

Department of Lifelong Learning and Extension

(DLLE)

Healthy Eating Habits

Healthy eating habits encompass the patterns and choices we make regarding food and beverages to support and enhance our overall health. In this seminar, our guests tell about habits involve consuming a diverse range of nutrient-rich foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats, while moderating the intake of processed foods, sugary drinks, and high-fat foods. Additionally, our guest teaches some healthy eating habits, for improving their overall well-being.

Objective: -

1. Promote the consumption of a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats to support overall health and well-being.
2. Educate individuals about portion control, mindful eating, and the importance of staying hydrated to maintain a healthy weight and reduce the risk of chronic diseases.

Outcome: -

1. Students will demonstrate knowledge of nutrition principles, including understanding food groups, recommended daily servings, and the importance of nutrient-dense foods for optimal health.
2. Students will develop skills in meal planning, food preparation, and making healthy food choices, leading to improved dietary habits and long-term wellness.

Participants:

1. Chief Guest
2. Extension Teacher
3. DLLE students



Extension Teacher,
DLLE, Palghar Unit



SONOPANT DANDEKAR SHIKSHAN MANDALI'S
SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE
AND M.H.MEHTA SCIENCE COLLEGE, PALGHAR

DEPARTMENT OF
LIFE LONG LEARNING
& EXTENSION
ORGANIZES

Healthy eating habits

Seminar by

*Dr. Dharmendra
Mansaram*



- **DATE: 14/10/2021**
- **TIME: 11:00 AM**
- **PLATFORM: ZOOM APPLICATION**



Department of Lifelong Learning and Extension

ACTIVITY REPORT

Name of the Activity: - Healthy Eating Habit

Date –14/10/2021

Time- 11:00 a.m.

No. of Students Participated – 35 (Boys: 15 & Girls: 20)

About the Activity –

Prof. Asmita Raut introduced the guest, Prof. Sanjay Desale In the presentation, sir explained about importance of health, the nutritional value of food during the pandemic period as well as how to develop healthy eating habits, for good health.

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OUTCOME: -

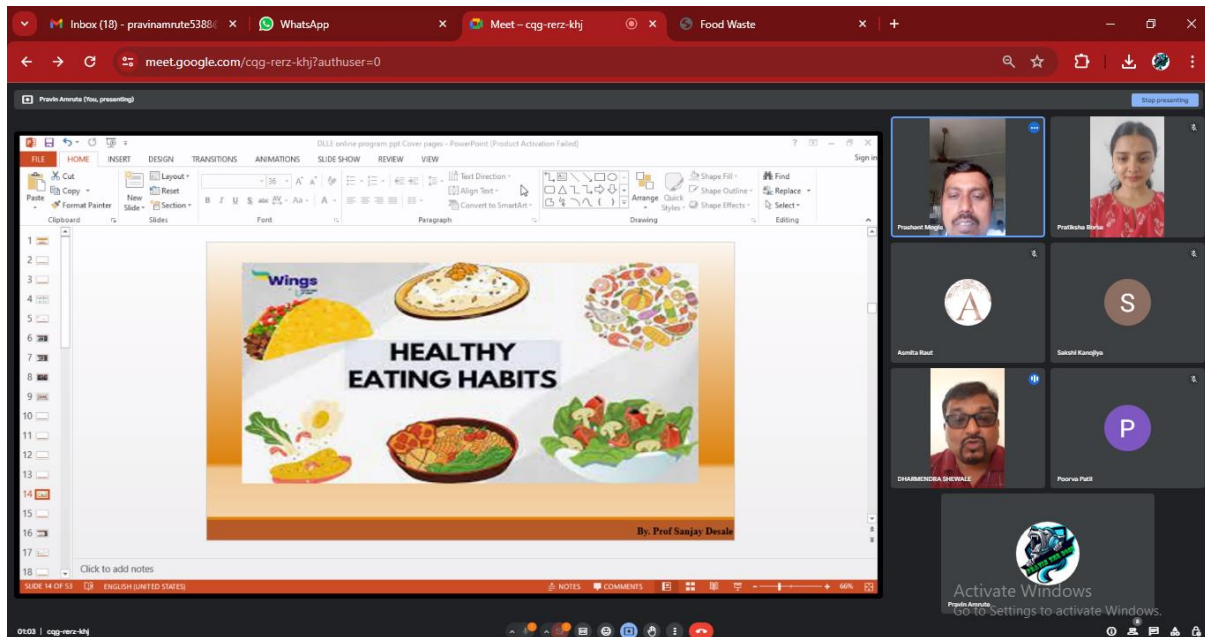
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Students Attendance



The screenshot displays a Google Meet interface. The main window shows a PowerPoint presentation titled "DLLE online program ppt Cover pages - PowerPoint (Product Activation Failed)". The slide content includes the "Wings" logo, the text "HEALTHY EATING HABITS", and several images of food items like a pizza, a salad, a bowl of rice, and a plate of vegetables. The presenter's name, "Dr. Prof Sanjay Desai", is visible at the bottom of the slide. On the right side, there is a grid of participant video thumbnails. The top row shows two active video feeds. Below them are several thumbnails with initials: "A", "S", "P", and a large "P". The bottom right corner of the screen shows a Windows watermark: "Activate Windows Go to Settings to activate Windows."

Dr Dharmendra Mansaram sir delivered an online lecture on “Healthy eating habits”