



Savitribai Phule Shikshan Prasarak Mandal's
**LOKNETE GOPINATHJI MUNDE ARTS, COMMERCE & SCIENCE
COLLEGE MANDANGAD, DIST- RATNAGIRI -415203 (M.S.)**

(Affiliated to University of Mumbai) NAAC

Re-Accredited with Grade 'B+' ISO 9001:2015 Certified

DEPARTMENT OF Zoology

ORGANIZES

**Workshop on
Topic: Importance of Body Mass Index"**
Date. 23.08.2019



[Signature]
In-Charge Principal
Loknete Gopinathji Munde
Arts, Commerce & Science College
Mandangad, Dist. Ratnagiri. 415203

[Signature]
PRINCIPAL
Loknete Gopinathji Munde
Arts, Commerce & Science College
Mandangad, Dist. Ratnagiri. 415203

About the College

Savitribai Phule Shikshan Prasarak Mandal's Loknete Gopinathji Munde Arts, Commerce & Science College Mandangad, Dist- Ratnagiri (Maharashtra) is one of the prime educational institution affiliated to University of Mumbai. The college was established in June 1996 with the primary aim of providing an array of courses for the students of rural set-up of Mandangad Tehsil and its surrounding area. In recent past, several need based courses (U. G. Program) have been introduced to equip students to meet global challenges. The College aims at providing quality education to all. The college has played an important role in the overall development of Mandangad Tehsil since past 25 years.

The college offers B.A., B.Com. and B.Sc., programs at UG level. Several co-curricular and extra-curricular activities (sport, cultural, extension and social outreach activity etc.) organized by the college contribute to the overall personality development of student as valuable human resources.

Distinctive Features of the College:

- Environment Friendly College Campus
- 80% enrolled students belong to Backward Class.
- Ideal infrastructure for Curricular, Co-curricular and Extra-curricular Activities.
- Competitive Exam Guidance Center
- Well equipped Science Laboratories

Following are some of the major achievements of the college:

- NAAC Accreditation with 'B+' Grade with CGPA score of 2.57 (3rd Cycle)
- ISO 9001-2015 Certification by International Accreditation Forum

About Workshop

Now a days life is very fast and mechanization of work culture the people are not take care of their health. Due to work culture people avoid exercise, walking, running, swimming and other physical fitness exercise. Therefore, they can suffer for obesity, hypertension and finally heart diseases. Obesity is main cause other chronic diseases. In this workshop speaker explain about importance of BMI and how it calculated and how importance it in every person to save his life. Loknete Gopinathji Munde Arts, Commerce & Science college, Mandangad has organizes one day workshop **on Life Skill based activity Like Importance of BMI. Date. on 23/08/2019** Dr.. Ayub Shaikh will be the resource person for it.


Workshop Coordinator




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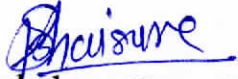
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19.08.2019

Notice

All the students are informed that Department of Zoology organizing a workshop on Importance of Body Mass Index in Health under health skim on 23.08.2019 at 12.20pm to 02.30.pm. Dr. Ayub Shaikh will be Resource person.

Venue- College A.V. Room.


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Programme Schedule

| Date | Time | |
|------------|---|-----------------------------|
| 23.08.2019 | 12.20pm to 02.30.pm. (Welcome Note) | Dr. Shailesh S. Bhaisare |
| | 12.30pm.-12.45pm. (Inauguration session) | All Dignitaries |
| | 12.45pm.-02.00pm. (Addressing of Resource person) | Dr. Ayub Shaikh |
| | 02.00pm.- 02.20pm. (Presidential remarks) | Prin. Dr. R.Z. Deore |
| | 02.20pm.-02.30pm. (Vote Of Thanks) | Miss. Heena sawant |

Shivani



R. Dey
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B. S.
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Report of Workshop Life Skill

Topic: Importance of Body Mass Index

Department of Zoology of Loknete Gopinathji Munde Arts, Commerce & Science College, Mandangad has organized one day workshop on The Topic: Importance of Body Mass Index in health. There are 51 Participants were presented in the workshop. Dr. Ayub Shaikh was the resource person for it. The programme was started with plenary talk of Dr. Bhaisare. He told in his plenary talk about the need of this programmed and welcome of speakers, Principal and students. Dr. Shaikh started his lecture in given topic. In his address he explained an importance of BMI. On the basis of BMI he told that person categorized in under weight, normal weight, overweight, and obesity class I, II, III and super obesity. He explained his talked, according to world health organization (WHO) every third person is found to be diabetic and it is because of fast life, work culture and lack of exercise. Fast foods are entered in our life which is most dangerous to our health. So, BMI is help to maintain the health. BMI is calculated by dividing a person's weight in Kg by the square of his height in meters. BMI is strongly correlated with various metabolic disorders. During this session, he gave the formula for everyone to calculate the BMI.

