



HOME SCIENCE DEPARTMENTS

of

K L E Society's Arts and Commerce College, Gadag

and

Government First Grade College, Ankola

Jointly Organize

National Level Special Lecture Series:8 (On the Eve of World Food Day Month)

NUTRITION AND PHYSICAL FITNESS

27th Oct 2023,
3.00 pm



Dr. Kashibai. S. Khyadagi
Professor and Head of Food Science and
Nutrition, College of Agriculture, Vijayapur

Dr. Sharada S. Bhat
Principal, GFGC,
Ankola

Vijaya U Patil
HOD, Home Science
GFGC, Ankola

Veena R Tirlapur
HOD, Home Science
KLEACC, Gadag

Dr. A. K. Math
KLEACC, Principal,
Gadag


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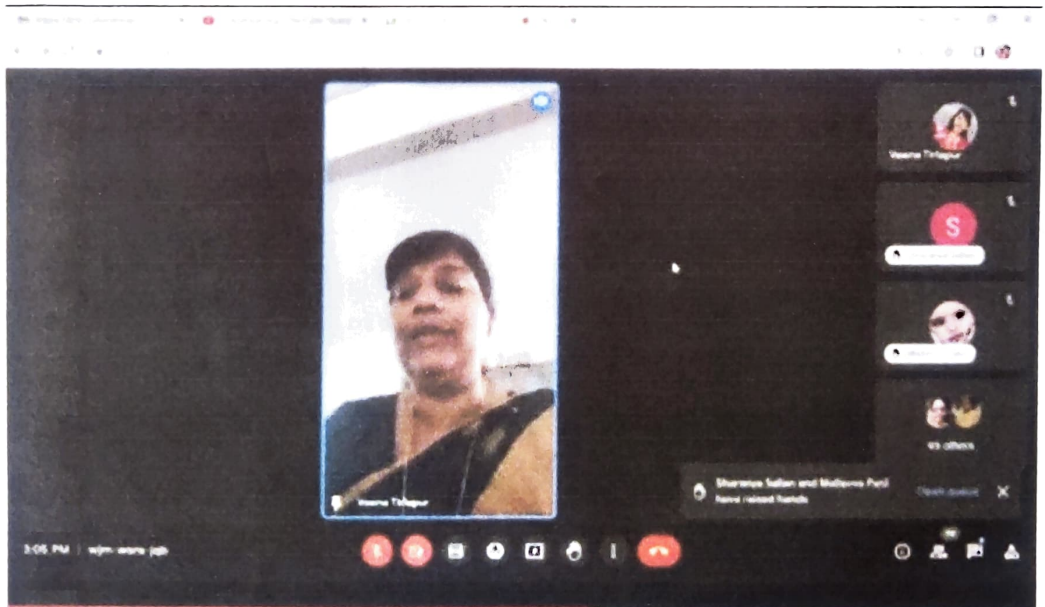
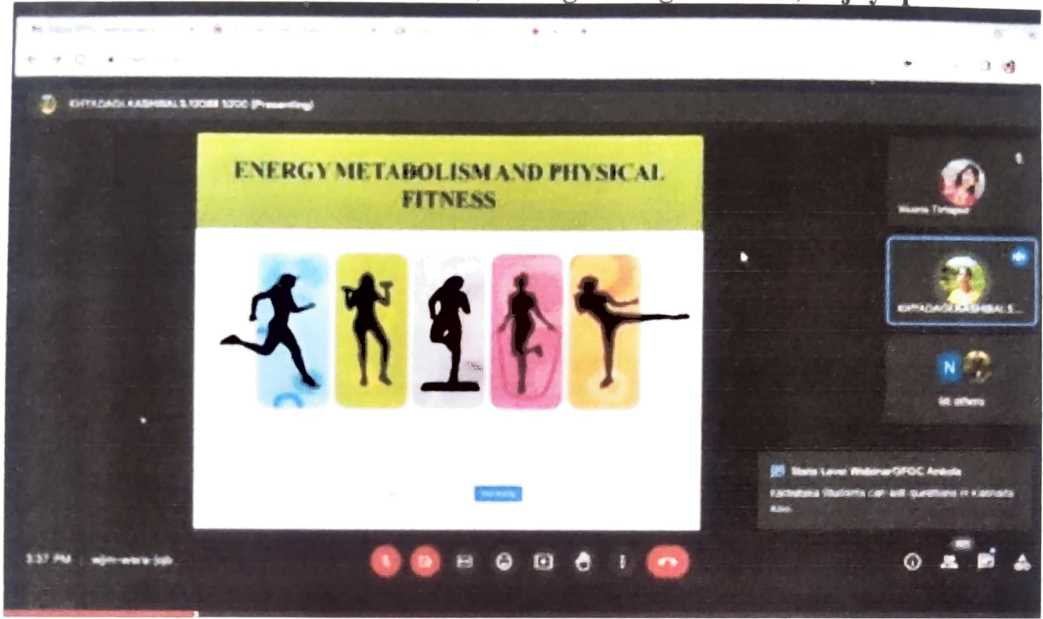


