



Rayat Shikshan Sanstha's  
**Savitribai Phule Mahila Mahavidyalaya, Satara**  
Academic Year: 2024-25

**A Report of a Workshop on "Diet for Adolescents  
(Girls)" organized by IQAC and Women Empowerment Cell:  
Beyond the Boundaries**

Day and Date: Saturday, 14<sup>th</sup> February 2025

Time: 10 am

The IQAC (Internal Quality Assurance Cell) and Women Empowerment Cell of Savitribai Phule Mahila Mahavidyalaya, Satara, organized a workshop on "Diet for Adolescents (Girls)" under the banner of "Beyond the Boundaries". The workshop was aimed at creating awareness about the importance of balanced nutrition and healthy eating habits during adolescence, a critical period of growth and development.

### Objectives of the Workshop

1. **To Educate About Adolescent Nutrition:** Highlighting the importance of essential nutrients for physical and cognitive growth in adolescent girls.
2. **To Promote Healthy Eating Habits:** Encouraging participants to adopt balanced diets and avoid junk food.
3. **To Address Common Nutritional Deficiencies:** Providing practical tips to prevent and manage deficiencies like anemia and calcium deficiency.

### Highlights of the Event

1. **Inaugural Session:**

The event commenced with a welcome address by **Dr. Mrs. Jayashri Aphale**, who introduced the theme of the workshop and emphasized the importance of nutrition in shaping the future health of young women.

2. **Expert Session on Adolescent Nutrition:**

The keynote session was delivered by **Dr. Chitra Dabholkar**, who covered the following topics:

- Nutritional requirements during adolescence.
- Key nutrients for growth: iron, calcium, protein, and vitamins.
- The impact of poor dietary habits on health and academic performance.
- Practical tips for planning balanced meals with locally available foods.



The session included visual aids like food pyramids and sample meal plans to help participants understand the concepts better.

**3. Interactive Activities and Demonstrations:**

- **Nutritional Quiz:** Participants engaged in a quiz to test their knowledge about healthy eating habits.
- **Food Plate Demonstration:** A live demonstration of how to create a balanced meal using common ingredients.

**4. Q&A Session:**

The open forum allowed participants to ask questions about diet-related concerns and seek personalized advice on improving their nutrition.

**5. Compering and Vote of Thanks:**

The event was compered by **Mr. Ravindra Gaikwad**, who ensured a smooth flow of the program. The formal vote of thanks was delivered by **Aishwarya Kshirsagar**, acknowledging the efforts of the resource person, the organizing team, and the active participation of the students.

### Outcomes of the Workshop

The workshop successfully enhanced participants' awareness of adolescent nutrition and its significance. Students gained practical insights into maintaining a healthy diet and understanding the link between nutrition and long-term health. The interactive activities encouraged active engagement, making the session both informative and enjoyable.

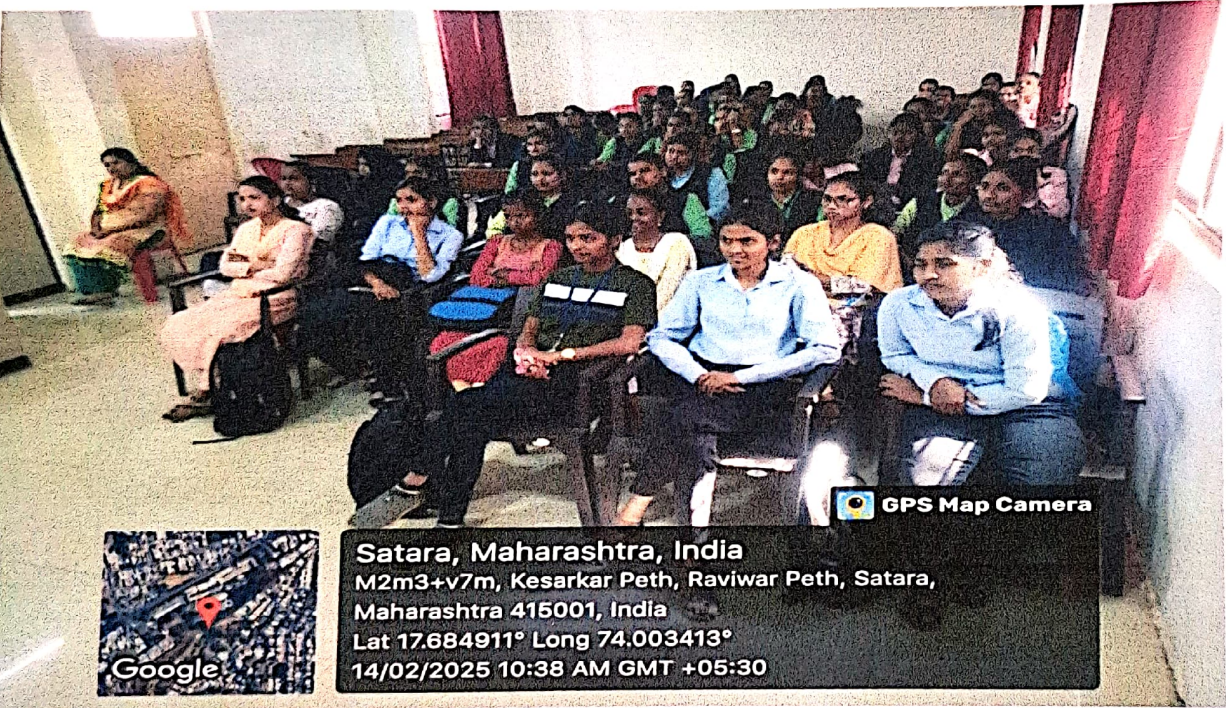
The workshop on "**Diet for Adolescents (Girls)**" was a meaningful and impactful initiative, emphasizing the role of proper nutrition in empowering young women to lead healthy and fulfilling lives. The event reflected the commitment of Savitribai Phule Mahila Mahavidyalaya, Satara, to holistic development and student well-being.

