



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

DEPARTMENT OF NUTRITION AND DIETETICS

FACULTY OF ALLIED HEALTH SCIENCES

To,
Dr. Luxita Sharma
Head,
Department of Dietetics & Applied Nutrition
Amity Medical School
Amity University Haryana

Dear Mam,

We feel happy to invite your good self as an Expert Speaker to the Inaugural Ceremony of "National Nutrition Month", being organized by the Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, SGT University, Gurugram on 1st September 2022 Thursday, from 10 AM onwards.

The focus of this Nutrition month will be to highlight the importance of Nutrition in Women and Child Health with the inclusion of Traditional Foods, as per the theme shared by Ministry of Women and Child Development. It will upgrade the knowledge with recent advances in Women and Child Nutrition, which will enlighten a new shape and dimension of modern trends for upcoming Nutrition Professionals.

We look forward to your gracious presence.

With kind regards,

Dr. M. Ejaz Hussain

Dean,

Faculty of Allied Health Sciences

SGT University, Gurugram

DEAN

Faculty of Allied Health Sciences
SGT University, Gurugram



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Ref. No.: SGTU/CRC/2022-2023/C.E./003

Date: 26-08-2022

CIRCULAR

This notice informs you that on **01-09-2022 to 02-09-2022**, a **Capability Enhancement Program** titled "**Nutrition Assessment & Dietary Counseling**" will be held to develop **Personality and Professional Development** among students of the **Faculty of Allied Health Sciences**.

Monika

CRC Coordinator

To

The Dean, FAHS (To be distributed to concerned students)

CC: Students Section



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Department of Nutrition & Dietetics

Faculty of Allied Health Sciences

On the Occasion of National Nutrition Month 2022

**Organizes a Seminar on
Theme: “Nutrition Assessment & Dietary
Counseling”**

Date, Time, Venue

Date: 1st & 2nd September, 2022

Time: 10:30 AM to 03:30 PM

Venue: A-208 & A-008

Department of Nutrition & Dietetics, Faculty of Allied Health Sciences, SGT University **On the Occasion of National Nutrition Month 2022, Organizes a Seminar on “Nutrition Assessment & Dietary Counseling”** on 1st and 2nd September, 2022.

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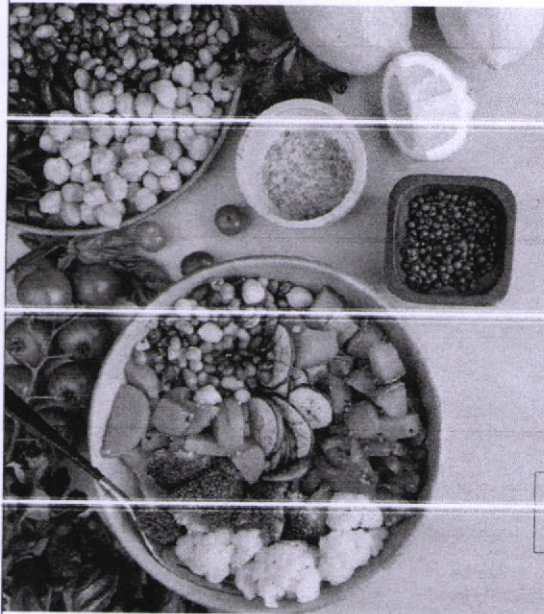
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E Brochure-

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FACULTY OF ALLIED HEALTH SCIENCE
DEPARTMENT OF NUTRITION AND DIETETICS



CELEBRATES

NATIONAL NUTRITION MONTH

WITH THE MOTIVE OF

**"LET THY FOOD
BE THY MEDICINE"**

NUTRITION ASSESSMENT & DIETARY COUNSELLING

1st September 2022 - Thursday (12:30 - 3:30PM)

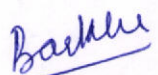
2nd September 2022 - Friday (10:00 - 3:00PM)

