



Workshop Organized by RVIM

on

Food and Nutrition for (MBA Batch 2021-23)

By

Dr. Trupti Bagul Khairnar (BAMS and PGd Clinical Nutrition)

Ojas Ayurveda and Nutrition Clinic (Bengaluru)

Date: 20 th / 21 st / 22 nd September 2022	Venue: Conference Hall
Time: 08.00 am to 09.30 am	Event : Workshop
No. of Participants: 167 Section: A, B and C (MBA Batch 2021-23)	Event Coordinator: Asst. Professor Ankita Shrivastava

Objectives

- To impart knowledge on important nutrients for body, daily requirements of nutrients.
- To make participants aware about signs of different deficiencies of nutrients.
- To discuss, impact of junk food on Health and Do's and Don'ts to follow.

The flow of the Event

- Introduction and information of various types of nutrients.
- Signs of different deficiencies of nutrients and Do's and Don'ts to follow.

Outcome Achieved:

Dr. Trupti Bagul Khairnar, a resource person and a practitioner at Ojas Ayurveda and Nutrition Clinic (Bengaluru), initially explained the different types and classification of nutrients, vitamins, minerals. She explained the importance of food in overall health & wellness, by discussing the balanced diet through five main groups of valuable foods. Further, she discussed the importance of breakfast in an individual's life by highlighting the measure of various nutrients to be maintained in the diet. The further discussion involved portion sizes and menu plan of various foods(raw) and nutrients. The resource person explained the signs that body shows if it is deficient in certain nutrients and precautions to be taken to avoid such deficiencies. The effect of junk food on body was also discussed during the session as well as the effects of sugar on body as well as brain was also discussed during the event.

In continuation to above discussion the resource person explained the importance of green vegetables and fruits by discussing the micronutrients provided by the intake of different fruits and vegetables.

The discussion further involved explaining oxidative stress causing an imbalance between free radicals and antioxidants in the body. A discussion on Free radical Anti-oxidant theory was taken up by the

resource person also including the sources of free radicals, as well as the ways to manage and prevent oxidative stress.

The resource person explained the role of various vitamins as memory boosters. The session also included a discussion on key points to be monitored and taken care of for a healthy diet and what a standard day plan for food intake should look like.

The resource person concluded the session with various do's and don't for leading a healthy life thus contributing in physical and mental fitness and overall wellbeing.

Feedback & Coordinator Comment:

The resource person had a rich expertise in diabetes reversal, weight management, CHL & hypertension, thyroid & PCOD management, etc. The workshop was excellent, and the resource person was very good and well versed in her knowledge on the topic. It was a great program, and the resource person has delivered in a very simple manner, and the participants have got a great insight on overall wellbeing through taking care of food and nutrition.

Event Coordinators

Prof. Ankita Shrivastava



Director

Annexure 1	Mail communication
Annexure 2	Brief profile of the speaker
Annexure 3	Attendees list
Annexure 4	Photo Gallery



Ankita Shrivastava <ankitashri.rvim@rvi.edu.in>

Fwd: Nutrition workshop for Students of RVIM

2 messages

15 September 2022 at 11:17

Dr. Purushottam Bung - director.rvim@rvi.edu.in
To: Ankita Shrivastava <ankitashri.rvim@rvi.edu.in>

For records & necessary preparations)

----- Forwarded message -----

From: Dr Trupti Kharmar <drtrupti@rvmil.com>
Date: Wed, 14 Sept 2022 at 07:41
Subject: Nutrition workshop for Students of RVIM
To: director.rvim@rvi.edu.in; director.rvim@rvi.edu.in

Dear Sir

Good Morning

This is Dr Trupti

As discussed, I am going to cover below mentioned points in coming Nutrition Workshop

- 1) Important nutrients for body
- 2) Daily requirement of nutrients
- 3) Signs of different deficiencies of nutrients in diet
- 4) Impact of junk food on Health
- 5) Do's & Don't to follow

I will be available on 20th, 21st & 22nd September from 8am to 9:30am to take a class for the students.

Thank you

Regards,

Dr Trupti Kharmar

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Annexure 2

Brief Profile of the Resources Persons

Dr Trupti Bagul khairnar is a visiting consultant at Wellbeing Integrated Multi-speciality, Medicare multispeciality clinic and Pranav Ayurveda hospital.

The founder of Ojas Ayurveda and Nutrition Clinic (Bangalore).

She holds a rich expertise in diabetes reversal, weight management, CHL & hypertension, thyroid & PCOD management, etc.