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Collaborative Activities: In Association with GFGC, Ankola.
Special Lecture Series-7: "Nutrition and Physical Fitness" 27-10-2023
Resource Person Prof. Dr. Kashibai. S. Khyadagi Professor and Head of
Food Science and Nutrition, College of Agriculture, Vijayapur



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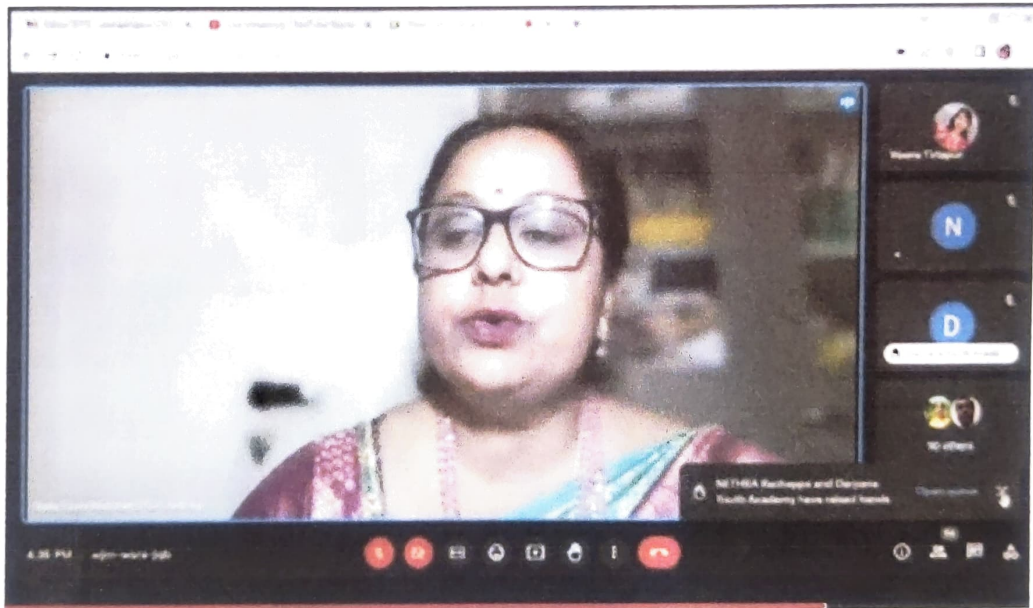
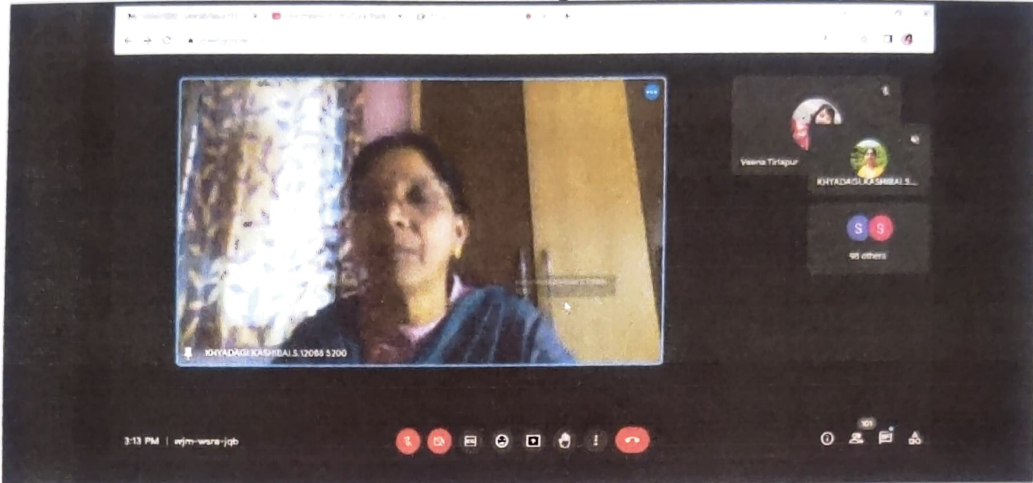


