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A report
on
Expert talk
A healthy Outside Starts from Inside
(8th July 2024)

By

Ms. Krupa Majmudar,
Nutritionist- Lifeline Multispecialty Hospital

Organized by

Shree DhansukhlalThakordas (Colortex Group)
DEPARTMENT OF CHEMICAL ENGINEERING
Sarvajanik College of Engineering & Technology
Dr. R. K. Desai Marg, Athwalines, Surat – 395001
Gujarat, India.

Objective of the Activity:

The event aimed to educate and raise awareness among students regarding the importance of nutrition and its impact on overall health and well-being.

Faculty Coordinator of the event: Prof. Anand Upadhyay, Chemical Engineering Department, SCET

Speaker: Ms. Krupa Majmudar, Nutritionist- Lifeline multispecialty Hospital

Date & Time of Program: 8th July, 2024 from 02:00 pm to 03: 00 pm

Venue: Seminar hall, Chemical Engineering Department, SCET, Surat

Topic: A healthy Outside Starts from Inside

Target Audience: BE-II, III and IV year students

Summary of the Talk:

The seminar commenced at 2:00 PM with an introduction by Prof. AnandUpadhyay, who welcomed the speaker and the attendees. Ms. Krupa Majmudar then delivered an engaging and informative presentation on the significance of a balanced diet, the role of essential nutrients, and the connection between internal health and external appearance.

Key topics covered during the session included:

- The importance of incorporating fruits and vegetables into daily meals.
- Understanding macronutrients and micronutrients.
- The impact of processed foods and sugary drinks on health.
- Practical tips for maintaining a healthy lifestyle.
- The importance of hydration.

Ms. Majmudar also addressed students' questions and provided personalized advice. The session concluded at 3:00 PM with a vote of thanks by Dr. VaishaliUmrigar.

The seminar was well-received by the students, who actively participated in the interactive session. The information provided by Ms. Majmudar was practical and relevant to the students' daily lives. The event successfully raised awareness about the importance of healthy eating habits. It was observed that students were very interested in the information that was provided.

Glimpses of the Event:



Acknowledgements:

The Chemical Engineering Department, SCET would like to acknowledge, the following for making this event possible.

- **Managing trustees and office bearers of the Sarvajani College of Engineering and Technology**
- **Prof. (Dr.) Hiren Patel, Principal, SCET**
- **Dr. Srujal Rana, Head, Chemical Engineering Department, SCET**

Finally we would like to thank all the participants and Volunteers for making this event successful.

-Compiled by: Anand Upadhyay,

Asst. Professor, Dept. of Chem. Engg.- SCET