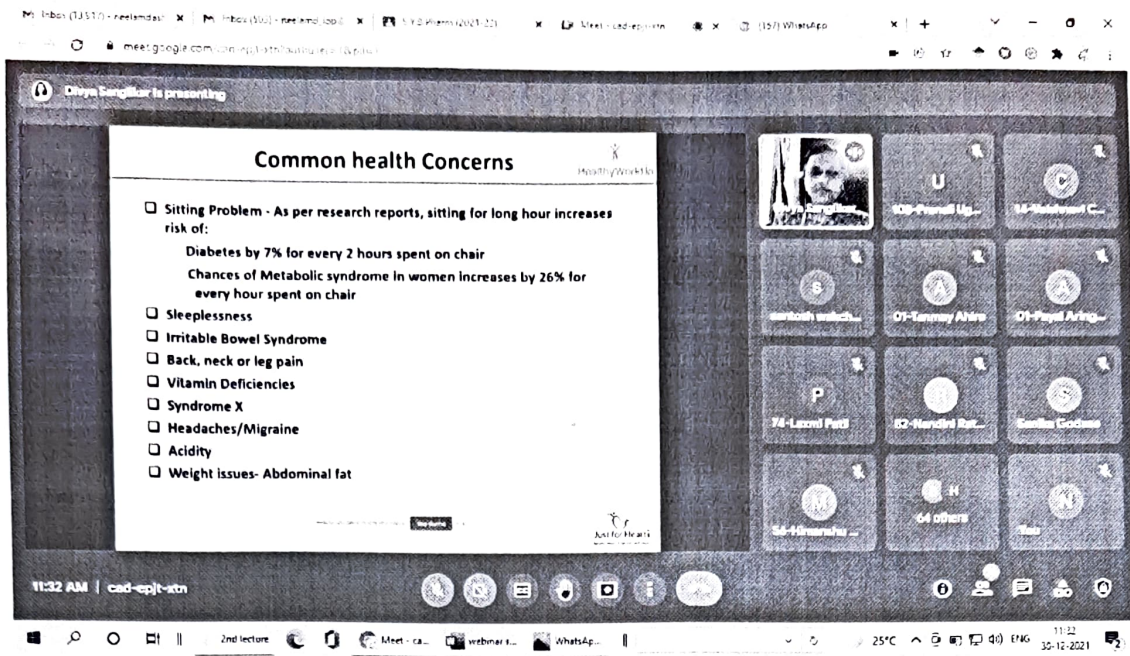
#### Key Outcome of the Activity:


- Able to understand healthy balance diet
- Importance of carbohydrate, protein, Fat's intake in daily life.



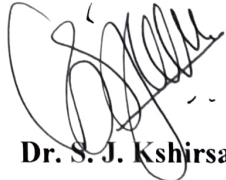
# Photo Gallery:





  
**Ms. N. L. Dashputre**  
**GSC Coordinator**



  
**Dr. S. J. Kshirsagar**  
**Principal**  
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 Bhujbal Knowledge City,  
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