

Marking a Healthy and Nutritious Kick-Start to the New Year: A Session on Nutrition and Deficiency Diseases

Pune, Maharashtra | 2nd January, 2025



S.B. Patil Public School organised a highly interactive session for all its faculty members on the theme: "Nutrition and Deficiency Diseases". The session was organised on the 2nd of January 2025, marking a healthy and nutritious kick-start of the new calendar year for everyone.

Prof. Ruchu Kuthiala, Head of the Department of Nutrition and Psychology at the School of Sciences at Pimpri Chinchwad University, Pune; and a certified Clinical Nutritionist with a vast industrial and academic experience of 15 years was the key speaker at the training session. She was specially invited by section coordinator Ms. Vandana Sangle; on behalf of the Health Care Department of our School.



The session commenced with the School's Special Educator Ms. Manasvi Kulkarni. She introduced Prof. Kuthiala to the entire faculty present. The principal of the school, Dr. Bindu Saini then warmly welcomed her with a token of appreciation.

It was an immensely interesting, interactive, and fun-filled session wherein Dr. Kuthiala elaborated on various aspects of basic nutrition, fundamental food sources of various nutrients; the linkage between sensible nutrition and good health, vice versa deficiency of nutrients and resulting diseases and ailments, and how dietetics, psychology and hormones plays an imperative role in ensure balancing a nutritious diet, avoiding deficiencies and healthy life. She used examples from everyday life which made understanding of the subject not just simple but relatable as well.



The Vote of Thanks was proposed by Ms. Swaleha Mujawar. Dr. Ruchu also showed her willingness to arrange a camp for SBPPS students and Staff members at the end of A.Y.2024-25.

We thank Prof. Ruchu Kuthiala for lending her valuable time and expertise to enhance our understanding and knowledge of the subject. We also thank our principal, Dr. Bindu Saini; vice principal, Ms. Padmavati Banda; HM, Ms. Shubhangi Kulkarni; and administrative manager, Mr. Manish Dhekale for organising this wonderful event.