

MET'S Institute of Pharmacy

ACTIVITY REPORT

Name of Activity- Awareness session on "Diet and Nutrition"

Date- Thursday, 14/09/2023

Participants	Staff	Student	Class and Course
	05	65	B.Pharm all classes

Details of the Program

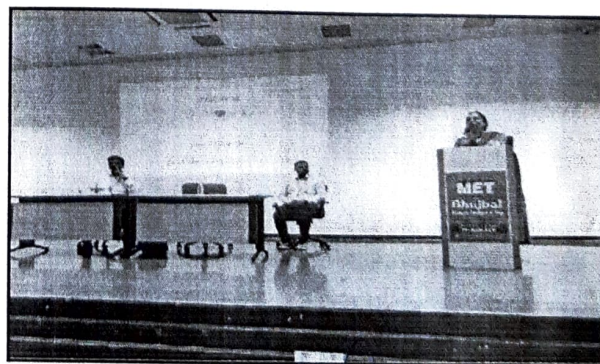
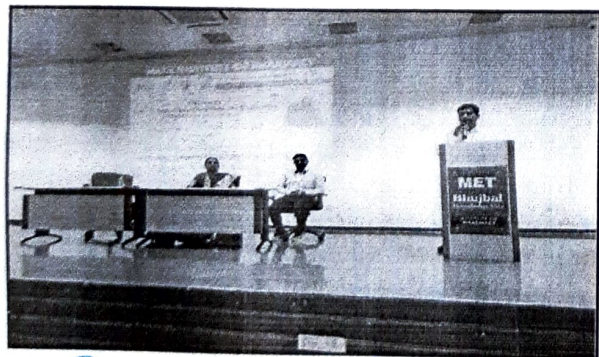
NSS unit of MET's Institute of Pharmacy, Nashik had organized an awareness session on "Diet health and nutrition". Mrs. Ashwini Yogesh Chapolkar Deshmukh, Nutrition consultant, Green leaf, Nashik have delivered an enlighten session on importance of diet and nutrition on health. She further added about how to balance own diet. She majorly focuses on importance of protein and rich sources of protein. She also explains importance of Vitamin D3 & B12.

Program Objective Achievement

PO1	Pharmacy Knowledge	✓	PO7	Pharmaceutical Ethics	
PO2	Planning Abilities	✓	PO8	Communication	
PO3	Problem Analysis		PO9	The Pharmacist and society	✓
PO4	Modern Tool Usage		PO10	Environment and Sustainability	
PO5	Leadership Skills		PO 11	Lifelong Learning	✓
PO6	Professional Identity				

Objective of the Activity	To spread awareness about importance of diet and nutrition for healthy life.
Benefits of the activity	Budding pharmacist and staff members will able to know the importance of diet and nutrition and they can inculcate among themselves.
Social Media links	NA (In house activity)

Photos of the event



RP Sable
Rajendra Mogal
Mr. Rahul Sable & Mr. Rajendra Mogal
(Event Co-Ordinator)



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