

GODAVARI FOUNDATION'S
GODAVARI COLLEGE OF NURSING, JALGAON
(ISO-9001:2015 CERTIFIED INSTITUTE)



REPORT

ON

SEMINAR

**TOPIC: "OVERCOMING UNHEALTHY EMOTIONAL
RELATIONSHIP WITH FOOD".**



ORGANIZED BY
DEPARTMENT OF COMMUNITY HEALTH NURSING

25TH SEPTEMBER 2023

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INTRODUCTION

The importance of food and nutrition in human development is widely recognized in both high income and middle to low income countries. Nutrition is the foundation for development and good nutrition is a human right. The right to good nutrition is one of the key factors that determine the overall well-being of a person. Undeniably, it will support an individual to attain good health status and normal growth and development. Thus, to make people aware and understand the significance of nutrition, every year National Nutrition Week (NNW) is celebrated from September 1-7.

The Godavari college of nursing, Jalgaon aims to celebrate the National Nutritional week to enhance students' knowledge by organizing different types of competition, seminars for students and teachers.

The advantages of Seminar for students and faculties encourages to maintaining a balanced diet, the positive impact of proper nutrition, ways to prevent diseases linked to poor dietary habits, and strategies to overcome nutritional deficiencies.

Students engage with their new activities to make the nutritional week more competitive through their participations.

AIMS

1. To raise awareness among Students and Faculties about the vital role of nutrition and the significance of cultivating healthy eating habits.
2. To enhance their knowledge about Food and healthy relationship with food.
3. To aware the students, faculties and people of important signs of their well-being and prosperity.

OBJECTIVES

1. To educate students about the importance of nutrition and their values
2. To encourage them to adopt a healthy and sustainable lifestyle.
3. To highlight the importance of a healthy diet and its impact on the body, as a balanced diet with essential nutrients is necessary for proper development and functioning.

AGENDA

**GODAVARI FOUNDATION'S
GODAVARI COLLEGE OF NURSING, JALGAON
COMMUNITY HEALTH NURSING DEPARTMENT**

ACADAMIC YEAR-2023-2024

**SEMINAR ON: OVERCOMING UNHEALTHY EMOTIONAL RELATIONSHIP WITH
FOOD**

SR NO	TIME	EVENT	FACULTY
01	10 am to 10.05am	LAMP LIGHTING	All the Dignitaries
02	10.05am to 10.15am	FELICITATION	All the Dignitaries
03	10.15am to 10.20am	WELCOME ADDRESS	Prof. Vishakha Wagh, Vice principal, Godavari college of nursing Jalgaon
04	10.20 am to 11.35am	SEMINAR	Mr. Puneet Basson (Hospitality & hotel administration), principal Haribhau Jawale institute of hospitality management & catering technology.
05	11.35am to 11.50 am	PRIZE DISTRIBUTION	All the Dignitaries
06	11.50 to 12 pm	VOTE OF THANKS	Ms. Ashlesha Moon Msc Nursing 2nd year Student G.C.O.N.

गोदावरी फाउंडेशन संघलित,

गोदावरी कॉलेज ऑफ नर्सिंग

नॅशनल हायवे नं. ६, गट नं. ५७/१, ५७/२, खिर्डी शिवार,
ता. जि. जलगाव - ४२५३०९ (महाराष्ट्र) भारत



Godavari Foundation's

GODAVARI COLLEGE OF NURSING

NH-6, Gat No. 57/1, 57/2, Khirdi Shivar,
Tal & Dist Jalgaon - 425309 (Maharashtra) INDIA

(Reg. by INC, MSBPNE, MNC, MUHS, GOVT of Maharashtra)

नर्सिंग शिक्षा को संपूर्ण प्राप्त करने का प्रयास
Striving to achieve Complete Nursing Education

GF/GCON/2023 /10576

DATE:-22/09/2023

CIRCULAR

Hereby informing to all the respected teaching faculties and students that Community Health Nursing department organizes seminar on "OVERCOMING UNHEALTHY EMOTIONAL RELATIONSHIP WITH FOOD" which is schedule to be held on Monday, 25/09/2023 at 10:00 am in seminar hall.



PRINCIPAL

PRINCIPAL
GODAVARI COLLEGE OF NURSING
JALGAON

Website : www.godavarinursing.ac.in

Email : gconjalgaon@gmail.com

Phone : 0257 - 2366635 Fax : 0257 - 2366636 / 648



Godavari Foundation's

Godavari College of Nursing, Jalgaon

Department of community Health Nursing

Invitation

Cordially invites you to attend the



-: Seminar On :-

**Overcoming Unhealthy Emotional
Relationship with Food**

-: Guest Speaker :-

Mr. Puneet Basson

B.Sc. (Hospitality & Hotel Administration),
M.H.M.C.T. and Ph.D

Principal

Haribhau Jawale Institute of Hospitality
Management & Catering Technology



25 Sept. 2023



10 am to 12 pm



Seminar Hall, GCON, Jalgaon

BRIEF REPORT ON SEMINAR

TOPIC: OVERCOMING UNHEALTHY EMOTIONAL RELATIONSHIP WITH FOOD

Godavari College of nursing, Jalgaon ,The department of Community Health Nursing has organized National nutritional week 1st to 7th September 2023.

