

Activity Report
Of
Health Education Program
"Nutrition & Hemoglobin Estimation"



Organized by ,
Sandip Foundation's
Sandip Institute of Technology and Research Center
Womens' Grivance Committee

Date :12th February 2016

Aim: To create awareness among the girls student about importance of the nutrition in health and estimation of Haemoglobin

Name of the Program: "Nutrition & Hemoglobin Estimation"

Venue: : Computer Seminar Hall

Time: 10:00 to 12 :00 am

Organised By: Women Subcommittee of MACCIA and Sandip Foundation Nashik.

Conducted By: Members of Womens' Grievance Committee

Name of the resource Person:

1. Mrs Sangita Patki.
2. Dr. S. T. Gandhe, Principal, SITRC, Nashik
3. DR. Mrs. G. M. Phade, HOD E&TC Department, SITRC, Nashik

Audience: FE,SE,TE, BE Girls Students and Sandip Foundation's Ladies Staff

Details of Events: Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. ... The diet of an organism is what it eats, which is largely determined by the availability and palatability of foods. Six Basic Nutrients Required for Good Health are

- Carbohydrates. Carbohydrates can be grouped into two categories: simple and complex. ...
- Protein. Protein from food is broken down into amino acids by the digestive system. ...
- Fat. The fat in food includes a mixture of saturated and unsaturated fat. ...
- Vitamins.
- Minerals.
- Water.

Mrs Sangita Patki, addressed the girls students about the importance of nutrition in health. She aware about the balanced diet for good health. She said that food provides our bodies with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

She given some tips of Health + Nutrition to the girls .

1. Don't Drink Sugar Calories
2. Eat Nuts
3. Avoid Processed Junk Food
4. Don't Fear Coffee
5. Eat Fatty Fish
6. Get Enough Sleep
7. Drink Some Water, Especially Before Meals
8. Take Vitamin D3 If You Don't Get Much Sun
9. Eat Vegetables and Fruits
10. Don't go on a "Diet"

The hemoglobin test is used to check for anemia, usually along with a hematocrit or as part of a complete blood count (CBC) for the girls student.

Event Photo