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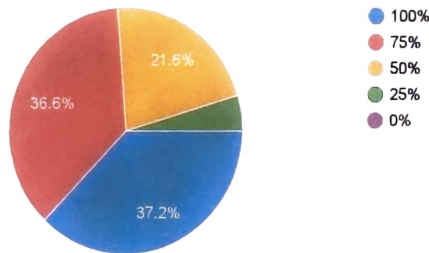
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163 more responses are hidden

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1. What percentage of the information was new to you?

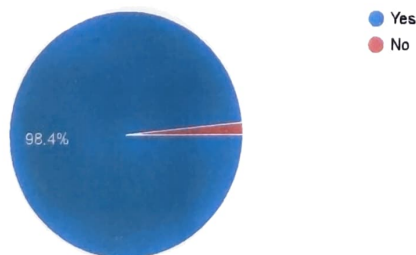
320 responses



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2. Would you like to learn more about this topic?

320 responses



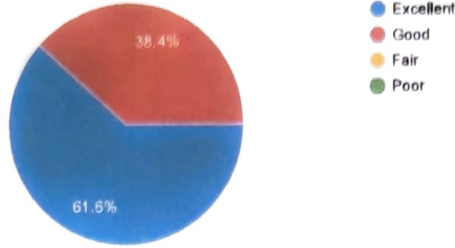
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3. Please rate the speaker's knowledge of the topic:

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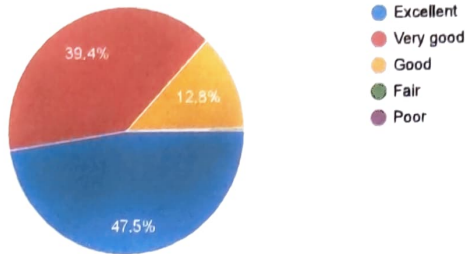
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4. Please rate the speaker's presentation skills

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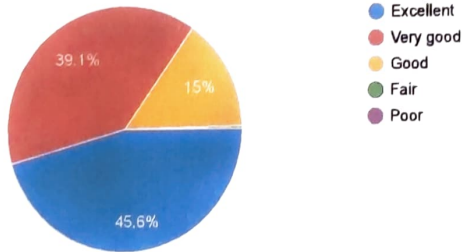
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5. How accurate was the session description?

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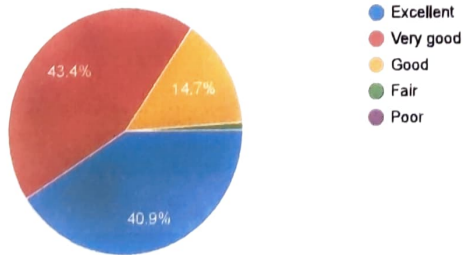
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6. How did the session compare to your expectations?

