



RASHITREEYA SIKSHANA SAMITHI TRUST

RV INSTITUTE OF MANAGEMENT
CA 17, 26 Main, 36th Cross, 4th T Block, Jayanagar
Bengaluru, Karnataka 560 041



Workshop Organized by RVIM
on
Food and Nutrition for (MBA Batch 2022-24)
By
Dr. Trupti Bagul Khairnar (BAMS and PGd Clinical Nutrition)
Ojas Ayurveda and Nutrition Clinic (Bengaluru)

Date: 03 rd November 2023	Venue: Conference Hall
Time: 08.30 am to 10.00 am	Event : Workshop
No. of Participants: 170	Event Coordinator: Asst. Professor Ankita
Section: A, B and C (MBA Batch 2022-24)	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

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

November 1, 2023

Good Afternoon All Students.


A combined yoga class for this week has been scheduled for all students (Section A+B+C) on 03.11.2023 i.e. Friday.

As a part of Health and Wellness curriculum, a workshop on "Food and Nutrition" by Dr. Trupti Bagul Khairnar as a resource person, will be delivered in that session.

The attendance for all students is compulsory and a quiz will be conducted based on the workshop.

 **Venue: Seminar hall, 3rd floor.**

 **Date: 03.11.2023, Friday**

 **Time: 08:30 am to 10:00 am**

Kindly take a note.

Note: There will not be any separate yoga class of section C tomorrow.

Thanks and Regards

14:40 ✓✓

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 on Food & Nutrition

S.No	Section A Name of the Student	Section B Name of the Student	Section C Name of the Student
1	CHEETHAN K N	GURU PRASAD	NAMANA T G
2	SANTHOSH J	CHANDANAKR	KERTH EAGELWADI
3	PRIYANKA M S	SEETHITHA	SRESHA VASHA
4	PRIYANKA MALLYA U	MYTHIR	WATHIS
5	NIKITHA RAJ N	PRANAKRANIN R	PLANK JOMIAMARTIS
6	ADITHYAN KONA	VINAY KUMAR	DYCKESHAWA
7	SUPRIYA PRAKASH	MANOJ	MAHESH HEDE
8	BHAVISHYA	GEASAN GOUDA	SAHANA PATIL
9	HARSHITHA SL	AKHAY SRAIKAR	TEJAS SURESH CAONKAR
10	TEJAS C	DHANUSHREE KT	SURESH NAGESH
11	AAPTHA SHETTY	RAKESH DANDU	RUDRESH R
12	NAMEN SKUMBAR	ADITHYAN SHILP MATH	PRANAVIMNAK
13	SATYAN ADAR	PRANAVANTAKUMAR	ADITHYAN K
14	NEELAPPA YALAVATTI	ELIMANUJ	VIJAYASHANKARANAYAN THAT
15	SAGANESH VENKATESH	VIKRAMBOMKAR	NIKHIL VINOD KALMANE
16	SHASHIWATH B P	HIRSHIKESH	SHARATH MN
17	PRANANBHAT	VENUKUMAR GM	SURESH NITHYASHA
18	KSRAKSHITA	PAVAN KUMAR J	USHAMANTH
19	SANJAN C S	MRS. JAYASHREE	JAYANUSK
20	SHARANYA	SRESHTI JOSHI	SANJAYAM
21	RASHIMI M	VINITHA SHETTY	DEEPAK MEERS
22	PRANAY PALATI	CAUTHAMSHETTY	DEEPA MAADITHYATH
23	PUSHPA HIRGOUDAR	ANILHAYAGANNATHANAIK	AKASH PAMAG
24	SIVASHANKAR LESH CHOWDARY K S	KARTHIK GANANAKOTEMANI	VISHVAMANN NAIKU
25	SUMUKIA H C	DEEPA SURESH MANI K	JAYAL REDDY
26	PRAMOD SRAJ	HIRSHIKESH GAWAIP	SEETHAM MEERS
27	ABHISHEK HEDE	RANJITH K	DHANUSHAS
28	GAURAV	SURYAK	HARSHANDANA S MAREMALLA
29	NIKHIL HEDE	CHINWANRAJ CHAUDHARI	ASHISH M
30	SACHIN V N	SATHYANARASIMHA SHASTRI	KIRANDESHIRAJIATTI
31	AJAY BHASKAR HEDE	RYOGESH	N S KARTHIKEYA
32	DEVI PRASAD Y	DEEPAK S HETTY	KAVYANANDH KUMAR DOLLKAR
33	CHIRANJEEV RAM PRANANANDHI	AKMILDESH NIVASI PAVAR	PRANAVANBHASKAR M
34	PRAMOD PRANAVAKAR HEDE	ADARSHANATH HEDE	NILANJAN RA
35	ABHILASH K	KRISHAN KUMAR R	NAMIN KUMAR G
36	SHASHIWATH S SHETTY	SUMANTH KUSHIK R V	ANANDHARHMAN
37	DINESH G	AKHILAKULKARNI	BIHARATHI
38	SALUN GOUDA	AYUSH H	RAJUL RAENDRA JAWALI
39	NAVEENAKUMARA KA	SUHAS K S	RAJATH K I
40	ANUSHIRUTH D	DHAYAN DAI A	AMAL NATH PK
41	RAJESH	KOLSHIKKUMARAR	SWATHI C D
42	KRISHAN PREETHIKA	CHINMAY BALACHANDRANAYAK	CHITRAYAKUMAR
43	LAXMI PRASAD KARNIKS	KAMATHI MANI	SRILATHA CH
44	RAVISHA	MAHURDHANAK	ANSHIMS
45	BHUVAN C WANDKAR	VIJAY VIKRANTH KARANNAVAR	KRISHNAKANDATHS
46	SOUJANYA N M	ANRITHA R	RAJITH M
47	KUMAR RACHAVENDRA M D	RIYASANTH E VARI LAVA	AMISHA ROHITHASMAWLIKAR
48	AYSHA SIDDIKHAK	DEHAYYA	AKSHAY KUMAR HADAGNI
49	SOUJANYA INAMDAR	NITISH MALLANGAIDPATIL	ROHAN RHUNNARAO
50	RAJUL R	KERTHANAN G	ABHISHEK P SAI AGES
51	MOHAMAD MUZAMEEL SAMAD JANIAV	CHIRIAADITYA	KAVYATHIRUKKANI
52	RAKUMART	REKHA RATHI K	ANANDH K
53	SVATHA	ABHINAVI PRAKASH	SIVASHANKA SHETTY
54	NAGHIBUSTIAN SURESH SRAIKAR	VASANTH	RETHIMA V
55	CHINTHAN B K	ADITHYAN S	ADITHYAN BHATHA
56	PRAMOD NADGEN	PAUL ABY	DURGANATH D
57	CHILAMACHERA VAJRESH	VAMSIJULAKSHMAN	

Annexure 4

Photo Gallery