At the End of the programme some students asked the questions to Dr. Shaikh, and this session was very interactive. In last of the programmed, Miss Henna sawant. Put vote of thanks of all and end the seminar.

Dr. Bhaisare

R. D. Day

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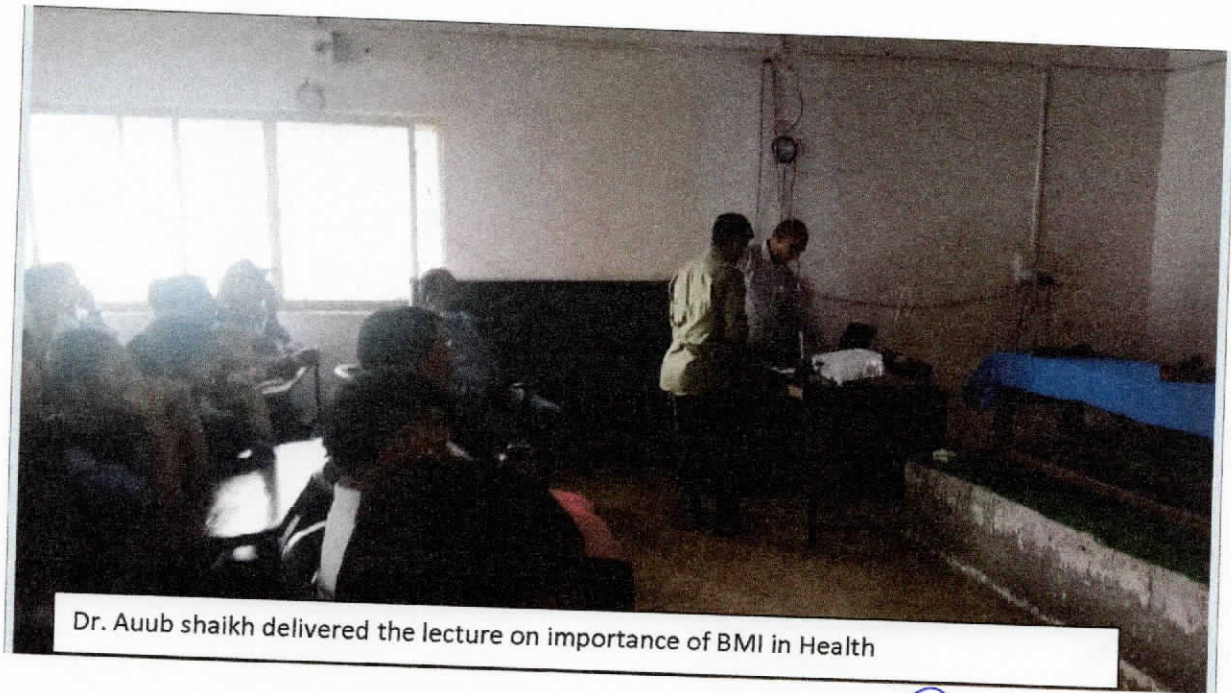
B. S. Sawant

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Dr. Auub shaikh delivered the lecture on importance of BMI in Health

Dr. Auub Shaikh



Dr. Auub Shaikh
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List of Students

