



18th October 2022

Concept of Food and Nutrition in Ayurveda

- ❖ **Academic Year** : **2022-2023**
- Title** : **हर घर आयुर्वेद हर दिन आयुर्वेद:**
Concept of food & Nutrition in Ayurveda
- ❖ **Activity Under** : **PLAN-B Club**
- ❖ **Organized by** : **Training & Placement Cell of YBCP**
- ❖ **Type of Event** : **Guest Lecture**
- ❖ **Guest Speaker** : **Dr. Lalitkumar Vithalani, HOD, Kriyasharir dept. RJVS
Bhaisaheb Sawant Ayurveda Mahavidyalaya.**
- ❖ **Venue** : **Seminar Hall**
- ❖ **Date & Time** : **18th October 2022 at 04.00 pm onwards**
- ❖ **Target group** : **Second & Third Year B. Pharm students**
- ❖ **Coordinator** : **Training & Placement Cell Coordinators
Ms. Namita S. Bhosale
Ms. Gauravi H. Sonsurkar**
- ❖ **Program Advisor** : **Dr. V. A. Jagtap**

Event Flyer:



YASHWANTRAO BHONSALE COLLEGE OF PHARMACY, SAWANTWADI

PLAN-B Club & Training Placement Cell of
YBCP

In collaboration with
RJVS Bhaisaheb Sawant Ayurved Mahavidyalaya, Sawantwadi
Organizes Guest Lecture on

हर घर आयुर्वेद हर दिन आयुर्वेद

CONCEPT OF FOOD AND NUTRITION IN AYURVEDA

On

Tuesday, 18th October, 2022

Time : 04.00 to 05.00 Pm

GUEST SPEAKER



Dr. Lalitkumar Vithalani
HOD Kriyashareer Department
RJVS Bhaisaheb Sawant Ayurveda
Mahavidyalaya, Sawantwadi



DR. VIJAY A. JAGTAP
Convenor, (Principal)
Yashwantrao Bhonsale
College of Pharmacy



DR. ROHAN K. BARSE
Spandan Club Head
Yashwantrao Bhonsale
College of Pharmacy



MS. NAMITA BHOSALE
Event Co-ordinator
Yashwantrao Bhonsale
College of Pharmacy



MS. GAURAVI H. SONSURKAR
Event Co-ordinator
Yashwantrao Bhonsale
College of Pharmacy



YASHWANTRAO BHONSALE COLLEGE OF PHARMACY

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Objective:

Being Physically active and fit holds utmost importance especially among today's younger generation who is busy enjoying the luxuries of mobile, laptop and TV at an alarming rate and aren't active and spirited on a daily basis. Being involved in electronic devices ain't bad until and unless it is used as a source of entertainment for a limited time. In order to enjoy the beauty of life and to experience it to the fullest you must start getting involved in physical activities and one should aware about nutritious food, Eating a well-balanced diet on a regular basis and staying at ideal weight are critical factors in maintaining emotional and physical well-being.

About the programme:

Guest lecture organized by PLAN B Club & **TPC of Yashwantrao Bhonsale College of Pharmacy, Sawantwadi** in collaboration with RJVS Bhaisaheb Sawant Ayurveda Mahavidyalaya, Sawantwadi under the program **हर घर आयुर्वेद हर दिन आयुर्वेद** : Concept of food & Nutrition in Ayurveda on 18th October 2022 at 04.00 pm onwards. For the said event Guest Speaker: Dr. Lalitkumar Vithalani, HOD, Kriyasharis dept. RJVS Bhaisaheb Sawant Ayurveda Mahavidyalaya, Students of Second & Third Year B. Pharm , Dr. Rohan Barse sir, HOD M. Pharm, SPANDAN Club Head & TPC coordinators Ms. Namita Bhosale & Ms. Gauravi Sonsurkar were present. Program started with welcoming guests & participants proceeded with lamp lighting. After inaugural session an introductory speech was given by Prof. Ms. Namita Bhosale, TPC coordinator to all students. In that she highlighted objective behind the organizing said event. Later, she gave introduction of Guest speaker to all. Dr. Rohan Barse Sir presented welcome address & handover the session to Dr. Lalit sir, in that he highlighted countless benefits of Ayurvedic diet. He said, your digestive system is in charge of converting nutrients into energy, and correct metabolism is essential for optimum health. It is critical to choose meals that have a beneficial influence on your gut. You should also pay close attention to your hunger cues so that you eat just when you're hungry and at a moderate pace. Do not eat your supper in less than a minute. Ensure to eat only till you are satisfied. Never stuff yourself till you become full. Aside from the apparent weight gain effect, overeating boosts free radical generation in the body, which accelerates the ageing process. In conclusion, Ayurveda takes into account the way our body and metabolism is designed in its dietary recommendations. Cutting out excess eating and sedentary lifestyle choices can make it easier for one to live a healthier and fuller life.

Later, students asked their queries to Dr. Lalit sir in question answer session. Event hosted by Ms. Namita Bhosale & concluded with vote of thanks of Hon. Management, Speakers, Principal, Faculty & participant students. Program successfully organized by TPC coordinators.

PO Attainment:

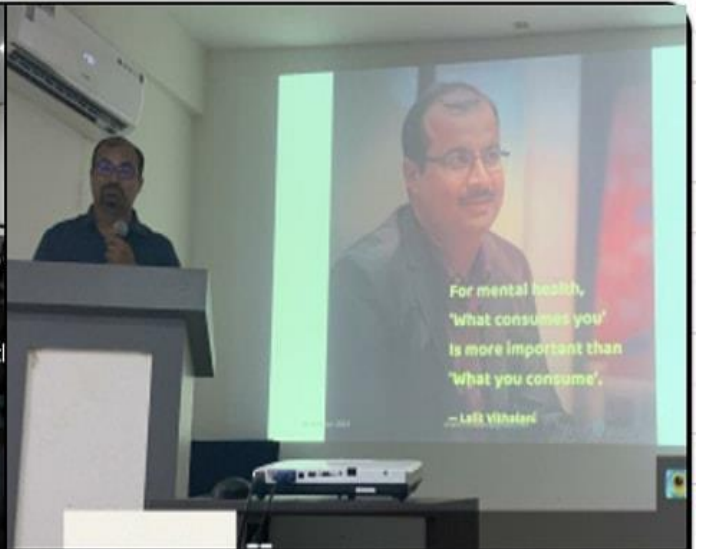
- Pharmacy Knowledge
- Professional Identity
- Leadership skills
- Pharmaceutical Ethics
- Communication
- The Pharmacist and society
- Lifelong learning

Class	No. of students present	Total no. of beneficiaries
Third Year B. Pharm	121	232
Second Year B. Pharm	111	

GLIMPSE OF EVENT



“Glimpse of Inaugural session”



“Dr. Lalitkumar Vithalani sir was delivering session on concept of food and nutrition in Ayurveda”

SOCIAL MEDIA SNAP



Report prepared by: Ms. N. S. Bhosale

Ms. N. S. Bhosale
TPC Coordinator

Ms. G. H. Sonsurkar
Asst. TPC Coordinator

Dr. R. K. Barse
SPANDAN club Head

Dr. V. A. Jagtap
Principal