







Vishnu Waman Thakur Charitable Trust's  
**VIVA Institute of Pharmacy**

Approved by PCI, AICTE (New Delhi), DTE (Government of Maharashtra),  
and Affiliated to University of Mumbai

**A seminar on super food for super youth**

  
*Invitation*  
  
Late Shri Vishnu Waman Thakur Charitable Trust's  
**VIVA INSTITUTE OF PHARMACY**  
Shirgaon, Virar (E) – 401305  
Cordially invites you  
For Seminar  
by  
**Rujuta Diwekar**  
(Leading Nutrition & Exercise Science Expert)  
on  
**“SUPER FOOD FOR SUPER YOUTH”**  
  
  
Date: 15<sup>th</sup> January (Monday) 2018. Time: 11:00am – 1:00pm  
Venue: 4<sup>th</sup> Floor Auditorium, VIVA Institute of Technology, Virar (East).  
Dr. Sunita Ogale  
(I/C Principal)  
Contact no.: 9167436240

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Late Shri Vishnu Waman Thakur Charitable Trust's  
**VIVA INSTITUTE OF PHARMACY**  
Shirgaon, Virar East-401303

Ref No: VIVA/VIP/357/2017-18

Date : 20/12/2017

**CIRCULAR**

**Sub: Invitation for Seminar (Open for all staff members and students).**

Dear Sir/Madam,

VIVA Institute Of Pharmacy invites you for the seminar by Rujuta Diwekar on 15<sup>th</sup> January 2018.

Kindly let us know how many members of your institute will be attending the seminar (This is for proper sitting arrangement).

Please mail us on seminarviva2018@gmail.com before 26<sup>th</sup> December 2017 or send a message on the following numbers:

I/C Principal: Dr. Sunita Ogale - 9167436240

Convener: Mrs. Sushruta Mulay - 9594374489

Thanking you.

  
I/C Principal  
VIVA Institute of Pharmacy

CC to  
All HOD (FE/Civil/EXTC/Electrical/ Mechanical)  
Library  
Exam Cell







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## Seminar Report

### Super Food for Super Youth

By- Rujuta Diwekar, Leading nutritionist and exercise science expert

Winner of the nutrition award from Asian Institute of Gastroenterology, Rujuta Diwekar is India's leading nutrition and sports science expert. She is voted as the 50 most powerful people in India by people magazine in 2012 and is also author of 5 best-selling books. She is the one who believes in the "healing power of food".

Seminar was commenced by welcome speech by Principal Dr. Sunita Ogale followed by felicitation by Ms. Aparna Thakur, secretary VIVA Trust. Dignitaries were Mr. Shikhar Thakur, and principals of different colleges under VIVA trust.

In the welcome speech, principal explained why diet and physical activity plays a major role in our daily life. Being pharmacist our role is not restricted to dispensing medicines, but to create awareness and to counsel the people to adopt the lifestyle so that minimum number of medicines should be used.

Session by Rujuta Diwekar

First explained concept of "DALY- Disability Adjusted Life Years"

DALY is how long you can live till you do not need a drug to control lipid profile, stent, and dialysis. How long can you live without popping a pill? What kind of food will enhance DALYI?

While obesity is major concern for youth of India today, she explained weight reduction should be strengthening muscles along with losing fat. Explained importance of right food in diet, food which is local, which improves economy and ecology, less pollutes the environment due to transportation, less preserved by pesticides should be preferred by consumers.

Banana is a super food, acts as a prebiotic and prevents bloating. Mango, Chiku, Sitafal, Jacfruit and grapes are local fruits should be eaten regularly. Emphasised that rice is important in diet as it contains branched chain amino acids and has a complete profile of nutrients, easy to digest & gives good sleep. Explain nutritional importance of Khichdi as national food. She has given nutritional information of Jawar, Bajara, Banana flour and Banana flower which are traditional food. Ghee being also local and native, is a superfood. It supersedes refined vegetable oils though extremely rich in omega 3 fatty acids get oxidised may lead to heart diseases. Ghee also contains vitamin A, D and E.

Seminar was ended by vote of thanks.





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