

## ShikshanPrasarak Mandal's GOPAL KRISHNA GOKHALE COLLEGE, KOLHAPUR.

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Vice Prin. Shri. N.T. Patil

I/C Prin. Dr. R. B. Bhuyekar M.A., M. Phil., Ph.D.

Title of Activity : Guest lecture Speaker : Dr. N. R. Mane

Date : 29<sup>th</sup> December 2023

Organized by : Department of Nutrition and Dietetics

**Summary** : Guest Lecture on "Relationship between diet and health and

health disease" was organized by Department of B. Voc. For

Nutrition and dietetics Course Students.

Snapshots :





**Outcome:** Following are the outcome of this program

- 1) Students gain knowledge about a healthy diet helps children grow and develop properly and reduces their risk of chronic diseases.
- 2) Students get knowledge about good nutrition provides a mechanism to promote health and prevent disease.
- 3) Students understand the who eat a healthy diet live longer and have a lower risk of obesity, heart disease, and certain cancer