**Photos:**





Satara, Maharashtra, India  
 M2m3+v7m, Kesarkar Peth, Raviwar Peth, Satara,  
 Maharashtra 415001, India  
 Lat 17.684949° Long 74.003424°  
 14/02/2025 10:39 AM GMT +05:30



Satara, Maharashtra, India  
 M2m3+v7m, Kesarkar Peth, Raviwar Peth, Satara,  
 Maharashtra 415001, India  
 Lat 17.684911° Long 74.003413°  
 14/02/2025 10:38 AM GMT +05:30

*Sronphale*  
 Co-ordinator  
 Women Empowerment cell

*Sronphale*  
 IQAC  
 Co-ordinator

*Savitribai Phule*  
 Principal  
 Savitribai Phule Mahila Mahavidyalaya  
 SATARA.



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Savitribai Phule Mahila Mahavidyalaya, Satara  
Academic Year: 2024-2025

Women Empowerment Cell

Attendance Sheet

Beyond the Boundaries: Women Empowerment Cell

Diet for Adolescents (Girls)

Date: 14/02/2025

Time: 10 am

Sr.No.	Class	Name	Sign
1	B.com <sup>II</sup> I	Sanika vilas Pawar	<u>Pawar</u>
2	B.A I	Vaishnavi Ramdas Lohar	<u>Lohar</u>
3	B.com II	Vaishnavi Ramdas Kumbhar	<u>Kumbhar</u>
4	B.com II	Pranali Mahendra Borate	<u>Borate</u>
5	B.com II	Nisha Suryakant Pambre	<u>N.S.Pambre</u>
6	B.com II	Mene Najuka Dipak	<u>Mene</u>
7	B.com II	Mohite Shradha Shahaji	<u>Mohite</u>
8	B.com II	Suryawanshi Ashwini Ankush	<u>Ashwini</u>
9	B.com -I	Kolagade Shweta Hanmant.	<u>Kolagade</u>
10	B.com -I	Pawar Dhanshri Murlidhar	<u>D.M.Pawar</u>
11	B.com -I	Pratiksha Namdev Shirke	<u>Shirke</u>
12	B.com -I	Nikam Divya Shankar	<u>Nikam</u>
13	B.com -I	Pol Prajakta Vishwas	<u>Pol</u>
14	B.com -I	Deshmukh Shweta Rajendra	<u>Deshmukh</u>
15	B.com -I	Tadhav Anuksha Pandurang	<u>Tadhav</u>
16	B.com -I	Pawar Swaranjali Kishor	<u>Pawar</u>
17	B.com I	Vaishnavi Gosakharath Nikam	<u>V.G.Nikam</u>
18	B.com I	sakshi Mahadev Shinde	<u>S.M.Shinde</u>
19	B.com I	Pradnya santosh Shinde.	<u>Shinde</u>
20	B.com I	Tanvi Vijay Pawar	<u>Tanvi</u>
21	B.com I	shreya DhanyaJ Bhosale	<u>S.D.B</u>
22	B.com IT. FY	shinde Vaishnavi Narayan	<u>Shinde</u>
23	B.com IT. FY	Jagtap Anadi Pralad Sh.	<u>A.P.Jagtap</u>
24	B.com IT. FY	shadha Dinkar chavan	<u>S.D.chavan</u>
25	B.com IT. FY	chadga sakshi Avinash	<u>S.A.chadga</u>
26	B.com IT. FY	Phalake Pranali Shubhash	<u>P.B.Phalake</u>