VENUE : A-Block, Ground Floor Room No.- 008

Brief Profile of Speaker:

Dr. Luxita Sharma is Director of Amity Medical School, Head of Department of Dietetics & Applied Nutrition, is Associate Professor and Head of Department, Dietetics and Applied Nutrition, Amity University, Haryana, India. She has 15 plus experience as researcher and an academican. She is PhD in food and nutrition. She has received International Award in the category of Contribution to Education Community by Asian Education Award. She has also been conferred upon National Nutrition Health Education Award and Society Development award by Nutrition and Natural Health Science Association. She is also recipient of Excellence in Outstanding Accomplishments Award by IAPEN. She has filed nine patents and four patents


Dr. Luxita Sharma


Bachchan

Faculty of Allied Health Sciences
SGT University, Gurugram



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published with seventy-five research papers in national and international journals. She has published ten books with national and international publishers.

Organizers: Department of Nutrition and Dietetics, Faculty of Allied Health Sciences

Report of the Webinar/ Event / FDP Program:

- a) **Introduction:** A healthy lifestyle can be attained by maintaining a balanced diet & keeping into consideration to meet all the essential nutrients required by the body. A proper diet plan helps to attain ideal body weight & prevent the risk of chronic diseases like- diabetes, cardiovascular diseases etc. The Department of Nutrition & Dietetics, Faculty of Allied Health Sciences, SGT University, Gurugram has provided an excellent opportunity to their students of under graduate and post graduate for the conduction of Nutrition Assessment & Dietary Counseling under the guidance of respected faculty incharge Ms. Shelly Garg during the ongoing National Nutrition Month on the dates of 1st & 2nd September, 2022. On 1st September, the inauguration of the ceremony was done by our eminent Guest speakers 'Dr. Luxita Sharma' (Associate Professor & Director, Amity Medical School Head, Dietetics and Applied Nutrition, Amity University), Senior dignitaries 'Dr. O.P Kalra' (Vice Chancellor, SGT University), Dr. Meenakshi Munshi (Dean Research & Development, SGT University).
- b) **Objective of the webinar/ Event / FDP:** The major objective in conducting the event was to spread awareness about nutrition, and diet, and its role in Women and Child Health.
- c) **Brief content of lecture-** Dr. Luxita given an insightful presentation on the topic –“Know the diet for your body type (Women & Child health)”. Later the ceremony proceeded with nutrition assessment and dietary counselling for rest two days i.e., 1st & 2nd September. Major objective behind this dietary counseling was to serve the people by offering dietary advice and guidelines to maintain healthy lifestyle through a balanced diet and various other kinds of therapeutic diets like- hypertension, diabetes, obesity, anemia, Polycystic ovarian syndrome etc. without seeking any profit. The motive behind the dietary counseling was to make people aware about the healthy eating habits through the beautiful phrase that “Let thy food be thy medicine” Students counseled more than

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150 SGT students and staff. Over all this dietary counseling session was benefitted to the people as well as the students of Nutrition & Dietetics.

d) Screenshots of Webinar/ Picture of Event: Good quality picture with legends is mandatory



