

**MET's Institute of Engineering
Bhujbal Knowledge City, Adgaon, Nashik
Department of First Year Engineering**

Name of the program: Expert Session "The Wellness Way "

Date: 04/09/2024

Time: 12.15 to 1.30pm

Day: Wednesday

Venue: IOE-Seminar Hall

Induction Coordinator: Dr. R.S .Dhake

Session Coordinator- Prof.Archana Shirsath

Resource Person: Dr .Sonal Kathole

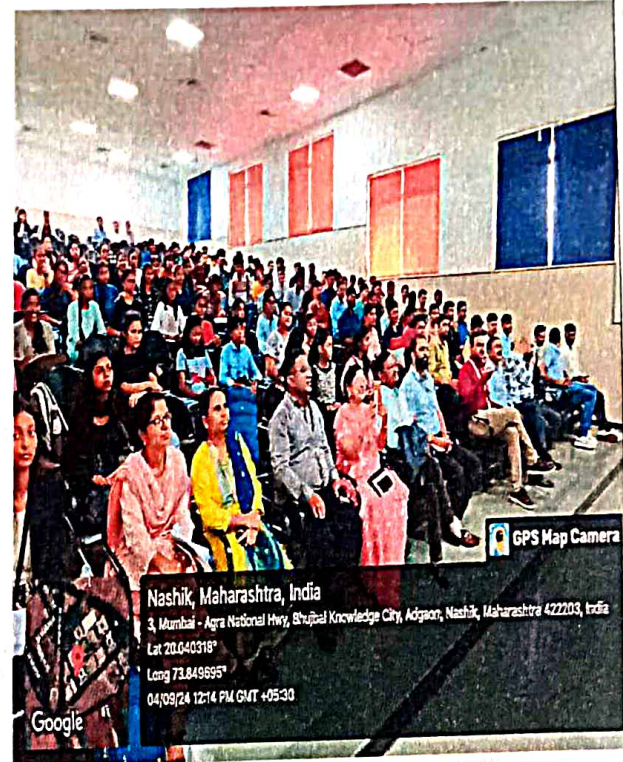
No. of Participants: 120

Objective of Programme- To make the awareness among the students about the balanced diet. Balanced diet to provide the body with the right nutrients in the right amounts to maintain good health.

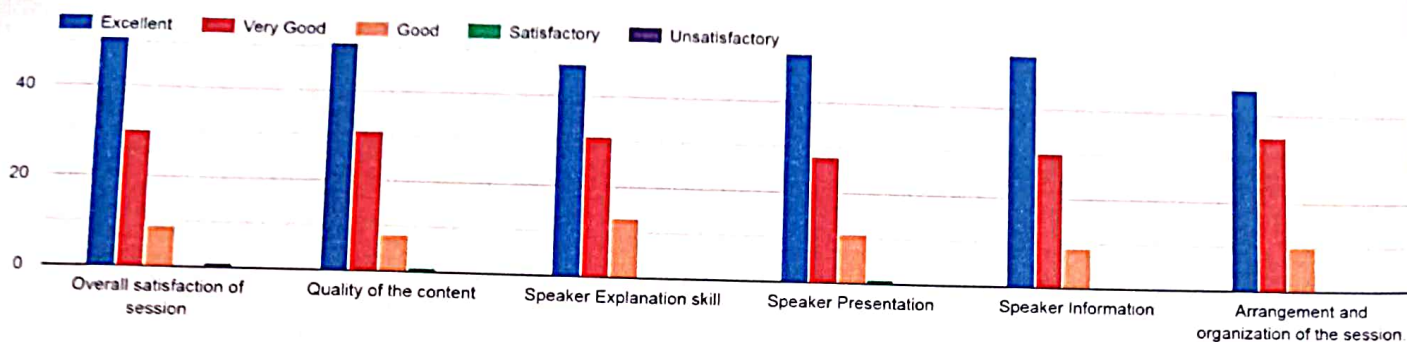
The session was conducted by **Dr. Sonal kathole**, She is the well known dietician in Nashik. She give the most valuable information about the diet to students. she address the following point.
Benefits of a balanced diet

1. Disease prevention: A balanced diet can help prevent chronic diseases like heart disease, type 2 diabetes, and some cancers.
2. Weight management: A balanced diet can help you maintain a healthy weight by promoting metabolism.
3. Immune support: A balanced diet can help strengthen your immune system with vitamins and minerals like zinc, iron, and vitamin C.
4. Energy and vitality: A balanced diet can help you feel energized throughout the day.
5. Healthy growth and development: A balanced diet can help children grow and develop healthily.
6. Healthy pregnancy: A balanced diet can help support healthy pregnancies and breastfeeding.
7. How to maintain a balanced diet
8. Eat a variety of foods from different food groups, like fruits, vegetables, grains, dairy, and proteins
9. Limit your intake of processed foods, sugary snacks, and unhealthy fats
10. Focus on portion control and moderation
11. Plan your meals ahead of time
12. Be mindful of your eating habits



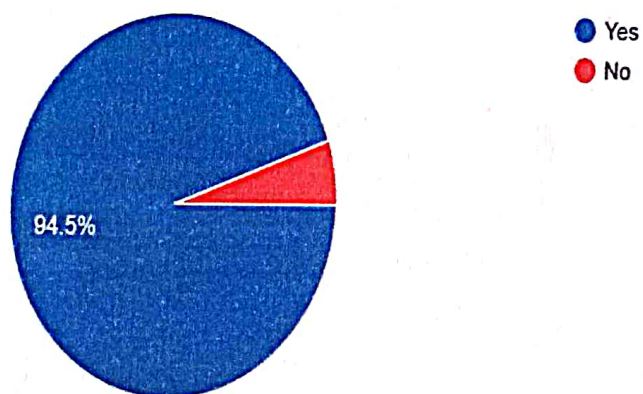


Please rate the quality of the following



Would you like to attend a similar session in the future?

91 responses



Dr. V. S. Khairnar
(FE-Coordinator)

Dr.P.S.Raut
(Coordinator)

Dr. Vijaykumar P. Wani
(Principal-IOE)