On the occasion of National Nutritional Week the Department of Community Health Nursing organized competition and activities like poster competitions, seminars

Seminar was conducted on overcoming unhealthy emotional relationship with food ,on 25 th sep 2023.The chief guest was Mr. Puneet Basson B.sc (Hospitality & Hotel Administration) M.HM.C.T.PhD, Principal Haribhau jawale Institute of Hospitality Management & Catering Technology.

Prof. Vishakha Wagh , Vice Principal GCON, Jalgaon (HOD OF CHILD HEALTH NURSING) welcomed the chief guest and addressed the students. Faculties &Students were present for seminar.



He delivered his talk on topic “overcoming unhealthy emotional relationship with food” .In which he explained all the food safety techniques ,ways of keeping good habits about the personal diet by keeping a proper balanced diet .Also he explained the information about the maintenance about food hygiene which plays very important role in one’s nutrition .

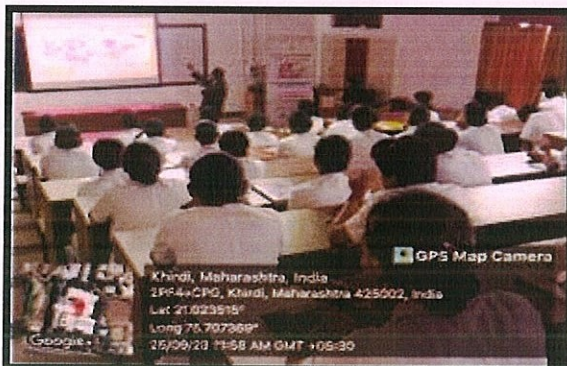
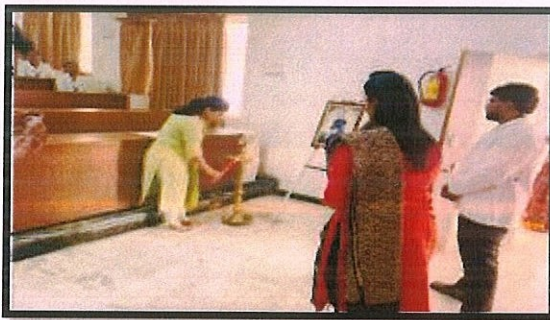


After the session Prize distribution of various competition and appreciation of student for participation held by chief guest Mr. Puneet Basson.

In this way both the sessions were very informative and very useful in our day to day life which inspired the students and staff to a proportionate diet everyday to live a very healthy life .After both the lecture students had very active interactive session with the resource persons .Then at end of the seesion Ms Ashlesha gave vote of thanks to thanks all the committee members for arranging such type of useful seminar and then had a sweet end of the fruitful seminar.

Under the guidance and observation of Mrs. Jacinth Dhaya(HOD OF COMMUNITY HEALTH NURSING) Associate Professor GCON, Jalgaon the seminar was successful and beneficial to 97 students and all faculties of GCON.

PHOTOS: OVERCOMING UNHEALTHY EMOTIONAL RELATIONSHIP WITH FOOD



NEWS CUTOUT: 02/10/2023

अन्नाचा अपमान करु नका : प्रा.पुनित बस्सन

गोदावरी नर्सिंग महाविद्यालयात पोषण आहाराबाबत व्याख्यान उत्साहात

जळगाव - शरिराचे पोषण होण्यासाठी सात्विक व ताजे अन्न सेवन करणे गरजेचे असते. याशिवाय अन्नाचा अपमान न करता, त्याला नावे न ठेवता जेवण करावे, कारण त्या अन्नासाठी शेतकरी बारा महिने राबराब राबतो, आणि चांगल्या मनाने, शुद्ध अंतःकरणाने अन्नाचे सेवन करावे, यामुळे निश्चित ते अन्न शरिराला लागून शरिराचे पोषण होते, असे प्रतिपान प्रा.पुनित बस्सन यांनी केले.

गोदावरी नर्सिंग महाविद्यालयात सोमवार दिनांक २५ सप्टेंबर रोजी एक्सपर्ट टॉकचे आयोजन करण्यात आले होते. याप्रसंगी गोदावरी फाऊंडेशन संचलित हरीभाऊ जावळे इन्स्टीट्यूट ऑफ हॉस्पिटॅलिटी मॅनेजमेंट अँड केटरिंग टेक्नॉलॉजीचे प्राचार्य प्रा.पुनित बस्सन यांना गेस्ट स्पिकर म्हणून आमंत्रित केले होते. याप्रसंगी प्रा.बस्सन यांनी ओव्हरकमिंग अनहेल्दी इमोशनल रिलेशनशिप विथ फूड या विषयावर मार्गदर्शन केले.

