



Index MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE, INDORE

(Unit of Mayank's Welfare Society)

(Constituent Unit of Malwanchal University)

ACCREDITED BY NABH & NABL



NABL Certificate No. MC-3448
NABH Certificate No. PEH-2019-0966

IMCHRC/VAC/2024/11

Date: 06-06-2024

CIRCULAR

We are pleased to announce that a Value added course on 'Nutrition' has been scheduled from 18th June, to 20th June, 2024, Index Medical College, Hospital & Research Centre, Indore.

It is being organized by the faculty of IMCHRC, Malwanchal University to train the MBBS 1st Year in dealing with 'Nutrition'. The course is free for all students. Interested students are requested to register for the course by 12th June, 2024.

For registration contact, Dr. Sonali Kalwade , Contact - 9406833779



Dean

IMCHRC, Indore

CC:-

- The Chairman
- Vice Chairman
- Vice Dean
- Registrar- Malwanchal University
- All Administrators
- HODs of all Departments
- Notice Board - College Notice Board, Hostel – Boys / Girls, PG Hostel
- File

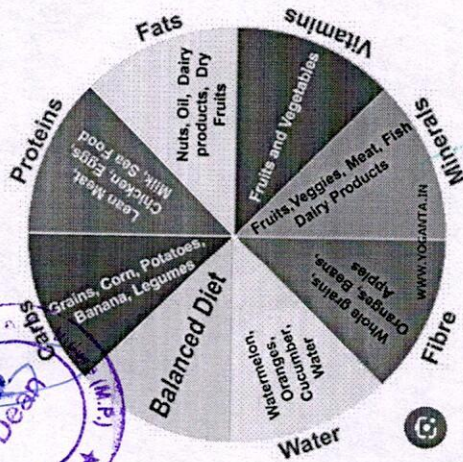


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MALWANCHAL UNIVERSITY

Index Medical College Hospital &
Research center, Indore



NUTRITION

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ABOUT

Nutrition is about eating regular balanced diet which is needed to maintain our brain, muscle, bone, nerves skins, blood circulation & immune system.

REGISTRATION DETAILS

Eligibility – MBBS I Year

Co-Ordinator – Dr. Sonali Kalwade (Assoc. Prof.)

Registration Fee – Rs.0

Dates – 18th June – 20th June 2024

Venue – IMCHRC Indore

Resource Person

Dr. Shreya Nigoskar (Prof. & Head Bio chemistry)

Dr. Sonali Kalwade (Assoc. Prof. Biochemistry)

Dr. Jaya Jain (Assoc. Prof. Biochemistry)

Dr. Manila Jain (Prof. & Head Physiology)

Dr. Vimal Modi (Prof. & Head Anatomy)

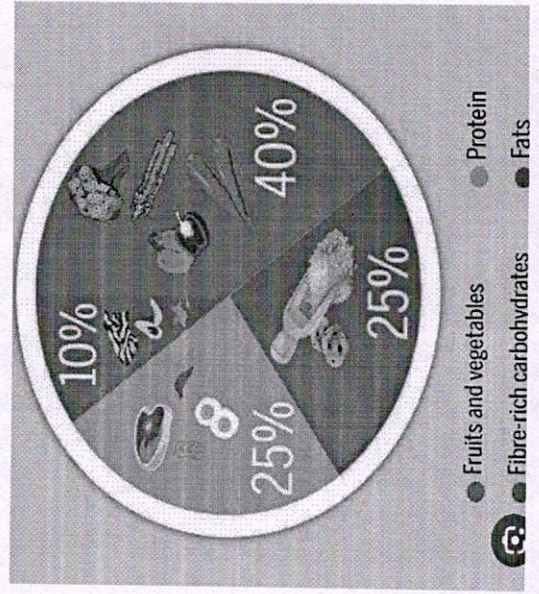
Dr. Ashutosh Jain (Asst. Prof Physiology)

MODULES

- Module 1: Types of nutrition
- Module 2: Importance of nutrition
- Module 3: Components of nutrition
- Module 4: Deficiency diseases
- Module 5: Balanced food
- Module 6: Characteristics of good nutrition

COURSE OUTCOMES

At the end participants will have learnt about how the body uses nutrients for health, wellness, growth, restoration, and ability. The relationship between a balanced diet, health, wellness, and disease are all observed in nutrition.



