



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

RE-ACCREDITED WITH GRADE 'B+' (CGPA-2.65) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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DETAILED ACTIVITY REPORT

2025-2026

ACADEMIC SESSION	2025-2026
ORGANIZER	Bhiwapur Mahavidyalaya
NAME OF THE ACTIVITY	Workshop on Dietary Management and Healthy Lifestyle
AREAS COVERED	• Importance of a healthy diet • Effects of junk food on skin • Skin care practices • Strategies to improve a healthy lifestyle
PROGRAMME SCHEDULE	17 th December, 2025
VENUE	Bhiwapur Mahavidyalaya, Bhiwapur
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK)	Offline
ORGANIZING COMMITTEE	Health Club and Yoga Unit
PROGRAMME COORDINATOR	Asst. Prof. Dr. Aditya Kishor Sarwe
KEYNOTE SPEAKER/RESOURCE PERSON (Furnish a Brief Report on the Keynote Speaker's Expertise)	1. Dr. Suhas is a Physician and the in-charge of Sapana Wellness Centre, Rahuri Dist. Ahilyanagar 2. Miss Shradha is a Dietician and the in-charge of Sapana Wellness Centre, Nagpur. She conducts exercise classes for weight loss. 3. Miss Vaishali is also a dietitian from Pune and an active member of Sapana Wellness Centre, Rahuri.
TARGET GROUP	Entire students of the College
NUMBER OF STUDENTS/BENEFICIARIES	65

BRIEF REPORT	The ‘Health Club and Yoga Unit’, of our Institution, under the aegis of IQAC, organized a Workshop on ‘Dietary Management and Healthy Lifestyle’, on 17th December, 2025. The Event was aimed to create awareness among students and staff about the importance of balanced nutrition, healthy habits, and overall well-being in today’s fast-paced lifestyle. The Programme was chaired by Prof. Dr. S. K. Shinde, Head, Department of Economics. The Workshop was also graced by Associate Prof. Dr. Anita Mahawadiwar, the IQAC Coordinator of our College. The Workshop featured a series of informative and engaging Sessions by expert speakers. Miss Shradha Dapurkar delivered an insightful lecture on the Importance of a Healthy Diet, highlighting how proper nutrition plays a crucial role in maintaining physical health, boosting immunity, and enhancing mental well-being. She also stressed the significance of incorporating fruits, vegetables, and balanced meals into daily routines. Miss Vaishali Solanki conducted an informative Session on the Harmful Effects of Junk Food on Skin and Skin Care. She explained how unhealthy eating habits, particularly the excessive consumption of processed food packets and junk food, can lead to various skin problems such as acne, dullness, and premature aging. She also provided practical tips for maintaining healthy skin through proper diet, hydration, and skincare practices. Mr. Suhas delivered an inspiring talk on How to Improve Our Healthy Lifestyle, focusing on the importance of regular exercise, yoga, stress management, and disciplined daily routines. He encouraged the participants to adopt simple yet effective lifestyle changes, such as maintaining a proper sleep schedule, staying physically active, and cultivating positive habits. Overall, the Workshop proved to be highly informative and beneficial. It not only enhanced awareness about dietary management but also motivated the participants to adopt healthier lifestyle choices for long-term well-being. In all, 65 students marked their attendance in the Workshop.
PROGRAMME OBJECTIVES	• To create awareness about the importance of a balanced and nutritious diet. • To educate the participants on the impact of junk

	food on overall health and skin. • To promote healthy lifestyle habits among students and staff. • To encourage regular physical activity, yoga, and stress management practices. • To develop understanding of dietary management for better immunity and well-being. • To motivate individuals to adopt sustainable and disciplined daily routines. • To provide practical guidance on maintaining physical and mental health. • To foster a culture of health consciousness within the Institution.
PROBLEMS FACED, IF ANY	We faced a few practical challenges while organizing the Workshop. However, the Committee managed them efficiently through planning and coordination. One of the major challenges was students' engagement, since Workshop on health topics sometimes struggle to hold attention. The Committee overcame this by selecting dynamic speakers and ensured that the Sessions were interactive, relatable, and supported with practical examples. There was also the challenge of awareness and participation, as not all students initially showed interest. The Committee promoted the Event through notices, announcements, and peer encouragement, which improved attendance. Lastly, coordination among organizers required careful effort. Regular meetings and clear delegation of duties helped to maintain efficiency and avoid confusion. Despite these challenges, the proactive approach and teamwork of the Organizing Committee ensured that the Workshop was conducted smoothly and successfully.
PROGRAMME OUTCOMES	• Created awareness about the importance of a balanced and nutritious diet. • Educated the participants on the impact of junk food on overall health and skin. • Promoted healthy lifestyle habits among students

	and staff. • Encouraged regular physical activity, yoga, and stress management practices. • Developed understanding of dietary management for better immunity and well-being. • Motivated individuals to adopt sustainable and disciplined daily routines. • Provided practical guidance on maintaining physical and mental health. • Fostered a culture of health consciousness within the Institution.
FEEDBACK ANALYSIS REPORT OF THE FEEDBACK OBTAINED FROM STUDENTS/ BENEFICIARIES/ ACADEMIC PEERS	The Workshop on ‘Dietary Management and Healthy Lifestyle’ was highly informative, engaging, and well-organized. The Resource Persons delivered insightful Sessions, effectively highlighting the importance of balanced nutrition, the harmful effects of junk food on skin health, and practical ways to improve overall lifestyle. Their presentations were clear, relatable, and enriched with useful examples, making the content easy to understand and apply in daily life. Participants expressed great satisfaction with the Workshop, appreciating the relevance of the topics and the interactive approach of the speakers. The Sessions created awareness and motivated attendees to adopt healthier habits. Overall, the Event was impactful, inspiring, and beneficial for promoting health consciousness among all.