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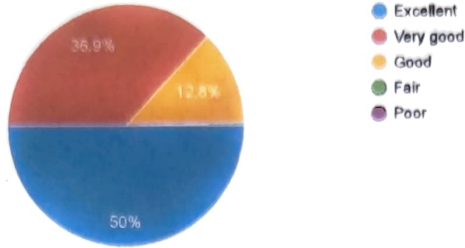
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7. Overall session evaluation:

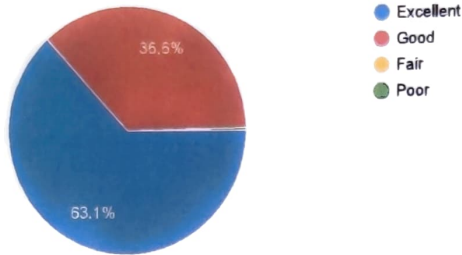
320 responses



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8. Please rate your overall experience:


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REPORT

National Level Special Lecture Series was organized in Collaboration with GFGC, Ankola on 27th October 2023 on the eve of "World Food Day". World Food Day is an international day celebrated every year worldwide on October 16 to commemorate the date of the founding of the United Nations Food and Agriculture Organization in 1945. The day is celebrated widely by many other organizations concerned with hunger and food security, including the World Food Programme, the World Health Organization and the International Fund for Agricultural Development. To mark this day we have organized National Webinar on "**Nutrition and Physical Fitness**". Dr. Kashibai. S. Khyadagi Professor and Head of Food Science and Nutrition, College of Agriculture, Vijayapur was the resource person for the Webinar. Around 522 Teachers, academicians, students and Home Scientists registered for the Webinar. Which was in Hybrid Mode and the link of the webinar shared in registered emails as well as in whatsapp groups.

Smt Veena Tirlapur of KLE Society's Arts and Commerce College, Gadag introduced Dr. Kashibai. S. Khyadagi Professor and Head of Food Science and Nutrition, College of Agriculture, Vijayapur.

Dr. Kashibai. S. Khyadagi started her talk presenting the ppt. She expressed that Pair a balanced diet with physical exercise and you will have an immune system that could effectively prevent any infection or illness. Eating a balanced diet and being physically fit are two important components of a sound body and mind. As our energy is sourced from a balanced plate of food, nutrition plays an essential role in our physical fitness too. Without nutritious food, physical fitness cannot be achieved. Food is the fuel of our body. Food with high nutritional content boosts our stamina and helps us exercise better. It is scientifically proven that nutrition can help you enhance your physical health, athletic performance, and fitness. Keep reading to find out more about the role of nutrition in physical fitness.


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Both the Principals of the College Dr. Sharada Bhat of GFGC Ankola and Dr. A. K. Math of KLE Society's Arts and Commerce College, Gadag attended the webinar. This webinar attended by the the participants from, Tamilnadu, Andrapradesh, Bihar, Telangana, Rajasthan, Delhi, West Bengal, Maharashtra, Assam Bihar...etc. Total we received 320 Feedback from the participants. All of them received the certificates of Participation. Prof Vijaya Patil, Organizing Secretary of the webinar proposed vote of thanks.


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Government of Karnataka, Department of Collegiate Education

**DEPARTMENT OF HOME SCIENCE OF
K . L . E Society's Arts and Commerce College, Gadag**

&

Government First Grade, Ankola

CERTIFICATE OF PARTICIPATION

This is to certify that

DR.SAGUFTA YASMIN

has participated in the National Level Home Science Special Lecture Series-8 held on 27th October, 2023 on the topic "Nutrition and Physical Fitness" on the eve of World Food Day -2023 and has provided valuable feedback.


Dr. Sharada Bhat

Principal, GFCC,
Ankola


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Dr. A. K. Math

Principal, KLESACC,
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