

MES Night College of Arts & Commerce
Karve Road, Pune

Report on Health and Diet Planning

Date: 28/01/2021

Time: 4.00 pm

Guest Speaker: Smt. Rucha Bhruwar

Mode: Google Meet

MES Night College of Arts & Commerce under the guidance of Principal Dr. Atul Kulkarni, conducted a Program on Health and Diet Planning. The session started at 4:30 p.m. with the introduction of the guest speaker Mrs. Rucha Bhruwar followed by the felicitation of the guest.

The guest gave us various tips related to health and diet planning:

1. Base meals on higher fiber starchy carbohydrates.
2. Eat lots of fruit and veg.
3. Eat more fish, including a portion of oily fish.
4. Cut down on saturated fat and sugar.
5. Eat less salt: no more than 6g a day for adults.
5. Get active and be a healthy weight.
6. Do not get thirsty.
7. Do not skip breakfast.

Several available diet plans may make it difficult to get started. Different diets will be more suitable, sustainable, and effective for different people.

Indian cuisine is known for its vibrant spices, fresh herbs, and a wide variety of rich flavors.

Though diets and preferences vary throughout India, most people follow a primarily plant-based diet.

Just in case if someone needs to hear this: they don't need to lose weight. Not to be happy. Not to fall in love. Not to get the job of their dreams. If they want to lose weight to get healthier? Great. Just know that body stress isn't the end-all, be-all of determining their health. Feeling good about your body and taking care of your body is the goal and that can look like a lot of different things. A healthy eating plan

gives your body the nutrients it needs every day while staying within your daily calorie goal for weight loss. A healthy eating plan also will lower your risk for heart disease and other health conditions.

The workshop session was arranged by Prof. Amardeep Gurme, Coordinator of the Programme. Ravindra Shinde and the student volunteers managed the workshop session. The support and cooperation of Non-Teaching Staff also contributed to making the Workshop Session successful and noteworthy.