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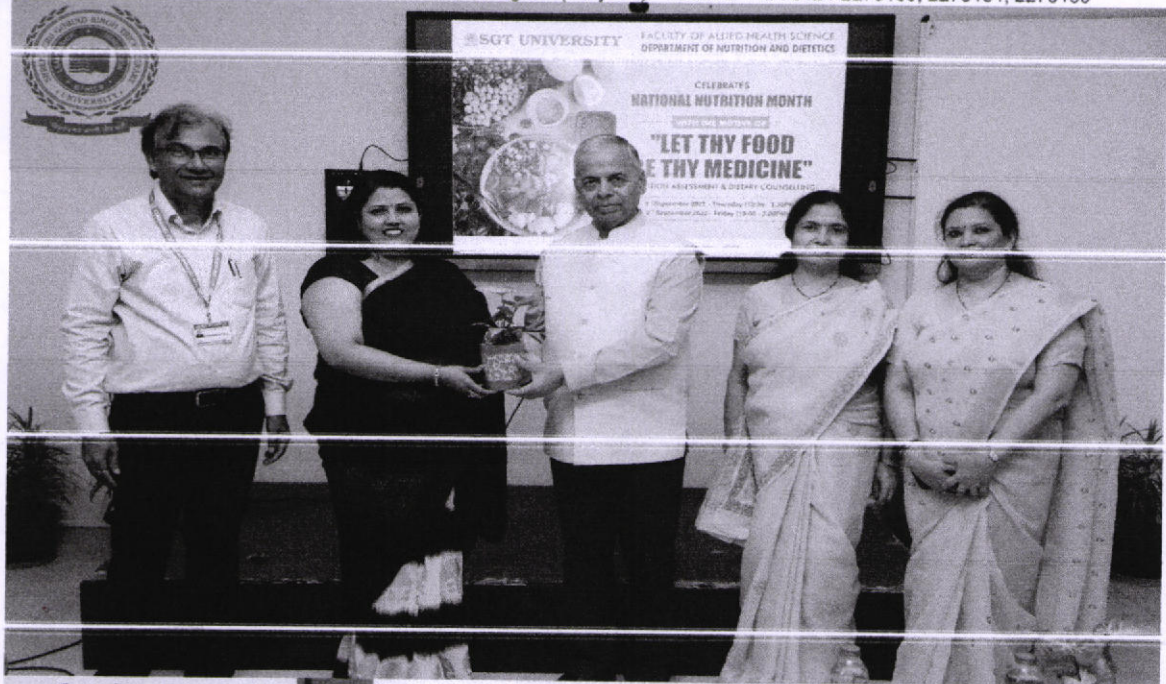
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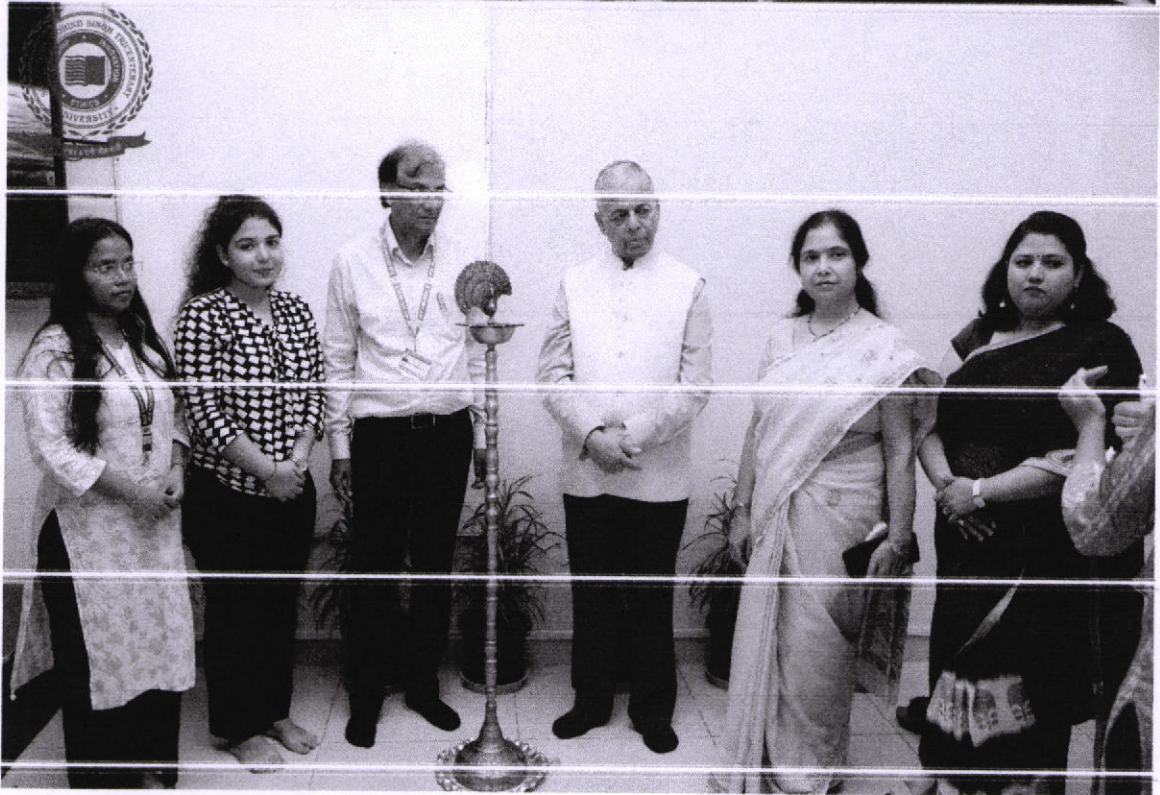
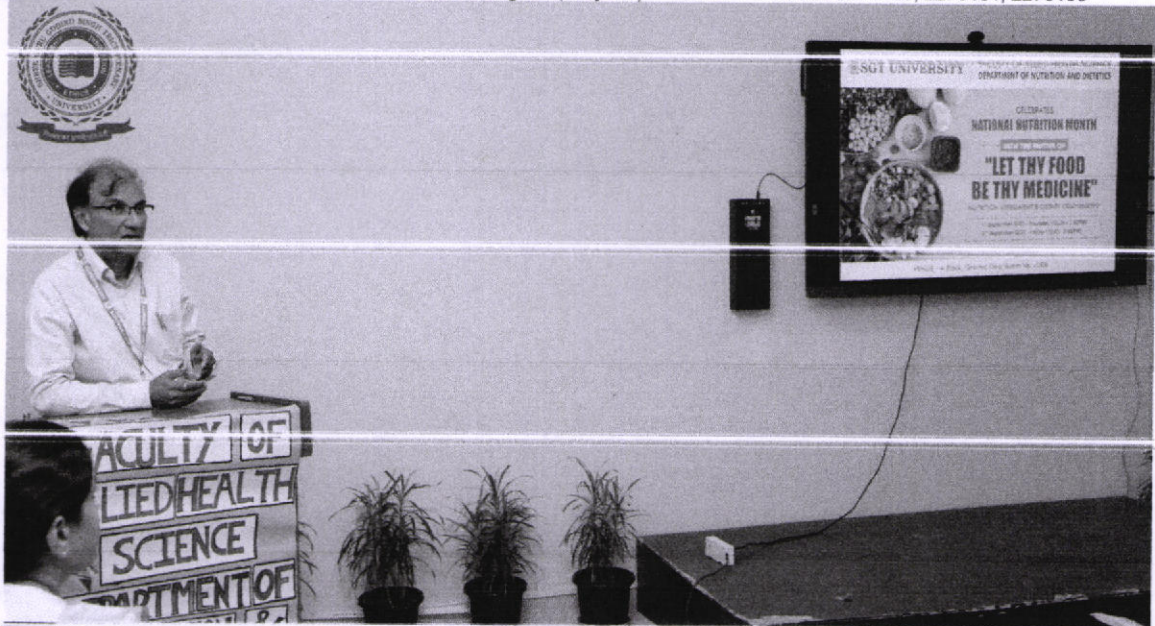


