

**Rayat Shikshan Sanstha's**  
**Yashavantrao Chavan Institute of Science, Satara (Autonomous)**  
**Department of Food Technology**  
**Extension Activity on Eat Right India Movement**  
**Report 2023-2024**

**Date: 06/02/2024**

The Department of Food Technology has organized Extension activity - Eat Right India Movement on Friday, 6<sup>th</sup> February 2024 at Shrimant Chhatrapati Shahuraje Bhosale Junior College of Science & Agriculture, Tasgaon, Satara. 34 students joined the activity from school (Class XI to XII). From department B.Sc.II & M.Sc.I year students & 2 faculty member participated in the activity. Mr. Shaikh N.N & Ms. P. I. Nalawade interpreted objectives; methodology of Eat Right India Movement. The faculty gave the information about different activities of Eat Right India Movement initiative by FSSAI under this campaign to the students. This extension activity was run under the guidance of Mrs. V. S. Patil (Co-ordinator of the department). It also aims to engage and enable students to improve their health and well-being by making the right food choices during interactive session students asked some queries like role of oil and fats in our diet, anaemia its relation with iron intake in our diet etc.

The goal was to build healthy habits in students of right food choices. The activity helped to create awareness of healthy and balanced diet among students. We explain different unhealthy habits of diet due to lack of proper knowledge of right food choices through students. Mr. Dure P.R did counseling of students on different issues due to imbalanced diet and habits.

The activity was a success in developing awareness to improve public health and combat negative nutritional trends to fight lifestyle diseases among students. Most of the students appreciated the scheme.

Organizer : Department of Food Technology.

Place of Activity : Shrimant Chhatrapati Bhosale Junior College of Science & Agriculture, Tasgaon, Satara.

Date of Activity : 06/02/2024

No. of Beneficiaries : 12<sup>th</sup> Science Students - 34 & 10<sup>th</sup> students - 45

Financial Support : YCIS Satara.



 GPS Map Camera

Bramhanwadi, Maharashtra, India  
J4P9+X2F, Bramhanwadi, Maharashtra 415004, India  
Lat 17.636788°  
Long 74.118444°  
06/02/24 11:52 AM GMT +05:30



Google



Co-ordinator

Department of Food Technology

