



(ESTD. 1965)

Gondia Education Society's

**SETH NARSINGDAS MOR COLLEGE OF ARTS & COMMERCE &
SMT. G. D. SARAF SCIENCE COLLEGE**

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Ref. No. : SNMC/2022-23

Date : 23.04.2022

अहवाल

पोषण पंधरवडा

एस. एन. मोर महाविद्यालयात पोषण पंधरवडा निमित्ताने पोषण आणि पोषणमूल्य यावर आधारित व्याख्यानाचे आयोजन

तुमसर येथील एस. एन. मोर कला, वाणिज्य व श्रीमती जी. डी. सराफ विज्ञान महाविद्यालयातर्फे पोषण पंधरवडा निमित्ताने राष्ट्रीय सेवा योजना व गृहअर्थशास्त्र विभाग यांच्या संयुक्त विद्यमाने पोषण आणि पोषण मूल्यावर आधारित व्याख्यानाचे आयोजन करण्यात आले.

या कार्यक्रमाच्या प्रमुख वक्त्या म्हणून महाविद्यालयातील गृहअर्थशास्त्र विभाग प्रमुख तसेच महिला उपक्रम समितीच्या समन्वयक डॉ. बी. डी. काटेखाये होत्या. यांनी आहाराचे महत्त्व पटवून देतांना निरामय जीवन जगण्याकरिता समतोल आहार घ्यायला हवा, मानवाला शरीर निर्माणाकरिता ऊर्जा मिळविण्याकरिता तसेच शरीर संरक्षणाकरिता विविध पोषक घटकांची आवश्यकता असते. विविध पोषक तत्वे तसेच त्यातील पोषणमूल्ये याविषयीचे सविस्तर ज्ञान विद्यार्थ्यांना अवगत करून दिले.

कला शाखेचे प्रभारी डॉ. मस्के सर यांनी आपल्या व्याख्यानात कुपोषण म्हणजे काय? कुपोषणावर मात करण्यासाठी कुटुंबातील व्यक्तींना आहाराविषयी साक्षर करणे गरजेचे आहे. तेव्हाच कुटुंब, समाज, देश कुपोषण मुक्त होऊ शकेल असे सांगितले. कार्यक्रमाचे अध्यक्ष महाविद्यालयाचे प्राचार्य डॉ. चेतनकुमार मसराम यांनी आपल्या अध्यक्षीय भाषणात अन्नाचे महत्त्व आणि अन्नाचे कार्य शारीरिक आणि मानसिक जसे आहे तसेच सामाजिक आणि सांस्कृतिकही आहे. अन्नाशिवाय कुठलेही कार्यप्रसंग पार पाडल्या जात नाही. तसेच अल्कलाइन पाणी म्हणजे काय? व कुठल्या प्रकारचे पाणी आरोग्यासाठी पिण्यायोग्य आहे? याविषयी माहिती दिली.

कार्यक्रमाचे सूत्रसंचालन डॉ. एस. ए. राठोड मॅडम तर आभार प्रदर्शन डॉ. ए. एस. बावनकर मॅडम यांनी केले. कार्यक्रमाच्या यशस्वीतेसाठी राष्ट्रीय सेवा योजनेचे कार्यक्रम अधिकारी प्रा. लक्ष्मण पेटकुले सर तसेच अंतर्गत गुणवत्ता हमी कक्षाचे समन्वयक डॉ. राधेश्याम दिपटे यांनी परिश्रम घेतले. या कार्यक्रमात महाविद्यालयातील शिक्षक शिक्षकेतर कर्मचारी व मोठ्या प्रमाणात विद्यार्थी उपस्थित होते.



