

## REPORT ON DIET CLUB

**The IQAC** proposed a plan to set up a Diet Club as a part of Fitness programme in a meeting held in April 2018. It was in congruence with the aim to inculcate the students and staff to understand the importance of healthy eating, maintain body weight and to improve life style along with Yoga. The Diet Club started functioning from the year 2019 and a reputed Dietician SUMANA BASAK CHAKRABORTY was appointed by the college with fixed salary per month to conduct regular sessions on dietary formulations. Since then she has been taking one diet session per week to deal with the dietary needs of the students. This endeavour has gained momentum during the pandemic and lockdown situation when this facility was converted to online sessions. Almost one hundred students participate in each of these sessions. Not only have the students benefited from these sessions, they have also gradually started being aware of a healthy diet for a healthy life.

NAME OF THE DIETICIAN

SUMANA BASAK CHAKRABORTY

QUALIFICATION- MSc. Food and Nutrition

Calcutta University

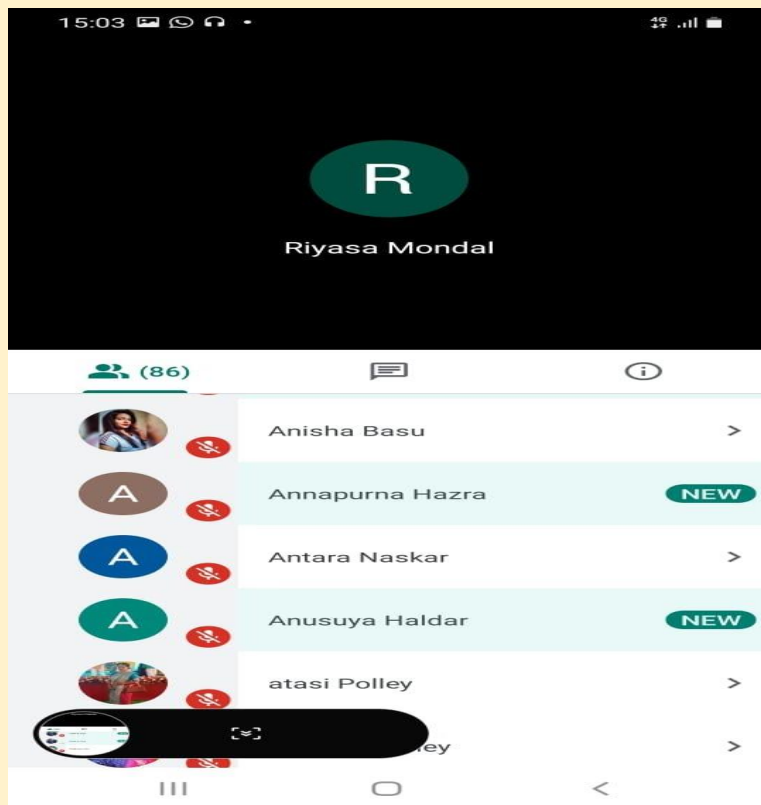
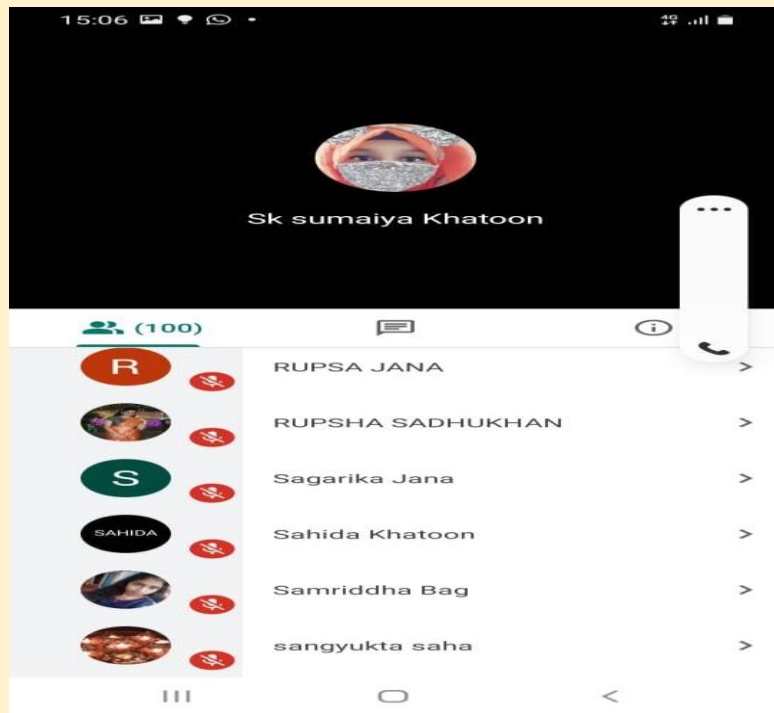
Nutritionist and Diabetes Educator

Designation- Chief Dietician

AMRI HOSPITALS, Mukundapur

# BIJOY KRISHNA GIRLS' COLLEGE, HOWRAH

Estd : 1st August 1947. Affiliated to University of Calcutta  
NCTE approved NAAC B accredited College with CPE status



# BIJOY KRISHNA GIRLS' COLLEGE, HOWRAH

Estd : 1st August 1947. Affiliated to University of Calcutta  
NCTE approved NAAC B accredited College with CPE status

