



Shri Yashwantrao Bhonsale Education Society's



Yashwantrao Bhonsale College of Pharmacy

A/P: Charathe (Vazarwadi), Tal: Sawantwadi, Dist: Sindhudurg – 416 510 (M. S.)

A REPORT ON GUEST LECTURE

On the topic

“YOUR DIET AND HEALTH ”

10TH SEPTEMBER 2018

A Report on Guest lecture – Your Diet and Health – 2018

Yashwantrao Bhonsale College of Pharmacy organized a guest lecture on the topic “Your diet and health” on 10th Sept., 2018 at seminar hall. The guest lecture started in afternoon session Asst. Prof. Mr. Tanmay Patwardhan welcome Hon. Dr. Lalitkumar Vithalani, Associate professor, Dept. of Kriyasharir, B.S. Ayurveda Mahavidyalaya, Sawantwadi by offering bouquet of flowers as a token of love. All first year students of Yashwantrao Bhonsale College of Pharmacy were present on this guest lecture. The introduction of guest was given by Asst. Prof. Ms. Gayatri Shetgaonkar.

After this, Hon. Dr. Lalitkumar Vithalani took review on healthy diet. In his talk he emphasized the importance of healthy diet and its impact on lifestyle. He said that a healthy diet is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories.

Session concluded with the vote of thanks given by Asst. Prof. Ms. Namita Narvekar. The session was made successful by Principal Dr. Vijay Jagtap, Asst. Prof. Ms. Shweta Shirodkar, Asst. Prof. Mr. Tanmay Patwardhan, Asst. Prof. Ms. Gayatri Shetgaonkar, Asst. Prof. Ms. Namita Narvekar and all faculty members.

