



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC with "A"
Grade ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune
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Report of Guest Session “Eating Healthy and Balanced Diet”



The Department of Commerce had organized a nutrition session on the topic “ Eating Healthy and Balanced Diet” on 7th August 2024. The resource person for the guest session was nutritionist Mrs Avanti Damle .

The aim of the event was to inform students about the value of maintaining a healthy, balanced diet and to offer doable strategies for doing so on a daily basis. The resource person explained that a balanced diet includes a variety of foods in the right proportions, providing all the essential nutrients the body needs to function properly. She also emphasized on the key Components of a Balanced Diet which includes Macronutrients, Food Groups and Their Benefits, Hydration, Portion Control.



Students were given the opportunity to ask questions and share their experiences with dieting and nutrition. The resource person provided personalized advice based on individual concerns. The session concluded with a summary of the key points discussed and a reminder of the importance of a balanced diet for overall health and well-being. Participants were encouraged to make gradual changes to their eating habits and to seek professional advice if needed.

Students found the session informative and expressed interest in more in-depth workshops on specific topics such as meal planning, reading nutrition labels, and managing dietary restrictions.



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