As receipt of her work, she has received "We lead Achiever's Award", 2019, an Award of Excellence in field of Ayurveda & Nutrition from additional chief secretary of Karnataka, Dr. Kalpana Gopalan (IAS), Emerging Woman's achiever award as a professional of the year 2022 by K. Ratnaprabha Mam an IAS, Navodayan of the year 2022 Maharashtra state in medical field.

Dr. Trupti's future engagements includes an Advisor for Diet & Nutrition by RV Institute of Management for Unnat Bharat Abhiyaan & Rural Immersion Programmes 2022 and Nutrition Advisor for Indian Air force squadron Bangalore who are participating in upcoming 2024-25 Olympic games

Annexure 3

Attendees list

Workshop - Food & Nutrition Date 21/09/22

Sl no	UUCMS NO	Name	Section	Date Attended	Signature
1	P18W21M004	ADITHYAN SRENIY	A	21/9/22	Abhi
2	P18W21M004	ADITHYAN	A	21/9/22	Abhi
3	P18W21M007	ADITYA LAKSHY HEGDE	A	21/9/22	Aditya
4	P18W21M006	ADARSH K C	A	21/9/22	Adarsh
5	P18W21M017	ADARSH KAPPA KHANNA	A	21/9/22	Adarsh
6	P18W21M004	ADARSH KAPPA KHANNA	A	21/9/22	Adarsh
7	P18W21M002	ADARSH KAPPA KHANNA	A	21/9/22	Adarsh
8	P18W21M003	ADARSH KAPPA KHANNA	A	21/9/22	Adarsh
9	P18W21M007	ADARSH	A	21/9/22	Adarsh
10	P18W21M006	ADARSH KAPPA KHANNA	A	21/9/22	Adarsh
11	P18W21M007	DASAVARAJ	A	21/9/22	Dasavaraj
12	P18W21M007	BERNARD LINDANDE	A	21/9/22	Bernard
13	P18W21M007	BRIGIDIA PRINCE	A	21/9/22	Brigidia
14	P18W21M011	BRIGIDIA	A	21/9/22	Brigidia
15	P18W21M009	CHAITANYA KAMATH	A	21/9/22	Chaitanya
16	P18W21M012	CHAITANYA	A	21/9/22	Chaitanya
17	P18W21M012	CHAITANYA	A	21/9/22	Chaitanya
18	P18W21M001	CHITRA LINDANDE	A	21/9/22	Chitra
19	P18W21M001	CHITRA LINDANDE	A	21/9/22	Chitra
20	P18W21M011	CHITRA LINDANDE	A	21/9/22	Chitra
21	P18W21M007	CHITRA LINDANDE	A	21/9/22	Chitra
22	P18W21M006	CHITRA LINDANDE	A	21/9/22	Chitra
23	P18W21M003	CHITRA LINDANDE	A	21/9/22	Chitra
24	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
25	P18W21M018	CHITRA LINDANDE	A	21/9/22	Chitra
26	P18W21M015	CHITRA LINDANDE	A	21/9/22	Chitra
27	P18W21M005	CHITRA LINDANDE	A	21/9/22	Chitra
28	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
29	P18W21M011	CHITRA LINDANDE	A	21/9/22	Chitra
30	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
31	P18W21M004	CHITRA LINDANDE	A	21/9/22	Chitra
32	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
33	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
34	P18W21M018	CHITRA LINDANDE	A	21/9/22	Chitra
35	P18W21M001	CHITRA LINDANDE	A	21/9/22	Chitra
36	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
37	P18W21M010	CHITRA LINDANDE	A	21/9/22	Chitra
38	P18W21M014	CHITRA LINDANDE	A	21/9/22	Chitra
39	P18W21M011	CHITRA LINDANDE	A	21/9/22	Chitra
40	P18W21M014	CHITRA LINDANDE	A	21/9/22	Chitra
41	P18W21M011	CHITRA LINDANDE	A	21/9/22	Chitra
42	P18W21M011	CHITRA LINDANDE	A	21/9/22	Chitra
43	P18W21M014	CHITRA LINDANDE	A	21/9/22	Chitra
44	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
45	P18W21M018	CHITRA LINDANDE	A	21/9/22	Chitra
46	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
47	P18W21M015	CHITRA LINDANDE	A	21/9/22	Chitra
48	P18W21M014	CHITRA LINDANDE	A	21/9/22	Chitra
49	P18W21M019	CHITRA LINDANDE	A	21/9/22	Chitra
50	P18W21M007	CHITRA LINDANDE	A	21/9/22	Chitra
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54	P18W21M014	CHITRA LINDANDE	A	21/9/22	Chitra
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56	P18W21M015	CHITRA LINDANDE	A	21/9/22	Chitra
57	P18W21M012	CHITRA LINDANDE	A	21/9/22	Chitra
58	P18W21M005	CHITRA LINDANDE	A	21/9/22	Chitra
59	P18W21M014	CHITRA LINDANDE	A	21/9/22	Chitra
60	P18W21M004	CHITRA LINDANDE	A	21/9/22	Chitra