यावेळी व्यासपीठावर प्राचार्या विशाखा बाघ, प्रा.जैसिंध दाया



हे उपस्थित होते. तसेच पोषण आहार सप्ताहानिमित्त आयोजित विविध स्पर्धांचा बक्षीस वितरण सोहळाही यावेळी पार पडला. यात निबंध स्पर्धेत प्रथम शुभांगी इंगळे, द्वितीय स्नेहल लाखे, तृतीय गायत्री सुरोशे, पोस्टर स्पर्धेत प्रथम खुशबू घोष, द्वितीय श्रावणी उमाटे, तृतीय जान्हवी झाडे, चिड्डीओ स्पर्धेत प्रथम खुशी ठाकरे, द्वितीय शिवानी धारगवे, तृतीय अंकिता टेंभरे यांना बक्षीस वाटप करण्यात आले.

FACULTY ATTENTANCE

**GODAVARI FOUNDATION'S
GODAVARI COLLEGE OF NURSING, JALGAON
COMMUNITY HEALTH NURSING
ACADAMIC YEAR-2023-2024**

**SEMINAR ON- OVERCOMING UNHEALTHY EMOTIONAL
RELATIONSHIP WITH FOOD**

Sr.no	Name of participant	Sign
1.	Ms. Jyoti Bhaya B.H.	[Signature]
2.	Ms. Nishant Mohod	[Signature]
3.	Ms. Rebecca P. Lonadhe	[Signature]
4.	Ms. Priya D. Jadhav	[Signature]
5.	Ms. Ananta R. Jumarde	[Signature]
6.	Ms. Priti Gankar	[Signature]
7.	Ms. Akshay K. Dhondge	[Signature]
8.	Ms. Shubhangi Gankar	[Signature]
9.	Ms. Pooja P. Lonadhe	[Signature]
10.	Ms. Komal P. Kale	[Signature]
11.	Ms. Kalyani T. Meshram	[Signature]
12.	Ms. Bhavika G. Tanade	[Signature]
13.	Ms. Pooja G. Waghmare	[Signature]
14.	Ms. Mahini R. Madhu	[Signature]
15.	Ms. Roohani Bhagar	[Signature]
16.	Ms. Manorama. Karmad.	[Signature]
17.	Ms. Savitri R. Singh	[Signature]
18.	Ms. Khushi M. Nene	[Signature]
19.	Ms. Sneha D. Dabake	[Signature]
20.	Ms. Rakhi Tembhare	[Signature]
21.	Ms. Pooja Wagh	[Signature]
22.	Ms. Pooja G. Gadekar	[Signature]
23.	Ms. Anuradha Chaudhari	[Signature]
24.	Ms. Shilpa V. Vaidya	[Signature]
25.	Ms. Ashwini Patil	[Signature]
26.	Dr. Priyadarshini Man	[Signature]
27.	Ms. Jyoti Jadhav	[Signature]

Ms. Swati		
Ms. Swati. Head of		
Her Project to Govt		

[Signature]
[Signature]

[Signature]
HOD OF CHN DEPARTMENT



[Signature]
PRINCIPAL
PRINCIPAL
SODAWAN COLLEGE OF NURSING
JALGAON

STUENTS ATTENDANCE LIST

**GODAVARI FOUNDATION'S
GODAVARI COLLEGE OF NURSING, JALGAON
COMMUNITY HEALTH NURSING
ACADAMIC YEAR-2023-2024
SEMINAR ON- OVERCOMING UNHEALTHY EMOTIONAL
RELATIONSHIP WITH FOOD**

SR. No.	NAME OF PARTICIPANT	Sign
1	AKULWAR MANAS	<i>[Signature]</i>
2	AMBATKAR SHWETA	<i>S.V. Ambatkar</i>
3	AMBHORE PALLAVI	<i>[Signature]</i>
4	AMBHORE PAVAN	<i>[Signature]</i>
5	BADE DIGVIJAY	<i>[Signature]</i>
6	BAGUL JAYESH	<i>[Signature]</i>
7	BALAK ARATI	<i>[Signature]</i>
8	BAMBERE ASHWINI	<i>[Signature]</i>
9	BANSODE KRUSHNA	<i>[Signature]</i>
10	BARELA BHISAN	<i>[Signature]</i>
11	BUNDHE DISHA	<i>[Signature]</i>
12	CHAUDHARI PRIYA	<i>[Signature]</i>
13	CHAVAN CHETAN	<i>[Signature]</i>
14	CHAVAN OMPRAKASH	<i>[Signature]</i>
15	CHAVAN VINAYAK	<i>[Signature]</i>
16	CHUTE SANDHYA	<i>[Signature]</i>
17	DAF PRATIKSHA	<i>P. Daf</i>
18	DAHAT ADITI	<i>[Signature]</i>
19	DHALE SEJAL	<i>[Signature]</i>
20	DURGE SUKRUNTA	<i>[Signature]</i>
21	FEPALE UDAY	<i>[Signature]</i>
22	GANVIR DIVYA	<i>[Signature]</i>
23	GAVIT HARSHAL	<i>[Signature]</i>
24	GAVIT SNEHAL	<i>[Signature]</i>
25	GAVIT SUKESINI	<i>[Signature]</i>
26	GAWAI GAURAV	<i>[Signature]</i>

