

MSP Mandal's

Shri. Shivaji College, Parbhani.

Department of Microbiology & Botany

Summary Report on

Guest Lecture

Organized under DBT-Star College Scheme

Department of Microbiology & Botany, Shri. Shivaji College, Parbhani has organized an informative Guest Lecture on **“Smart Eating: Mindful Nutrition & Healthy Cooking for Youth Wellness” under DBT STAR College Scheme** which was held on 29th September 2025 for UG students. The guest lecture has been organized to provide knowledge of nutrition which is the process of consuming and utilizing nutrients from food and water, which are essential for survival, growth, and maintaining bodily functions. The speaker of the guest lecture was Mrs. Mayuri Aavula, Nutritionist & Founder of Truediet, Hyderabad and has 12 years' experience as professional nutritionist. She was awarded with various awards in nutrition like Sadhana award, Best Nutritionist award.

The inauguration of this programme takes place in the presence of Dr. S.N. Keshetti, Hon'ble Vice-Principal, & Coordinator of Star DBT College Scheme, Mrs. M.A. Bhate, Head, Dept. of Microbiology, & Dr. Sabiha Sayyad, Head, Dept. of Botany Shri. Shivaji College, Parbhani.

A total of 67 students attend the programme. The guest lecture began with an introduction and welcome address by Dr. Renuka Joshi, Asst. Professor, Dept. of Microbiology. After the introduction, Mrs. Manjiri Bhate, Head, Dept. of Microbiology felicitated the chairperson of the programme Dr. S.N. Keshetti, Hon'ble Vice-Principal, & Coordinator of Star DBT College Scheme. Then Dr. Sabiha Sayyad Head, Dept. of Botany felicitated chief guest Mrs. Mayuri Aavula with flowers as a symbol of appreciation.

The session was then continued by Mrs. Mayuri Aavula, who began with an introduction to the nutrition. She provided an in-depth look into the importance of nutrition for youth. She explains the importance of micro & macronutrients for growth, repair & functioning of body. She

concentrates on to eat right food, right time & right time. The session was completely interactive & Mayuri mam answers the questions of the students nicely.

The session was concluded by Ms. Dhanshri Deshmukh with a vote of thanks.