BHIWAPUR MAHAVIDYALAYA, BHIWAPUR
INTERNAL QUALITY ASSURANCE CELL
SESSION: 2025-2026
FEEDBACK OF THE PARTICIPANTS

DEPARTMENT/COMMITTEE: HEALTH CLUB AND YOGA UNIT
NAME OF THE ACTIVITY: Workshop on Dietary Management and Healthy Lifestyle
DATE: 17th December, 2025

S.N.	Name of the Participants	Kindly provide your rating for each aspect based on your experience, using the options: Excellent, Good, Average, or Poor				Signature
		Relevance of the Programme	Quality of Delivery & Outcome of the Event	Facilities and Arrangements	Overall Organization	
1	Sakshin G. Bhutane	good	Very good	Excellent	Good	[Signature]
2	Pooja A. Manthani	Good	Very good	Excellent	Good	[Signature]
3	Sumiksha - S. Dhole	Good	-11-	-11-	-11-	Sumiksha
4	Shruti S. Rane	-11-	-11-	-11-	-11-	Shruti
5	Harsh S. Khedekar	-11-	-11-	-11-	-11-	Harsh
6	Pratikshu V. Vaidya	-11-	-11-	-11-	-11-	Pratikshu
7	Pratik P. Sahane	good	very good	excellent	good	Pratik
8	Ritesh S. Uke	++	+	+	+	Ritesh
9	Lokesh K. Sawade	-11-	-11-	-11-	-11-	Lokesh
10	Telasa P. Bagale	Average	Average	Average	Average	Telasa
11	Manthan U. Dand	-	-	-	-	Manthan
12	Suhani S. Telam	-11-	-11-	-11-	-11-	Suhani
13	Sushma B. Rajge	good	very good	-11-	-11-	Sushma
14	Amruta D. Nanhe	good	-11-	-11-	-11-	Amruta
15	Udayant R. Churi	good	-11-	-11-	-11-	Udayant
16	Neelika R. Lingayat	good	-11-	-11-	-11-	Neelika
17	Dinesh S. Ghatge	good	-11-	-11-	-11-	Dinesh
18	Lokesh K. Vaidya					Lokesh

PHOTO GALLERY WITH CAPTIONS



Prof. Dr. S.K. Shinde welcoming the Chief Guest Dr. Suhas



Miss. Shradha Dapulwar conducting the Session



Miss. Vaishali delivering Speech on 'Harmful Effect of Junk food on Skin and Skin Care'



Dr. Suhas, in action, during the Interactive Session



Dr. S. K. Shinde delivering the Presidential Address

SCANNED COPY
OF
ATTENDANCE SHEET

BHIWAPUR MAHAVIDYALAYA, BHIWAPUR
INTERNAL QUALITY ASSURANCE CELL
SESSION: 2025-2026
ATTENDANCE SHEET OF THE PARTICIPANTS

DEPARTMENT/COMMITTEE: HEALTH CLUB AND YOGA UNIT
NAME OF THE ACTIVITY: Workshop on Dietary Management and Healthy Lifestyle
DATE: 17th December, 2025

S.N.	NAME OF STUDENTS	CLASS	SIGNATURE
1	Saksham G. Bhaskar	BA Year	[Signature]
2	Sandeep K. D. D. D. D.	B.com	[Signature]
3	Samiksha Bandu D. D. D.	B. A. Year	Samiksha
4	Shruti SHAM P. P. P.	B. com	Shruti
5	Kanchan Shaili K. K. K.	B. A. Year	[Signature]
6	Pratiksha Vilas V. V. V.	B. A. 2 nd	Pratiksha
7	Pratik Prabhakar P. P. P.	B. com	[Signature]
8	Ritesh Sanjay S. S. S.	B. com III	[Signature]
9	K. K. K. K. K.	B. com III	[Signature]
10	Tejas P. Bagale	B. com II	[Signature]
11	Manthan W. B. B.	B. SC	[Signature]
12	Sakshi S. T. T.	B. com III	[Signature]
13	Sushma B. B. B.	B. com III	S. B. B.
14	Anhika D. N. N.	B. A. Year	Anhika
15	Vedant R. C. C.	B. com	Vedant
16	Ventika R. G. G.	B. com III	Ventika
17	Dinesh S. G. G.	B. com III	Dinesh
18	Pratik B. V. V.	B. com	[Signature]
19	Pooja B. D. D.	B. com	[Signature]
20	Rahul V. B. B.	B. com	R. B. B.

Principal
Bhiwapur Mahavidyalaya