Time - Table

Value Added Course

Topic : Nutrition

For : M.B.B.S I Year (2023-2024)

Day-1 : (18-06-2024) Tuesday		
Title	Time	Speaker
Types of nutrition	09:00am-10:00am	Dr. Shreya Nigoskar
Types of nutrition	10:00am-11:00am	Dr. Shreya Nigoskar
Tea	11:00am-11:15am	
Importance of nutrition	11:15am-12:15pm	Dr. Manila Jain
Importance of nutrition	12:15pm-01:15pm	Dr. Manila Jain
Lunch	01:15pm-02:00pm	
Components of nutrition - Practical	02:00pm-03:00pm	Dr. Jaya Jain
Components of nutrition - Practical	03:00pm-04:00pm	Dr. Jaya Jain
Day - 2 : (19-06-2024) Wednesday		
Balanced food	09:00am-10:00am	Dr. Sonali Kalvade
Balanced food	10:00am-11:00am	Dr. Sonali Kalvade
Tea	11:00am-11:15am	
Characteristics of good nutrition	11:15am-12:15am	Dr. Jaya Jain
Characteristics of good nutrition	12:15pm-01:15pm	Dr. Ashutosh Jain
Lunch	01:15pm-02:00pm	
Deficiency diseases - Practical	02:00pm-03:00pm	Dr. Sonali Kalvade
Deficiency diseases - Practical	03:00pm-04:00pm	Dr. Sonali Kalvade
Day - 3 : (20-06-2024) Thursday		
Allergies	09:00am-10:00am	Dr. Vimal Modi
Allergies	10:00am-11:00am	Dr. vimal Modi
Tea	11:00am-11:15am	
Health benefits of carbohydrates - Discussion	11:15am-12:15pm	Dr. Manila Jain
Health benefits of carbohydrates - Discussion	12:15pm-01:15pm	Dr. Manila Jain
Lunch	01:15pm-02:00pm	
Question answer session & feed back	02:00pm-03:00pm	Dr. Vimal Modi



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Report : Nutrition

A value added course on **Nutrition** was conducted from 18th to 20th June, 2024, In Index Medical College, Hospital and Research Centre, Indore. This course was conducted for 18 hours, where each session was conducted for 6 hours.

Types of Nutrients:

There are seven main classes of nutrients that the body needs. These are carbohydrates, proteins, fats, vitamins, minerals, fibre and water. It is important that everyone consumes these seven nutrients on a daily basis to help them build their bodies and maintain their health.

Main Macronutrients:

The three main macronutrients are carbohydrates, protein, and fat. They're considered essential nutrients, meaning your body either cannot make them or cannot make enough of them for example, proteins provide essential amino acids, while fats contain essential fatty acids.

Importances of Nutrition:

Proper nutrition promotes healthy pregnancy outcomes, supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and wellbeing.

The speakers of the course were **Dr. Shreya Nigoskar** (Prof. & Head Bio chemistry), **Dr. Sonali Kalvade** (Assoc. Prof. Biochemistry), **Dr. Jaya Jain** (Assoc. Prof. Biochemistry), **Dr. Manila Jain** (Prof. & Head Physiology), **Dr. Vimal Modi** (Prof. & Head Anatomy), **Dr. Ashutosh Jain** (Asst. Prof Physiology)

The modules for this course were as follow:

Module 1: Types of nutrition

Module 2: Importance of nutrition

Module 3: components of nutrition

Module 4: Deficiency diseases

Module 5: Balanced food



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Module 6: Characteristics of good nutrition

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non- communicable diseases (such as diabetes and cardiovascular disease), and longevity. Healthy children learn better.