27	GAWAI KARAN	Karnad
28	GAWAI PUNAM	Gawai
29	GHUDE TOSHNA	Ghude
30	GHUGE DNYANESHWAR	Ghude
31	GONDHALI KRISHNA	Gondhale
32	GOTE RUPALI	Gote
33	GOWARE HARSHITA	Goware
34	GUTTE OMKAR	Gutte
35	HANDE SAMIKSHA	Hande
36	HIROLE SHRUTI	Hirole
37	INGLE PRIYANKA	Ingle
38	INGLE SHUBHANGI	Ingle
39	JADHAO ADITYA	Jadhao
40	JADHAO KARAN	Jadhao
41	JADHAO OM	Jadhao
42	JADHAV VIKAS	Jadhav
43	JAWALE MOHIT	Jawale
44	KALBANDE SHRUTI	Kalbande
45	KALE POOJA	Kale
46	KAMBLE TANUJA	Kamble
47	KENDRE DAULAT	Kendre
48	KOLHE SHRUTI	Kolhe
49	KOLHE VAISHNAVI	Kolhe
50	LAHANE PRIYANKA	Lahane
51	MAHABUDHE ANUSHKA	Mahabudhe
52	MAHALLE SANIKA	Mahalle
53	MALI JAYANT	Mali
54	MALI SARLA	Mali
55	MANOHARE SHUBHAM	Manohare
56	MASKE MAYUR	Maske
57	MONDAL NISHA	Mondal
58	MULEY PAWAN	Muley
59	MUNDE VISHNU	Munde
60	MUNDE VISHWAJEET	Munde
61	NIMBALKAR PRERANA	Nimbalkar
62	PANDE RUTUJA	Pande
63	PANDHARE MANSI	Pandhare
64	PATIL BHAGYASHREE	Patil
65	PAWAR MUKTA	Pawar
66	PAWARA JAGRUTI	Pawar
67	PIMPLE SONALI	Pimple

68	RATHOD VAISHNAVI	<i>Varma</i>
69	RATHOD KRISHNA	<i>Shil</i>
70	RATHOD SUNIL	<i>Sunil</i>
71	SAKHARE TANVI	<i>Tanvi Sakhare</i>
72	SAVARIPAGAR TEJAL	<i>Savaripagar</i>
73	SAWALE BHAVIKA	<i>Bhavika</i>
74	SETHMANIK SONAM	
75	SHAIKH MAHEVISH	<i>Mahevis</i>
76	SHEDMAKE POOJA	<i>Shedmake</i>
77	SHETE OM	<i>Shete</i>
78	SHINDE YUVRAJ	<i>Shinde</i>
79	SINGALDIP KALYANI	<i>Kalyani</i>
80	SOLANKAR DIPAK	<i>Dipak</i>
81	SONALE TANAY	<i>Tanay</i>
82	SONKUSARE SHWETA	<i>Shweta</i>
83	SURADKAR PRATHAMESH	<i>Prathamesh</i>
84	SURWADE LOCHANA	<i>Surwade</i>
85	TANDALE ABHISHEK	<i>Abhishek</i>
86	TATE MAHESH	<i>Mahesh</i>
87	THAKUR SHUBHANSING	<i>Shubhansing</i>
88	THENG DIPTI	<i>Theng</i>
89	THOKE HARSHALI	<i>Harshali</i>
90	TODKAR ADITYA	<i>Aditya</i>
91	UGLE RUTUJA	<i>Rutuja</i>
92	UMATE SHRAVANI	<i>Shravani</i>
93	VALVI DIVYA	<i>Divya</i>
94	VALVI ROHAN	<i>Rohan</i>
95	VASAVE KIRAN	<i>Kiran</i>
96	VIGHNE ABOLI	<i>Aboli</i>
97	WAGHMARE VAISHNAVI	<i>Waghmare</i>
98	WANDILE KAJAL	<i>Wandile</i>
99	YADAV DOLLY	<i>Dolly</i>
100	ZADE JANHVI	<i>Janhvi</i>

[Signature]
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