Section - B Workshop Food & Nutrition 22/03/22

Sl no	UUCMS NO	Name	Section	Date Attended	Signature
1	P18FW21M0079	ADITHYAN	B		
2	P18FW21M0086	AISHWARYA G	B		
3	P18FW21M0081	AISHWARYA P	B		
4	P18FW21M0117	AMITHYAN	B		
5	P18FW21M0161	ANRUDH K	B		
6	P18FW21M0171	ANANA KSHI KASAGAR	B		
7	P18FW21M0151	ANJASALARAM RAJAVENDRA	B		
8	P18FW21M0096	B SHASHANK	B		
9	P18FW21M0097	CHAVI RAJARETHI	B		
10	P18FW21M0123	CHETHAN KUMAR V A	B		
11	P18FW21M0096	CHHORI BALAK	B		
12	P18FW21M0105	DEEPAK GOPALAKR SHIVANI	B		
13	P18FW21M0117	DIRAJAKUMAR B LAVAD	B		
14	P18FW21M0113	FERNANDES RICHIA FLORINDA	B		
15	P18FW21M0157	GURU JARUN G	B		
16	P18FW21M0117	HEGDE PAVANA GANAPATHI	B		
17	P18FW21M0107	JENISHA MENI JES	B		
18	P18FW21M0118	JYESTEN KASTA	B		
19	P18FW21M0102	M RISHI	B		
20	P18FW21M0150	MENOHUSUDAN G	B		
21	P18FW21M0154	MENJAN HIRANJAN	B		
22	P18FW21M0094	MALESH S	B		
23	P18FW21M0114	MEGHA D JOSHI	B		
24	P18FW21M0136	MUCHETI SUBBARAJI	B		
25	P18FW21M0093	NAGARAJ GANANAN HEGDE	B		
26	P18FW21M0085	NAMRATHA N	B		
27	P18FW21M0137	NANDALGOPA B R	B		
28	P18FW21M0141	NAYELI L	B		
29	P18FW21M0141	NAYELI SETHIYA A	B		
30	P18FW21M0175	NAYANA G C	B		
31	P18FW21M0083	NEELANMA M S	B		
32	P18FW21M0141	NIRANJAN ANARETHAN HEGDE	B		
33	P18FW21M0128	NUTHANA U	B		
34	P18FW21M0090	OJETHI SAI SREENITHYA	B		
35	P18FW21M0145	PALAN KUMAR M	B		
36	P18FW21M0167	PODIA V SUDAN	B		
37	P18FW21M0106	PONDRAPRAJAYA K MANGALVEDE	B		
38	P18FW21M0069	POORNIMA I	B		
39	P18FW21M0064	PRANWALA	B		
40	P18FW21M0111	PREETHAM D VARMA	B		
41	P18FW21M0075	RAKSHITH R T	B		
42	P18FW21M0091	RAMANI JAMALI	B		
43	P18FW21M0100	RAVISH RAMACHANDRA HEGDE	B		
44	P18FW21M0162	REHANA SAI QADRI	B		
45	P18FW21M0165	SALMAN FAISAL QADRI	B		
46	P18FW21M0073	SAMEEKSHA M P	B		
47	P18FW21M0174	SHRIVINITH SUDHARTI	B		
48	P18FW21M0130	SHASHI KUMAR P	B		
49	P18FW21M0076	SHUBHA R	B		
50	P18FW21M0163	SMITHA M	B		
51	P18FW21M0128	SRIVAN SUNE MIMESHVAR	B		
52	P18FW21M0076	SRIJITH K	B		
53	P18FW21M0051	SUBHIA KVINOD BENSATHI	B		
54	P18FW21M0152	SUD MUSAVERI RUIEA	B		
55	P18FW21M0153	SYED SAMEER	B		
56	P18FW21M0102	TANUSHREE P	B		
57	P18FW21M0174	TIJAS H T	B		
58	P18FW21M0138	VIPHAL SHIVARAJ	B		
59	P18FW21M0101	VASHASWINI P	B		
60	P18FW21M0140	VASANTAN K	B		

