



Sonopant Dandekar Shikshan Mandali's  
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi. : 252316

website : [www.sdsmcollege.com](http://www.sdsmcollege.com) • Email: [sdsmcollege@yahoo.com](mailto:sdsmcollege@yahoo.com)

Date: 28/08/2019

To,

The Principal

Sonopant Dandekar College,

Palghar.

Subject: Regarding permission for conducting "Save Food-Doctor/Dietician" program.

Respected Sir,

Concerning the above subject, our college DLLE unit wants to organize a "Save food-Doctor/Dietician" program on 03/09/2019 by Dr. Rajesh Yadav from Dhawale Hospital, for all DLLE students enrolled for this year in room number BMS 10.

Kindly permit conducting the program.

Thanking you,

Yours faithfully,

Extension Teacher,

DLLE, Palghar Unit.



Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi. : 252316

website : [www.sdsmcollege.com](http://www.sdsmcollege.com) • Email: [sdsmcollege@yahoo.com](mailto:sdsmcollege@yahoo.com)

---

Date: 31/08/2019

**Department of Lifelong Learning and Extension**

**Notice for DLLE students**

DLLE students are hereby informed that our college unit has organized a “Save food-Doctor/Dietician” program on 03/09/2019 At 1:30 pm in room number BMS 10.

Attendance is compulsory for all DLLE students.

Principal



Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi. : 252316

website : [www.sdsmcollege.com](http://www.sdsmcollege.com) • Email: [sdsmcollege@yahoo.com](mailto:sdsmcollege@yahoo.com)

Date: 29/08/2019

To,

Dr. Rajesh Yadav

Dhawale Hospital,

Palghar.

Subject: Invitation as a speaker for the lecture on "Save food-Doctor/Dietician"

Respected Sir,

Department of Lifelong Learning & Extension (DLLE) is organizing a lecture on "Save food-Doctor/Dietician" for our DLLE students on 03/09/2019. We hereby wish to seek your guidance for our students.

You are requested to kindly deliver a lecture.

Thank you,

Venue: Room number BMS 10.

Date: 03/09/2019

Time: 1:30 pm

Dr. Kiran J. Save

Principal



Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi. : 252316

website : [www.sdsmcollege.com](http://www.sdsmcollege.com) • Email: [sdsmcollege@yahoo.com](mailto:sdsmcollege@yahoo.com)

---

Date: 03/09/2019

To,  
Dr. Rajesh Yadav  
Dhawale Hospital,  
Palghar.

Respected Sir,

We are hereby glad to thank you for your presence and guidance to our DLLE students regarding "Save food-Doctor/Dietician" on 03/09/2019.

I Expect your cooperation in future also.

Thanking you,

Dr. Kiran J. Save

Principal

# Department of Lifelong Learning and Extension

## Students Attendance



*Sonopant Dandekar Shikshan Mandali's*  
**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
 AND M.H. MEHTA SCIENCE COLLEGE,**  
 Palghar, Dist-Palghar, Pin- 401 404.  
 ☎ Code No. 02525- 252183, Prin.: 252317. Resl.: 252316

### ATTENDANCE RECORD

Event : Food and diet Program  
 Organised by : DILE unit  
 Chief Guest : Dr. Rajesh Yadav  
 Date : 03/09/2019 Time : 1:30 pm Venue : BMS Seminar Hall

Sr. No.	Name	Class	Roll No.	Mobile No.	Signature
1	Yadav Renu Maniram	Ty BMS	97059		Renu
2	Verma Sandeep Renupre	-11-	97039		Sandeep
3	Gharat Mitali Vasudeo	-11-	97088		M.V. Gharat
4	Jain-Hemshada Nathudal	-11-	97088		M Jain
5	Ansari Nur-eha Sharif	-11-	97066		Ansari
6	Dubey Aditi Devendra	-11-	97034		Aditi
7	Mishra Anuradha Mukesh	Ty Biotech	94027		A.M. Mishra
8	More Himani Sanjay	MSC II	342		H. More.
9	Gharat Mehak Ramesh	-11-	304		M.R. Gharat
10	Pallav Amar Anand	-11-	311		Amar
11	Dharmadhikari Delesh H.	-11-	312		Dharmadhikari
12	Yadav Suryakant Rajendra	Ty BMS	97063		Yadav
13	Labhmani Mahak Bharat	-11-	97061		Mahak
14	Bhois Kaushal Suresh	-11-	97033		Kaushal
15	Yadav Raju Ravishankar	-11-	97038		Raju
16	Singh Rajini Ramesh	-11-	97062		Rajini
17	Vishwakarma Manisha.M.	Ty Biotech	94026		Manisha
18	Patil Vinit Pradheul	MSC II	302		D.S. Patil
19	Raut Dhanashree S.	-11-	324		D.S. Raut
20	Patil Nirbhay Vilas	MSC-II	307		Amaale

Prof. In-charge *A. Raut*

# **Department of Lifelong Learning and Extension**

## **Report on Save Food - Doctor/Dietician 2019-20**

**Name of the Event** - Save food- Doctor/Dietician” program.

**Date** – 03/09/2019

**Time-** 1:30 p.m.

**No. of Students Participated** – 49

### **About the Activity:**

Prof. Asmita Raut introduced the Guest Dr. Rajesh Yadav. Dr. Rajesh Yadav addressed food waste and promoted healthy eating habits in our daily lives. Expression of gratitude given by Prof. Prashant Mogale.

### **Objectives:**

1. Nutritional knowledge: To give participants a thorough grasp of how important food and diet are to preserving health and preventing diseases linked to diet.
2. Adoption of healthy eating practices: To encourage the adoption of healthy eating practices, such as portion control, mindful eating, and balanced nutrition.

### **Outcomes:**

1. Nutritional awareness: Participants will gain knowledge about the essential nutrients, their functions, and the role they play in maintaining overall health and well-being.
2. Healthy food choices: Participants will learn how to make informed decisions when selecting food items, identifying healthy food choices, and understanding food labels.

# Department of Lifelong Learning and Extension

## Food & Diet Activity Photo



**Dr. Rajesh Yadav delivered a lecture on “Food & Diet”**



**Students Attend the programmed**