Balanced diet

A balanced diet is proportioned reasonably, and includes vital elements like carbohydrates, proteins, fats, fibre, minerals, and vitamins. Nutritionists and doctors recommend that every meal have a sizeable portion of these critical elements

Deficiency Diseases

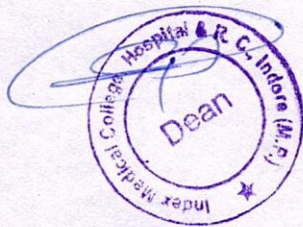
These include, but are not limited to, Protein Energy Malnutrition, Scurvy, Rickets, Beriberi, Hypocalcemia, Osteomalacia, Vitamin K Deficiency, Pellagra, Xerophthalmia, and Iron Deficiency.

At the end participants learnt about

- How the body uses nutrients for health,
- Wellness,
- Growth,
- Restoration, and ability.
- The relationship between a balanced diet, health, wellness, and diseases

Session ended with participants feedback & vote of thanks

Course coordinator

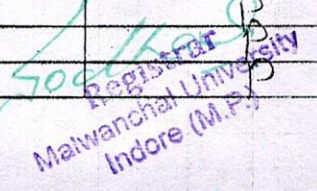


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Index Medical College Indore
Department of Physiology
MBBS I Year
Value Added Course: Nutrition
Attendance Sheet

Sr. N	Name of Students	Dates		
		18-06-2024	19-06-2024	20-06-2024
1	ASIF PATEL	P	P	P
2	ABHINAV PATHAK	P	P	P
3	ATISHAY JAIN	P	P	P
4	ABHISHEK MEWADA	P	P	P
5	AVISHA SATYA	P	P	P
6	ABUL KALAM	P	P	P
7	AYUSHI MORE	P	P	P
8	ADITYA THAKUR	P	P	A
9	BHUMIKA MUJALDE	P	P	P
10	AISHWARY PANCHAL	P	P	P
11	CHHAVI JAIN	P	P	P
12	AKLESH ARYA	P	P	P
13	DEBANJALI CHAKRABORTY	P	P	P
14	AKSHATA KASHYAP	P	P	P
15	DEEPA ATULKAR	P	P	A
16	AMAN PARIHAR	P	P	P
17	DHEERAJ NIKUM	P	P	P
18	AMRITANSH RAGHUWANSHI	P	P	P
19	DIVITA BHANDARI	P	P	P
20	ANITA PATEL	P	P	P
21	ANKIT SONI	P	P	P
22	GAUTAM RAGHUWANSHI	P	P	P
23	ANSHUL KIRAR	P	P	P
24	ANUSHKA JAIN	P	P	P
25	GUNJAN DESHMUKH	P	P	P
26	APOORVA THAKUR	P	P	P
27	HARSH SONI	P	P	P
28	MOHAMMAD ARSHAD MANSURI	P	P	P
29	HARSHITA JAISWAL	P	P	P
30	MONICA SINGH	P	P	P
31	JATIN BADADWAL	P	P	P
32	MUSKAN PATEL	P	P	P
33	JILA NINGWAL	P	P	P
34	NEETA TAROLE	P	P	P
35	KANISHK SHUKLA	P	P	P
36	KARUNA BELWANSHI	P	P	P
37	NIHARIKA SHARMA	P	P	P
38	KEERTIRAJ SAHU	P	P	P
39	NIKUNJ RATHI	P	P	P
40	KHUSHBOO YADAV	P	P	P
41	NISHA MANDLOI	P	P	P
42	KHUSHI MUKATI	P	A	P
43	KRATIKA KATARA	P	P	P
44	KRISHNALAL NINAMA	P	P	P
45	PARTH AMOL GUJARATHI	P	P	P
46	KRITIKA TOMAR	P	P	P
47	LALIT BAKAWADE	P	A	P