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Tumsar, Maharashtra, India
9PPR+QP9, Shastri Nagar, Tumsar, Maharashtra
441912, India
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Long 79.741638°
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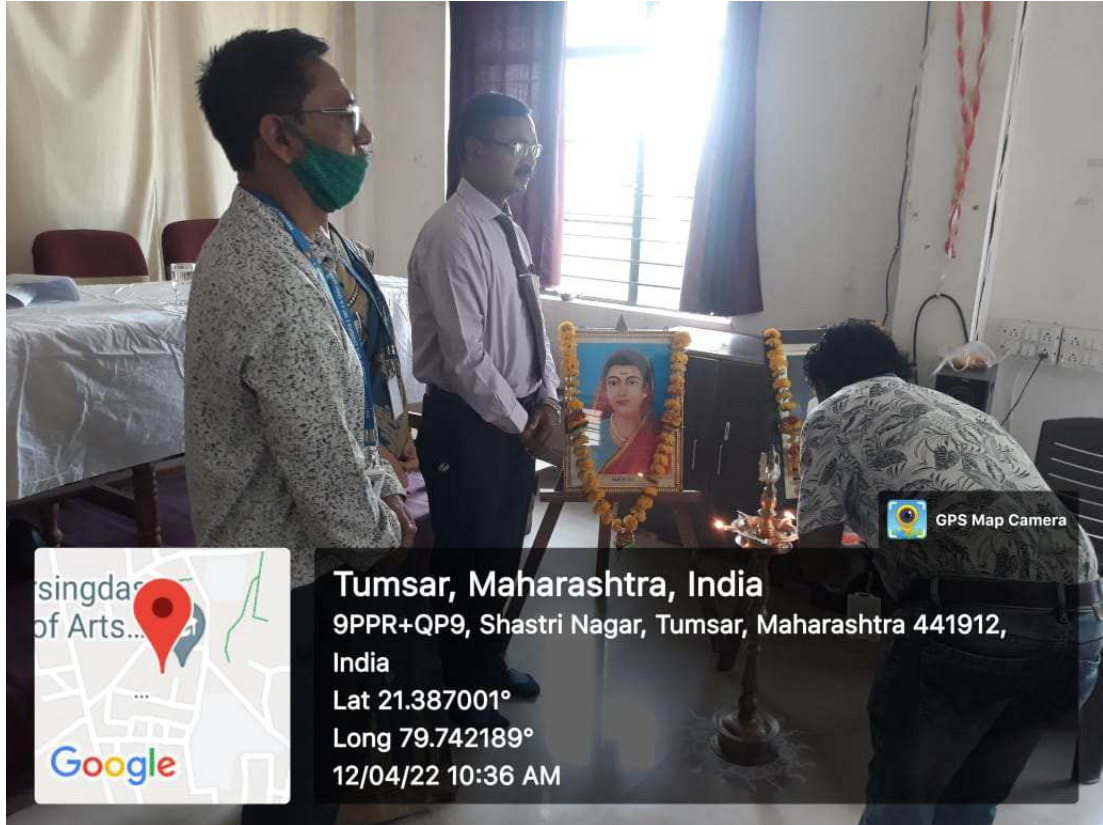
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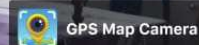
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9PPR+QP9, Shastri Nagar, Tumsar, Maharashtra 441912,
India
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Tumsar, Maharashtra, India
 9PPR+QP9, Shastri Nagar, Tumsar, Maharashtra
 441912, India
 Lat 21.387117°
 Long 79.742085°
 12/04/22 11:14 AM



Tumsar, Maharashtra, India
 Sant Jagnade Nagar, Shastri Nagar, Tumsar,
 Maharashtra 441912, India
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Tumsar, Maharashtra, India
 9PPR+QP9, Shastri Nagar, Tumsar, Maharashtra
 441912, India
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 441912, India
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Tumsar, Maharashtra, India
9PPR+QP9, Shastri Nagar, Tumsar,
Maharashtra 441912, India
Lat 21.387214°
Long 79.741988°
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Tumsar, Maharashtra, India
9PQR+JC2, Shastri Nagar, Tumsar,
Maharashtra 441912, India
Lat 21.387915°
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