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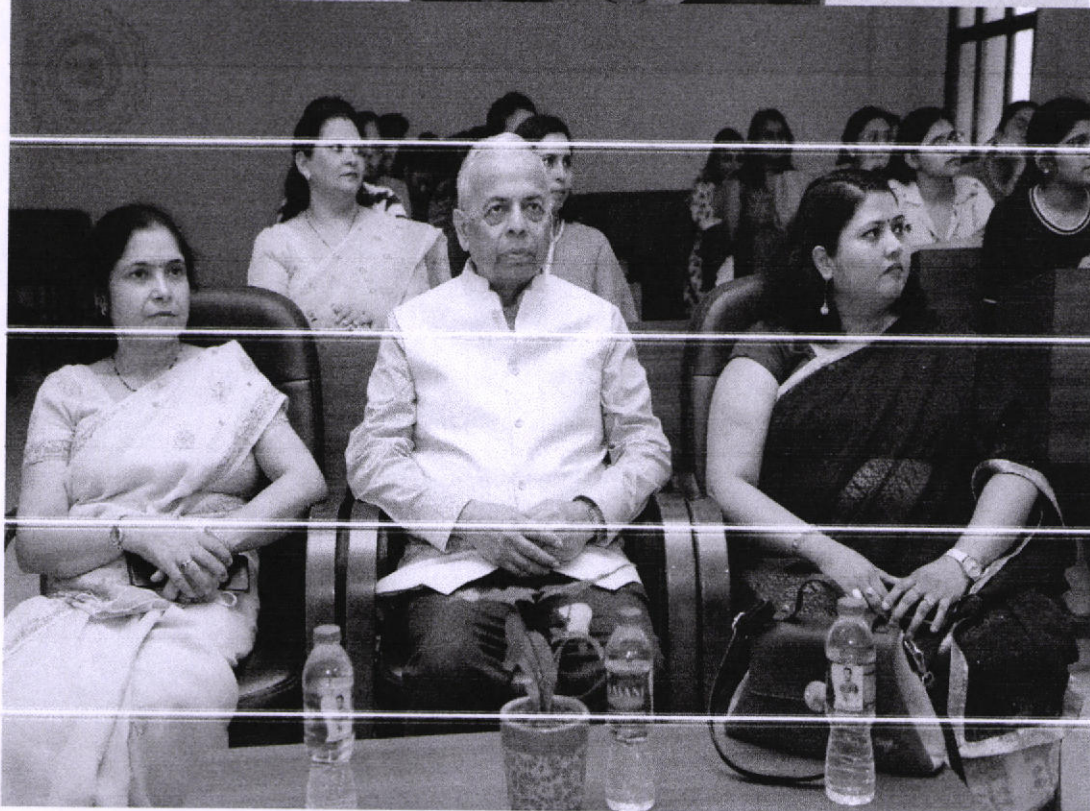