23.08.2019

| Sr. no. | Name of student |
|---------|--|
| 01 | GULEKAR AKASH MANGESH MAYA |
| 02 | KADAM RAJ SHARAD SHITAL |
| 03 | KASARE ARCHANA PRAVIN SANGITA |
| 04 | KHERADE POOJA SANTOSH SONALI |
| 05 | MUDCHAVADE MITESH MAHENDRA MINAKSHI |
| 06 | PAWAR DISHA DAYANAND DIPALI |
| 07 | PAWAR VIDHAN VISHWANATH VARSHA |
| 08 | RAMTEKE SHREYA RAMNATH BABITA |
| 09 | SAPTE ANUSHKA DINESH RAJASHRI |
| 10 | SONDKAR AKSHAY RAMESH GITA |
| 11 | SUGADARE ROHIT VISHWAS SWATI |
| 12 | VAYKAR VAISHNAVI RAMESH RASIKA |
| 13 | WARE SHUBHAM SANTOSH JAGRUTI |
| 14 | SHIGVAN DIPTI JANU JAYVANTI |
| 15 | BORLE RUTUJA BHIKU BHAKTI |
| 16 | MUJAWAR SIMRAN RAFIQ AYESHA |
| 17 | MORE NITA RAJENDRA REKHA |
| 18 | GULEKAR AKASH MANGESH MAYA |
| 19 | KADAM RAJ SHARAD SHITAL |
| 20 | KHAIRE AJAY ANIL ARCHANA |
| 21 | GOUD PARVINDARKAUR JITENDARSINGH INDARJEETKAUR |
| 22 | KARDEKAR ANUJA KISAN SWAPNALI |
| 23 | DEVKAR NEHA SANTOSH SUREKHA |
| 24 | RATATE KUNAL RAMCHANDRA CHANDRAKALA |
| 25 | LOKHANDE PRANALI PRAKASH NANDA |
| 26 | CHILWAN SADIYA AKHLAQUE FAIROZA |
| 27 | TAMHANKAR NITESH NATHURAM NAMITA |
| 28 | SOLKAR UZMA NISAR AARIFA |
| 29 | SAWANT HINA VISHVANATH VARSHA |
| 30 | GOWALE MAYURI SANTOSH SMITA |
| 31 | RAJVILKAR RIYA SANJIV SHUBHANGI |
| 32 | MAHADIK SHRINATH RAJENDRA SUVARNA |
| 33 | KHAIRE AJAY ANIL ARCHANA |
| 35 | SONAWANE JAGRUTI KESHAV ARCHANA |
| 36 | TALAR BHAVESH BHARAT ARATI |

Shinde



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R. D. S.

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| | |
|----|---------------------------------|
| 37 | VICHARE AVINASH ARUN ARCHANA |
| 38 | BAIKAR ALKESH SANJAY SMITA |
| 39 | BANDRE PRAVIN PRAKASH SHUBHANGI |
| 40 | DERE BHAVESH BABAN NAMITA |
| 41 | PAWAR SUMITA SIDDHARTH SUNANDA |
| 42 | NAREJA NAUSINA MAHAMMAD SAKINA |
| 43 | SANSARE SONAL SHAILENDRA SNEHAL |
| 44 | MUNDEKAR NABILA INAYAT JAHIRA |
| 45 | NATE JYOTI MARUTI SHUBHANGI |
| 46 | SONAWANE JAGRUTI KESHAV ARCHANA |
| 47 | TALAR BHAVESH BHARAT ARATI |
| 48 | VICHARE AVINASH ARUN ARCHANA |
| 49 | BAIKAR ALKESH SANJAY SMITA |
| 50 | BANDRE PRAVIN PRAKASH SHUBHANGI |
| 51 | DERE BHAVESH BABAN NAMITA |

Shrisu



R. D. Dey

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| Sr. no. | Name of student | Present/Absent |
|---------|--|----------------|
| 01 | GULEKAR AKASH MANGESH MAYA | P |
| 02 | KADAM RAJ SHARAD SHITAL | P |
| 03 | KASARE ARCHANA PRAVIN SANGITA | P |
| 04 | KHERADE POOJA SANTOSH SONALI | P |
| 05 | MUDCHAVADE MITESH MAHENDRA MINAKSHI | P |
| 06 | PAWAR DISHA DAYANAND DIPALI | P |
| 07 | PAWAR VIDHAN VISHWANATH VARSHA | P |
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[Signature]



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Outcome of Activity

1. The participants in the workshop became aware of the need of health education.
2. They also understood about methods of calculation of BMI.
3. Students also acquired the knowledge of diet and exercise.
4. Participants also learn about normal weight, overweight, obesity and their effects on health.

Principals



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CERTIFICATE OF PARTICIPATION

This certificate is awarded to Mr/Miss.
GOWALE MAYURI SANTOSH for his/her active
participation in one day workshop on
Importance of BMI in Health organized by
Department of Zoology on 23.08.2019.


Coordinator




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Feedback of Workshop

On

Importance of Body Mass Index in Health

Name of Student:

Using the scale 1 to 5 (where 1 is unsatisfactory and 5 is very good) how would you rate:

- | | | | | | |
|--|---|---|---|---|---|
| 1. The general organization of the Workshop | 1 | 2 | 3 | 4 | 5 |
| 2. The relevance of the themes chosen | 1 | 2 | 3 | 4 | 5 |
| 3. The experts' contribution | 1 | 2 | 3 | 4 | 5 |
| 4. The venue and its facilities | 1 | 2 | 3 | 4 | 5 |
| 5. Overall, how would you evaluate this workshop training session? | 1 | 2 | 3 | 4 | 5 |

THANK YOU FOR SUBMITTING FEEDBACK




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