 Index Medical College Indore (M.P.)
 Dean


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	PAYAL VERMA			
	LALIT PATIDAR			
	POOJA			
	MAGARE HETAN JAGDISH			
52	PRACHI PATIDAR			
53	MAHI YADAV			
54	PRATEEK AGARWAL			
55	MAHIMA PASTOR			
56	PRATIMA DAVADDE			
57	MANASVI CHOUHAN			
58	PRERAK JOSHI			
59	MEGHA PATEL			
60	RACHNA BARELA			
61	SHRAVANI PRAMOD DEULKAR			
62	SHWETANSHU DWIVEDI			
63	RADHIKA CHARAWANDE			
64	SIDDHANT VERMA			
65	SNEH PATIL			
66	RAJ GURJAR			
67	RAJKUMAR MUJALDE			
68	SUCHI JAIN			
69	RAKHI PARASHAR			
70	SUNIL KUMAR BHILALA			
71	RAM PATEL			
72	TEESTA BHANWAR			
73	RAMKUMAR PUSHPAD			
74	TIKAM CHANDRA ARYA			
75	RICHA BHATUNIA			
76	UTKARSH BORASI			
77	RITIKA BALIYAN			
78	VARUN MISHRA			
79	RITIKA PORWAL			
80	ROHAN CHOUHAN			
81	VIKAS MALVIYA			