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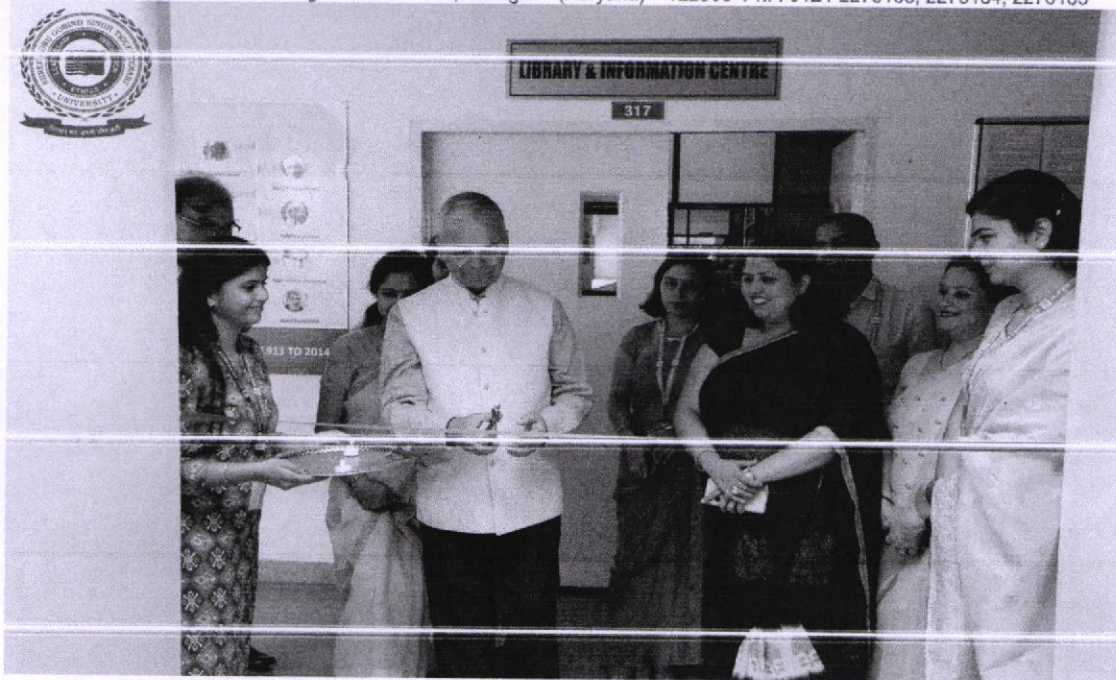


