

**Activity Report**  
**of**  
**One Day Workshop on**  
**Healthy Lifestyle and Food**

**A.Y. 2022-23**



**SANDIP**  
FOUNDATION

**Organized by ,**

Sandip Foundation's  
Department of Engineering Sciences and Humanities  
Sandip Institute of Technology and Research Centre, Nashik (MS)  
DTE Code: 5109

**Date : 29<sup>th</sup> November 2022**

**Name of Program :** Workshop on Healthy Lifestyle and Food for young generation

**Resource Person :** Mr. Jayram V. Jire, Food consultant

**Event Coordinator :** Prof. K. D. Jadhav , Asst. Professor, SITRC

**Participants :** FE students (ESH Department)

**No. of Participants :** 100

**Venue :** Core Building, Class room

**Aim :**

The aim of this seminar to guide students for Healthy Lifestyle and Food

**Objective :**

- Adopting Lifestyle Changes
- Menu Planning
- Portion Control
- Identifying Healthy Snacks
- Tips to remember
- Healthy Recipes

**Outcomes :**

1. To remember to keep a balanced diet, regular exercise, good sleep, and weight control.
2. Taking care of mental health is important.
3. A life towards happiness requires a healthy body.

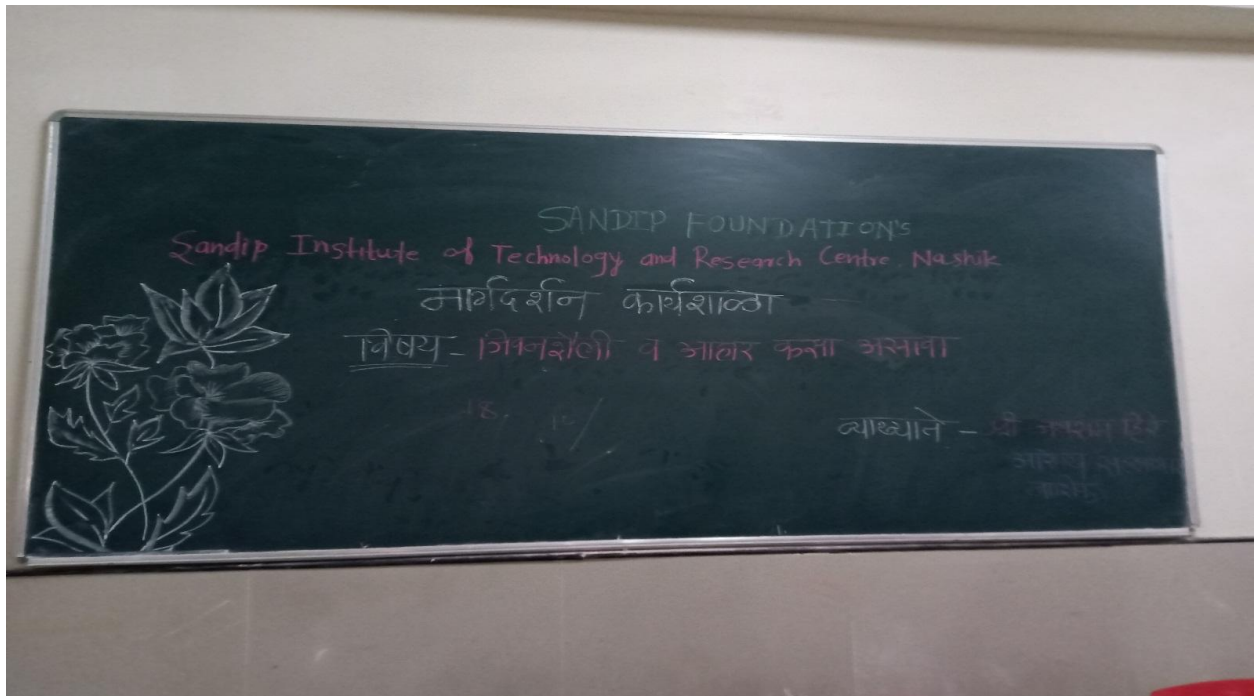
## Summary of Workshop:

The food we eat gives our bodies the "information" and materials they need to function properly. If we don't get the right information, our metabolic processes suffer and our health declines.

If we get too much food, or food that gives our bodies the wrong instructions, we can become overweight, undernourished, and at risk for the development of diseases and conditions, such as arthritis, diabetes, and heart disease. In short, what we eat is central to our health. Consider that in light of Webster's definition of medicine: "*The science and art dealing with the maintenance of health and the prevention, alleviation, or cure of disease.*"

***“Food acts as medicine--to maintain, prevent, and treat diseases.”***

## Photographs :







Prof. K. D. Jadhav  
**Event Coordinator**

Prof. J. M . Shah  
**HOD, ESH**