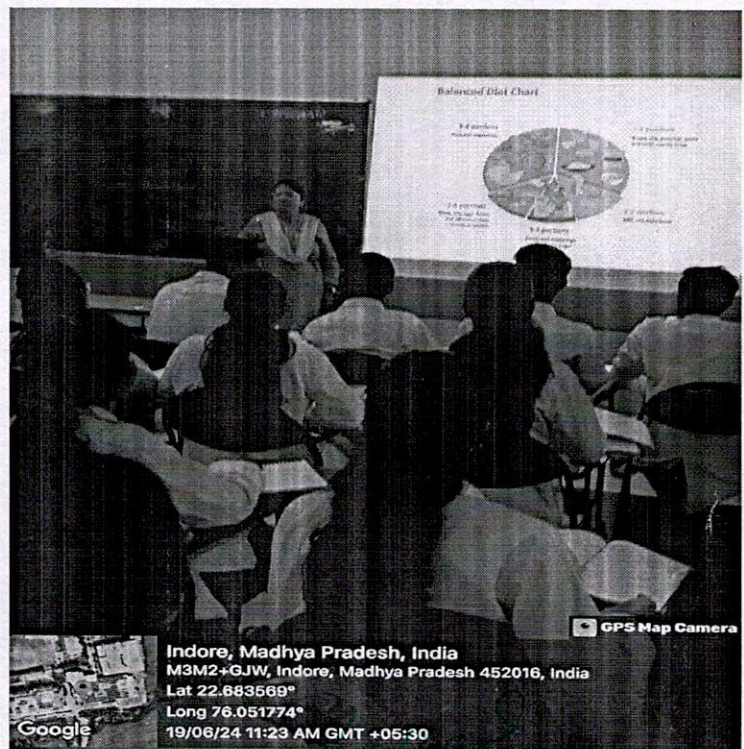
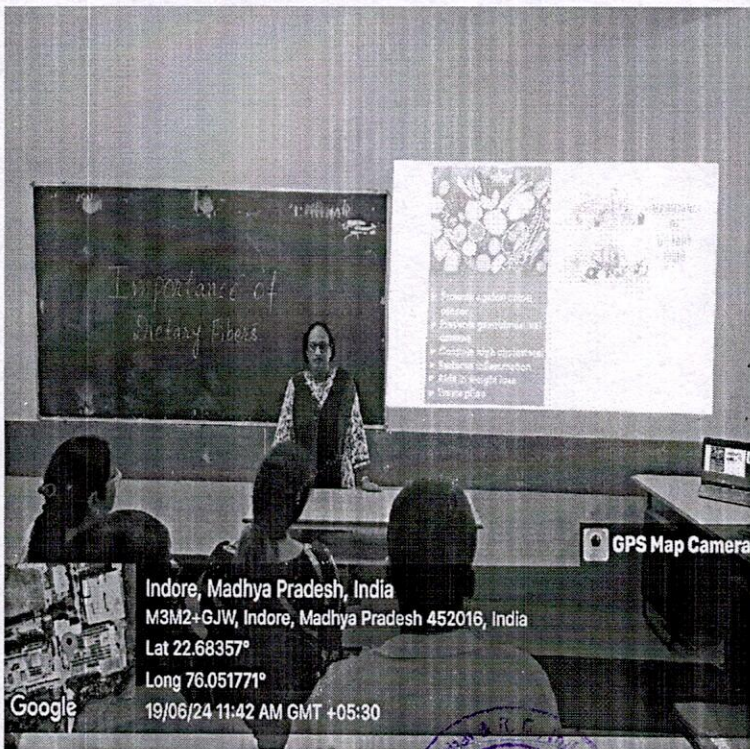
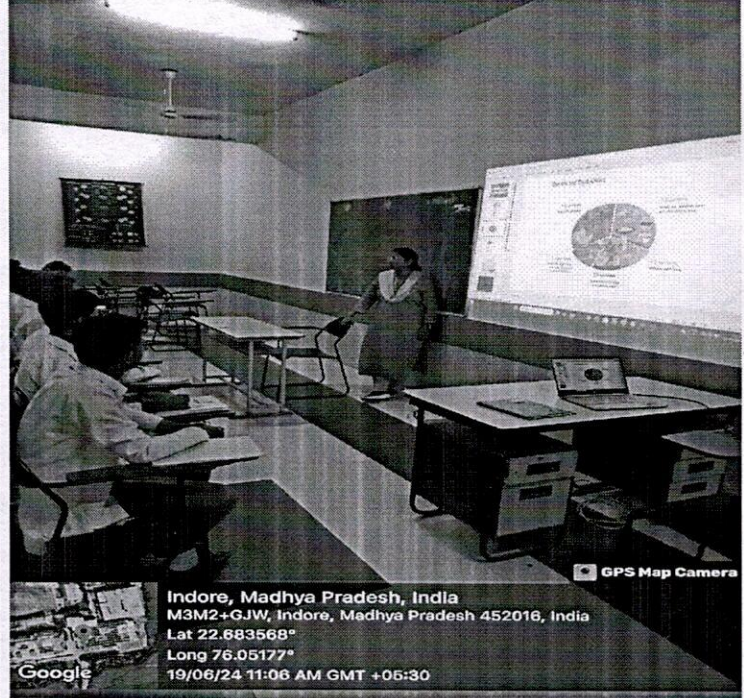
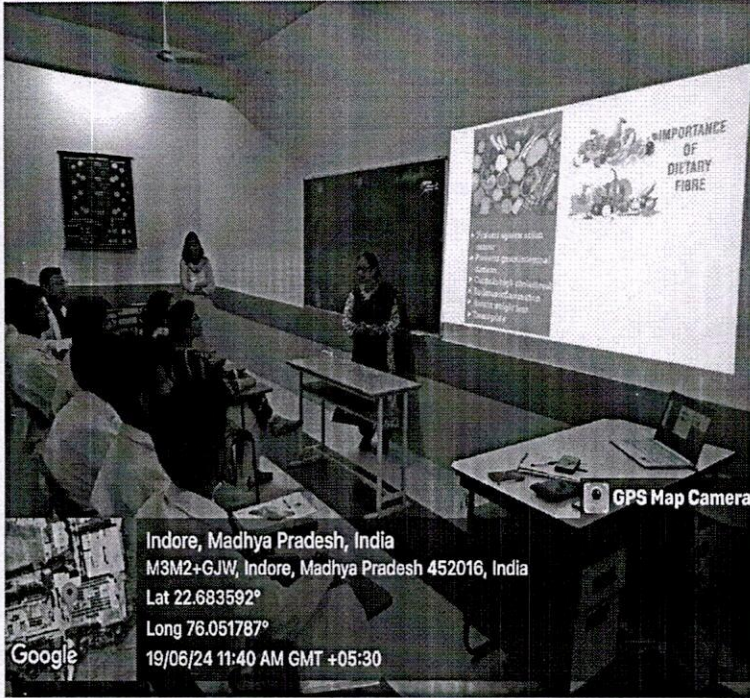
Abing
VAC Co-Ordinator

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Value Added Course

‘Nutrition’

(18th to 20th June -2024)



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