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e) Feedback Forms

Event Feedback Form

Date of the event-	01/09/2022
Name of the Event-	Nutrition Assessment & Dietary Counseling
Organizer-	Department of Nutrition & Dietetics, FAHS, SGT University
Guest Speaker-	Dr. Luxita Sharma
Name of Participant-	
Designation-	
Mail ID-	
Phone No-	

Evaluate Event on the basis of criteria below-

	Poor	Average	Good	Very Good	Excellent
Interesting					
Relevant to you					
Inspiring					
Interactive					
Value for time					

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Session compared to your expectations					
Overall experience					

Total Number of Participants- 25

Attendance Sheet

Event Name: Dietary Counselling

Department: Nutrition + Dietetics

Date: 1 & 2nd Sep, 2022

Venue: A-Block - 008

S.No.	Name	Registration Number	Course (Semester)	Signature
1	Mansimar Kaur	210538001	MND 3 rd	Mansimar
2	Muskan	210538003	MND 3 rd	Muskan
3	Aafreen Salim	210538006	MND 3 rd	Aafreen
4	Akhsha Rao		MND 3 rd	Akhsha
5	Nidhi		MND 3 rd	Nidhi
6	Chitra		MND 3 rd	Chitra
7	Divyakshi		MND 3 rd	Divyakshi
8	Priya		MND 3 rd	Priya
9	Preeti		MND 3 rd	Preeti
10	Himani Yadav	210538013	MND 3 rd	Himani
11	Darwi		MND 3 rd	Darwi
12	Mansi Yadav		MND 1 st	Mansi
13	Bhawna		MND 1 st	Bhawna
14	Tanu		MND 1 st	Tanu
15	Purvi		MND 1 st	Purvi
16	Aarzo		MND 1 st	Aarzo

Event Incharge

HOD

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SGT University, Gurugram

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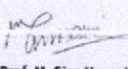
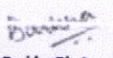




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Copy of E certificate for participants:

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<h3>Certificate of Appreciation</h3>			
S.No: SGTU/...../2022			
This is to certify that			
Mr./Ms. _____ of _____			
has successfully participated as consultant in "Nutritional Assessment & Dietary Counseling"			
organized by Department of Nutrition & Dietetics, Faculty of Allied Health Sciences			
on the occasion of NATIONAL NUTRITION MONTH – 2022			
in association with Steadfast Nutrition & Azzurra Pharmaconutrition Pvt. Ltd.			
held on 1st September & 2nd September 2022 at SGT University, Gurugram, Haryana, India.			
 Prof. M. Ejaz Hussain Dean, FAHS SGT University	 Dr. Barkha Bhatnagar HOD Department of Nutrition & Dietetics SGT University	 Mr. Aman Puri Founder Steadfast Nutrition	 Mr. Nilesh Jain Director Azzurra Pharmaconutrition Pvt. Ltd.

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