



ShikshanPrasarak Mandal's
GOPAL KRISHNA GOKHALE COLLEGE,
KOLHAPUR.

'B' Ward, Subhash Road, Kolhapur Pin- 416 012. P. Box. No.3

Phone No- (0231) 2642540 /2642340

NAAC Accredited "B" (C.G.P.A. 2.48) 3rd Cycle



स्वातंत्र्याचा अमृत महात्म्य

E-Mail:- gkgcollege1950@gmail.com

g260.cl@unishivaji.ac.in

Web Site:-www.gkgcollege.com

U-DISE – 27341304307

Vice Prin. Shri. N. T. Patil
M.Sc. B.Ed

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

Title of Activity	:	Guest Lecture
Speaker	:	Dr. Shabnam S. Khan
Date	:	10 th February 2024
Organized by	:	Department of Nutrition and Dietetics
Summery	:	Guest lecture on "Importance of Nutrition and Dietetics" for Nutrition and Dietetics

Snapshots :



Outcome:

Students have gain knowledge about how diet and nutrition play a vital role in human health and are used to help prevent and control disease. Well balanced diet provides all of the energy you need to keep active throughout the day.

Getting good nutrition and eating healthy can help prevent you from developing many common diseases like heart disease, type two diabetes and kidney diseases. Food is the fuel of our body. Food with high nutritional content boosts our stamina and helps us exercise better.