Sr.No.	Class	Name	Sign
27	B.com I	Yogita Ananda Saptal	<u>Saptal</u>
28.	B.com I	Dhumal Vedika Sanjay	<u>V.S.Dhumal</u>
29	B.com I	Dhumal Vedika Pralap	<u>Vedika</u>
30	B.com I	Deshmukh sayli hemant	<u>S.H.Deshmukh</u>
31	B.A.III	Nikam Pooja Sandip	<u>P.S.Nikam</u>
32	B.A.III	Rasal Shreya Anil	<u>Rasal</u>
33	B.A.III	Sawant Gitanjali Bajirao	<u>@Sawant</u>
34	B.A.III	Jadhav Divya Abaji	<u>D.A.Jadhav</u>
35.	B.A.III	Sutar Ashwini madyappa	<u>A.M.Sutar</u>
36.	B.A.III	Sonawane Sanika Lehu	<u>Sanika</u>
37	B.com II	Shelar Sayali hanment	<u>Shelar</u>
38	B.com II	Jadhav Divya Ravindra	<u>OPJadhav</u>
39	B.com II (1 <sup>st</sup> y)	Karve shreya Pramod	<u>S.P.Karve</u>
40	B.com II (1 <sup>st</sup> y)	Pawar Aishwarya Suresh	<u>APawar</u>
41	B.com II - I	Ahire Seekshi Kishor	<u>Seekshi</u>
42	B.com II - I	Daware Sakshi Kishor	<u>Seekshi</u>
43	B.A. II	Bhosale Vaishnavi nar Nath	<u>@Bhosale</u>
44	B.com I	Shewale Shivani Nanaso	<u>S.N.Shewale</u>
45	B.com I	Kadlam Shrabani Ajit	<u>Kadlam</u>
46	B.com I	Tone Sakshi Prakash	<u>Tone</u>
47	B.com I	Sutar Vaishnavi Ramachandra	<u>U.Sutar</u>
48.	B.com I	Dhotre Sakshi Tukaram	<u>Dhotre</u>
49.	B.A. II	Yadav Vaishnavi Subhash	<u>V.S.Yadav</u>
50.	M.com - I	Gujar Gauri Jagannath	<u>G.J.Gujar</u>
51.	M.com - I	Sarate Gayatri Sudhakar	<u>S.Sarate</u>
52.	M.com - I	Rokade Anisha Sharad	<u>A.S.Rokade</u>
53.	M.com I	Karve Prerana Arun	<u>Karve</u>
54.	M.com I	Rathod Trupti Arjun	<u>T.A.Rathod</u>
55.	M.com I	Kanase Rutuja Chandrakant	<u>Kanase</u>
56	B.A. - III	Randive Pranali Shwilesh	<u>Randive</u>
57	B.A. - III	Pawar Payal Anil	<u>Pawar</u>



Sr.No.	Class	Name	Sign
58	BcA-II	Bhoite Durgu Dipak	Bhoite.
59	BcA-II	kamble simran santosh	S.S.kamble
60	BcA-II	kalambekar sakshi shiyaji	S.S.kalambekar
61	BCA II	chavan prachi dayanand	<del>Chavan</del>
62	BCA-II	Deshmukh Swarada Bapurao	<del>SBD</del>
63	BCA-II	kumbhar Sejal Sachin	<del>Kumbhar</del>
64	BCA II	Samuddhi, santosh Wagh	<del>S. Swagh</del>
65	BCA II	Darekar prajkta Santosh	<del>Darekar</del>
66	BCA II	Shinde Mrunali Santosh	<del>Shinde</del>
67	BCA II	Dalavi Sakshi Balasa	<del>Dalavi</del>
68	BCA II	kadam Tanvi Dattatray	<del>Kadam</del>
69	BCA II	kshirsagar Ishwari shantana	<del>Kshirsagar</del>
70	BCA II	Garde pradnya kiran	P.K.Garde
71	BCA II	Gogawale ranchar Ramdas	<del>Gogawale</del>
72	BCA II	kadam shruuti Ajit	<del>Kadam</del>
73	BCA II	suruse Anuradha Bhauso	<del>Suruse</del>
74	BCA II	Mulani Aakrin Inshad	A.T.Mulani
75	BCA II	Dhane Kadambari Bharat	<del>Dhane</del>