Workshop - Food & Nutrition

Date = 20/09/22

Sr.no	UUCMS NO	Name	Section	Date Attended	Signature
1	P18W21M00158	ADARSH THIRUMASHETTY		20/9/22	[Signature]
2	P18W21M00154	AGARWALA LINDA		20/9/22	[Signature]
3	P18W21M00157	ANANDKUMAR		20/9/22	[Signature]
4	P18W21M00159	ANURAG		20/9/22	[Signature]
5	P18W21M00155	ARUN C		20/9/22	[Signature]
6	P18W21M00156	ARUN K		20/9/22	[Signature]
7	P18W21M00150	CHANDRA SHEKHAR		20/9/22	[Signature]
8	P18W21M00151	ANUSHA PRASANN		20/9/22	[Signature]
9	P18W21M00149	B S SURESH		20/9/22	[Signature]
10	P18W21M00160	BHASKAR K S		20/9/22	[Signature]
11	P18W21M00157	BIJU MATHA BHAI		20/9/22	[Signature]
12	P18W21M00150	BIJUTANU SUDHAKAR PRASANN		20/9/22	[Signature]
13	P18W21M00159	CHANDRA T		20/9/22	[Signature]
14	P18W21M00155	CHANDRAN K S		20/9/22	[Signature]
15	P18W21M00158	CHANDRA S SHARMA		20/9/22	[Signature]
16	P18W21M00151	CHITRA SHREE M		20/9/22	[Signature]
17	P18W21M00159	GANI SURESH		20/9/22	[Signature]
18	P18W21M00152	MAHESH SURESH K		20/9/22	[Signature]
19	P18W21M00151	KANAKA P SURESH		20/9/22	[Signature]
20	P18W21M00155	KOJIMA VEERTHANA		20/9/22	[Signature]
21	P18W21M00160	KRISHNA		20/9/22	[Signature]
22	P18W21M00157	MAHAPRANATH KUMAR REDDY		20/9/22	[Signature]
23	P18W21M00156	M S SURESH		20/9/22	[Signature]
24	P18W21M00155	MUNDHAN KUMAR S		20/9/22	[Signature]
25	P18W21M00147	MARU N S		20/9/22	[Signature]
26	P18W21M00158	MANOJ KANAKA P S		20/9/22	[Signature]
27	P18W21M00151	MADHULY BHASKAR		20/9/22	[Signature]
28	P18W21M00151	NALINATH VARDHITHAN		20/9/22	[Signature]
29	P18W21M00158	NEELAN S		20/9/22	[Signature]
30	P18W21M00155	RAJESH S ANJANAN		20/9/22	[Signature]
31	P18W21M00150	RAJESH S ANJANAN		20/9/22	[Signature]
32	P18W21M00152	NIKHIL S ANJANAN		20/9/22	[Signature]
33	P18W21M00150	NIKHIL KRISHNA		20/9/22	[Signature]
34	P18W21M00150	NIKHIL S ANJANAN		20/9/22	[Signature]
35	P18W21M00152	P T SURESH		20/9/22	[Signature]
36	P18W21M00151	PRANAV K S		20/9/22	[Signature]
37	P18W21M00159	PRANAV KUMAR S		20/9/22	[Signature]
38	P18W21M00151	S KANAKA P		20/9/22	[Signature]
39	P18W21M00156	S SURESH		20/9/22	[Signature]
40	P18W21M00159	SURESH SURESH K		20/9/22	[Signature]
41	P18W21M00158	SURESH K		20/9/22	[Signature]
42	P18W21M00147	SURESH K		20/9/22	[Signature]
43	P18W21M00152	SATHISH RAYANA		20/9/22	[Signature]
44	P18W21M00156	SHIBAN K S		20/9/22	[Signature]
45	P18W21M00155	SHIVANI GANAPATI ANVI K		20/9/22	[Signature]
46	P18W21M00159	SURESH KRISHNA		20/9/22	[Signature]
47	P18W21M00152	SURESH K		20/9/22	[Signature]
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52	P18W21M00151	SURESH K		20/9/22	[Signature]
53	P18W21M00151	SURESH K		20/9/22	[Signature]
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59	P18W21M00151	SURESH K		20/9/22	[Signature]
60	P18W21M00151	SURESH K		20/9/22	[Signature]

Annexure 4

Photo Gallery

