

VPM's B.N. Bandodkar College of Science (Autonomous) Thane (w)

“Traditional Nutritious Food Habit for Enhancement of Health”

Report

Name of activity	Traditional Nutritious Food Habit for Enhancement of Health (Mixture of chickpea, Jaggery, Lemon and Coriander was distributed) (चणे, गुळ, लिंबू, कोथिंबीर चे मिश्रण वितरित केले होते)
Objectives of the activity (maximum 40 words)	<ul style="list-style-type: none">• To make Aware the Students about Nutrient Density of Traditional foods.• To make Aware the Students Unaltered and Organic Traditional foods.• To make Aware the Students Unaltered and Organic Real Fats and Proteins• To make Aware the Students Unaltered and Organic Local and Seasonal Traditional
Organizing department/s	Information Technology, Computer Science and Data Science.
Date (DD / MM / YYYY)	Day : Friday (Shravan Month) Date : 23/08/2024
venue	Bandodkar College Thane – IT, CS and Data Science ClassRooms.
Mode	Offline
Details of Resource person (name, designation, institution)	Mr. Abhijeet A. Kale (Head of the Department) VPM's B. N. Bandodkar College of Science(Autonomous) Thane.
Key Participants	<ul style="list-style-type: none">• Mr. Abhijeet Kale (Head of the Department)• Bandodkar college IT,CS and DS Teaching and Non-Teaching Staff• Student of IT, CS and Data Science Department
Remarkable outcomes/ key take-away messages	Students got Knowledge of Following Things throughout this activity : <ul style="list-style-type: none">• Nutrient Density: Traditional foods are often nutrient-dense, meaning they provide essential vitamins, minerals, and other nutrients in a concentrated form. These foods support overall health and well-being• Unaltered and Organic: Traditional foods are cultivated, produced, and harvested from the earth and nature. They are unaltered and organic, free from modern processing techniques that can strip away nutrients or introduce harmful additives• Real Fats and Proteins: Traditional diets emphasize using real fats (like butter or lard) for cooking and consuming meat and poultry from humanely-raised animals. These practices contribute to better health outcomes• Local and Seasonal: Traditional foods are often found in local communities and are adapted to the seasons. Eating locally sourced foods can enhance health by providing fresher, more nutritious options
Details of participants	<ul style="list-style-type: none">• Mr. Abhijeet Kale (Head of the Department)• Bandodkar college IT,CS and DS Teaching and Non-Teaching Staff• Student of FYIT,SYIT,TYIT,FYCS,SYCS,TYCS and Data Science

	Department
Total Number	399
	Faculty members: 390 students: 09

Name of Coordinator/ teacher in-charge: Mr. Abhijeet A. Kale (In-Charge - Department of Information Technology and Computer Science)

Geo tagged photos:

