



Shri Hurakadli Ajja Shikshana Samiti's
Smt. K. S. Jigalur Arts and Dr. (Smt.) S. M. Sheshgiri Commerce
College for Women's, Dharwad



NOTICE

All the Staff Members and students are hereby informed that, Progressive Women's Association and NSS Units Jointly Organized A Special Lecture Series on "Health, Diet & Nutrition" on 15th January, 2021. Kindly attend the same.

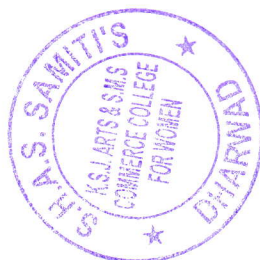
Dr. Rajeshwari M. Shettar
NSS Officer

Dr. Ashvini S. Patil
Convener, Progressive Women's Association

Dr. Girija M. Yabannavar
Principal

Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dharwad

P. S. Abbigiri



Principal
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College for Women, Dharwad

Phone: 0836-2436182

Shri Hurakadli Ajja Shikshan Samiti's



**Smt. Kallawwa Shivappanna Jigalur Arts &
Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce
College for Women,**



Re-Accredited at 'B' level by NAAC

Near R.N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web : shasswcd.in

No.WCD | 20-21 | 286

Date... 13/1/21

To,
Dr. Renuka Meti
Associate Professor and Chairperson
Department of Food Processing and Nutrition,
Karnataka State Akkamahadevi Women's University,
Vijayapura.

Respected Madam,

New Year Greetings

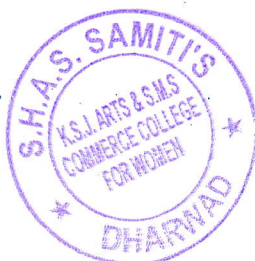
As a part of Youth Week Celebration on the eve of Swami Vivekananda Jayanti Progressive Women's Association and NSS Units of our college have jointly organized a special lecture series on **HEALTH, DIET & NUTRITION** on 15th and 16th January, 2021. There will be two sessions, Session-I is scheduled on 15th on the topic **Immunity Boosting Food Habits** and Session-II is scheduled on 16th on the topic **Strategies for coping-up with Physical & Psychological Health: Post COVID Time**. We are please to invite you as a resource person to share your valuable thoughts among students and staff of our college and spare your time with us.

guy 13/01/2021

Dr. Girija Yabannavar

Principal

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Dr. (Smt.) S. M. Sheshgiri Commerce
College for Women, Dharwad**



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Principal

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Shri Hurakadli Ajja Shikshana Samiti's
Smt. K.S. Jigalur Arts & Dr. (Smt.) S. M. Sheshgiri Commerce
College for Women, Dharwad



Progressive Women's Association and NSS Units

Jointly Organized

A Special Lecture Series on

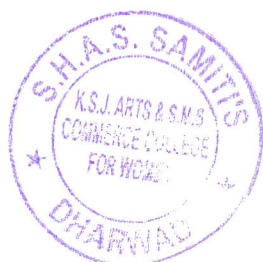
"Health, Diet & Nutrition"

Topic for session – I : "Immunity Boosting Food Habits"

On 15th January, 2021

PROGRAMME LIST

1. Prayer : Students
2. Welcome and Introduction : Dr. Rajeshwari M. Shettar
NSS Officer
3. Chief Guest : Dr. Renuka Meti
Associate Professor and Chairperson
Department of Food Processing and Nutrition
Karnataka State Akkamahadevi Women's University,
Vijayapura
4. Presidential Remark : Dr. Girija M. Yabannavar
Principal
5. Vote of Thanks : Dr. Ashvini S. Patil
Convener, Progressive Women's Association



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Principal

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Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dharwad

Dr. Renuka Meti



Name: Dr. Renuka Meti

Qualification: M.Sc (Food Science and Nutrition), Ph.D. (Sports Nutrition)

Designation: Associate Professor

Department: Food Processing and Nutrition

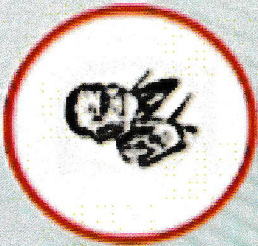
Institute Name / College Address: Karnataka State Akkamahadevi Women's University,
Vijayapura 586101, Karnataka.

About Dr. Renuka Meti

Dr.Renuka.Meti, presently working as Associate Professor and Head, in the Department of Food Processing and Nutrition, Karnataka State Akkamahadevi Women University, Vijayapura, Karnataka, India. She has 25 yrs. of rich experience in the field of Nutrition, Sports Nutrition, Therapeutic Nutrition and Food science, Food Processing, Product development. She has visited Amsterdam, Netherlands, in the year 2005, abroad to present her research papers on sports nutrition, her paper was the only paper accepted from India for presentation. She is the recipient of young scientist appreciation award by NSI which was held at Kolkata. She has published more than 50 research articles and books chapters, books, nutrition news articles, leaflets. She has developed using local resources on health and nutrition manuals. She is the life member of many national institutes like Nutrition society of India; she is the BOS/BOE member of many Indian universities. She has completed Major research project of UGC, New Delhi and many minor projects. She has organized many conferences/workshops/symposiums/seminars. She actively delivers special lectures on TV channels. During Covid she had delivered many online lecture series on health, Nutrition during Covid pandemic. She is actively involved herself in community nutrition especially with rural women. She has delivered many radio talks on nutrition, food and health. Dr.Renuka.Meti is very versatile and has dedicated her carrier to serve humanity especially with women who always at the back drop in a family



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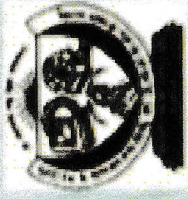
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College with Potential for Excellence (CPE) – UGC



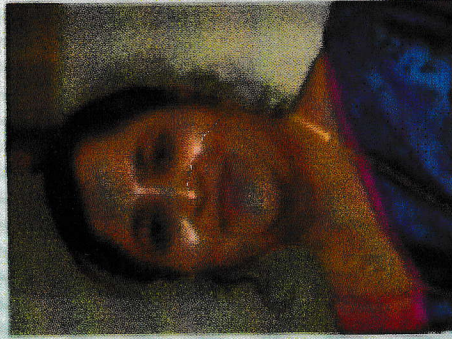
PROGRESSIVE WOMEN'S ASSOCIATION & NSS UNITS

Jointly Organize

A Special Lecture Series

On

HEALTH, DIET & NUTRITION



Topic for Session-I- *Immunity Boosting Food Habits*

Resource Person

Dr. Renuka Meti

Associate Professor and Chairperson,

Department of Food Processing and Nutrition

Karnataka State Akkamahadevi Women's University, Vijayapura

Date: 15th

January, 2021

Time: 12 noon

Smt. Shakuntala S. Biradar
NSS Prog. Officer, Unit-II

Dr. Rajeshwari. M. Shettar
NSS Prog. Officer, Unit-I

Dr. Ashvini S. Patil
Convener,

Progressive Women's Association

Dr. Girija M. Yabannavar

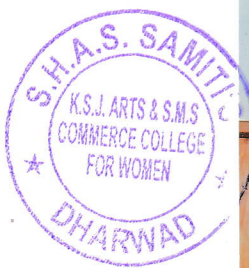
Principal

S.H.A.S. Samiti's

Smt. K. S. Jigalur Arts and

Commerce College for Women, Dharwad

ALL ARE CORDIALLY INVITED

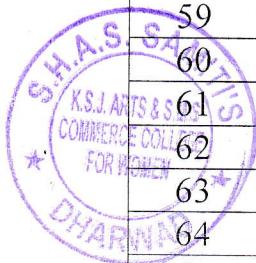


**Progressive Women's Association and NSS Units
Jointly Organize
A Special Lecture Series on Health, Diet and Nutrition**

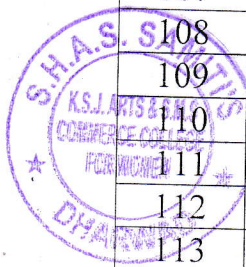
Date: 15/01/2021

SI No	Name of the Student	Class	Signature
1	Jyoti. M. kundagol	B.Com 1st year	T. M. kundagol
2	Prema. S. Mele	B. A II nd Year	P. S. Mele
3	Siddappa. V. Budanur	B.A. 1 st year	S.V. ಬುದನುರ.
4	Dyama. V. Budanur	BA. 1 st year	D.V. ಬುದನುರ
5	Sahana. Ammanagi	B.COM 1 st	SA
6	Ranjita. M. Raddar	B.A II nd year	Ranjita
7	Rekhatibha. S. Degai	B. A II nd year	Rekhatibha
8	Gangawa. H. Mugal	B.A. II nd year	Gangawa
9	Laxmi. K. Lakshappanavar	B.com 1 st	LK
10	Suma. R. Kuttigund	BA II nd year	Suma
11	Pooja. M. Kotabagi	B.com 1 st	Pooja. M. K.
12	Jayalaxmi. H. Bhavikatti	BA II nd year	J.H. Bhavikatti
13	Anushree. C. Munavalli	BA 1 st Sem	Anushree
14	Aishwarya. K. Kodigudde	B.com 1 st	AK
15	A.D. Aryashree	BA II nd year	Aryashree
16	Gayatri. K. Kallagoudar	B.com 1 st	Gayatri
17	Sudhakar. K. Kallagoudar	B.A. II nd	Sudhakar
18	G.P. Nalini	B.com II Year	Nalini
19	Chinnamma. Ballodi	B.com 1 st	Chinnamma
20	Babita. B. B	B. A 1 st	Babita
21	Sahana. S. Palil	B.com 1 st	Sahana
22	Netravati. Handi	B.A. II nd	N.A. Handi
23	Megha. S. Choudhary	B.A. II nd Year	Megha
24	Jyoti. Shixux	B. Com 1 st	J.R. Shixux
25	Surekha. Halakatti	BA II nd year	Surekha
26	Ashwini. Konappanavar	BA II nd year	Ashwini
27	Gouramma. M. Horani	B. Com 1 st	Gouramma
28	Bhoral. Nandanawar	B. com 1 st	B.B.N.
29	Shreedevi. M. Parvathagad	B. A II year	Shreedevi

30	Bhimavva Tejannavar	B.Com Ist	Bhimavva
31	Kavita D. Bilakur	B.A. I st	Kavita
32	Akshata N. Baselli	B.Com I st	Akshata
33	Heena S. Dulchandor	B.Com II	Heena
34	Nagaveni R. M	B.A - I	NRM
35	Manikya S. Jangamath	B.Com I	Manikya
36	Devonma. Y. Kuri	B.Com I	Devon
37	Mubashireen Jamkhan	B.Com. I st	Mubashir
38	Amrutg. M. Hundekar	B.Com I st	Amrutg
39	Spandana B. Gayakwad	B.Com II	Spandana
40	Deepa B. Lombinath	B.Com II	Deepa
41	Laxmi B. Jogannavar	B.A. I st	Laxmi
42	Pratibha P. Inarag	BA. I st	Pratibha
43	Roopa Hampannavar	BA II	Roopa
44	Ruksana J. Gendargawad	BA 2 nd	Ruksana
45	Padmavati S. Jinnannavar	BA - I st	Padma
46	Anusha	BA I	Anusha
47	Bharati Patil	B.A I	B.N. Patil
48	Sneha S. Mangodikar	B.Com Ist	Sneha
49	Sahana S. Yabannavar	B.Com II nd	Sahana
50	Spandana KP	B.Com I st	Spandana KP
51	Kausta Amanagol	B.Com II nd	Kausta
52	Pooja. M. Bhalchandra	B.A I	Pooja
53	Laxmi D. Khatanava	B.Com I st	Laxmi
54	Akshata R. Jagatap	B.Com I st	Akshata
55	Poornima C. Mallapur	B.A II nd year	Poornima
56	Anusha Dandewale	B.Com I st	Anusha
57	Sujata Y. Tammannavar	B.Com II nd	Sujata
58	Anita C. Vagannavar	B.A I st	Anita
59	Nikita R. Mane	B.Com II	Nikita
60	Hishwarya B. Ladwa	B.Com I st	Hishwarya
61	Uma R. M.	B.Com II	Uma
62	Laxmi Hampannavar	BA II nd year	Laxmi
63	Sunita S. Halagannavar	B.Com II nd	Sunita
64	Pushpa M. Parishwad	B.A. I	Pushpa
65	Sourya A. Wagh	B.A. I	Sourya
66	Laxmi Jogannavar	BA I	Laxmi
67	Soundarya M. K	B.Com I st	Soundarya
68	Kausta M. Yargar	B.A I st	Kausta
69	Sudha Talawar	BA II	Sudha
70	Kavya Patil	B.A I st	Kavya
71	Maitra Bhat	BA II	Maitra
72	Divyashree Shindhe	B.A. II nd year	Divyashree



73	Shilpa - N. Mukesh Nayyangu	B. Com I st	Shilpa - N.M
74	Laxmi Amaragol	L.I. Amaragol	L.I. Amaragol
75	Mahadevi Pallatar	MSP	MSP
76	Lakshmi. J. Akki	B.com I st	Lakshmi
77	Megha. Morabad	BA I	M. morabad
78	Parvati Sobagin	BA I	Parvati
79	Parvati S. Bisebudi	BA I	P. S.B
80	Gangamma. K. Bankapur	B.com I st	G.K. Bankapur
81	Prasanna. M. Kotagal	BA I	P.R.
82	Sumitra. N. Badad	B.com II nd	Sumitra
83	K. H. K. K. K. K.	B. CA I	K. H. K.
84	Aishwarya. K. Ranganagar	B.com I st	Aishwarya
85	Aishwarya Hebbur	BA I	Aishwarya
86	Aishwarya D. Dodamani	BA I	Deena Dodamani
87	Suma. S. Kenchanganur	B.com II nd	Suma S.K
88	Laxmi. S. Lakkappanavar	B.com II nd	Laxmi
89	Meenakshi. H. H. H.	Aishwarya	Meenakshi
90	Bayamma. M. Gadur	B.com I	Bayamma
91	Priya. Kelgese	B.com I	Priya
92	Netravati. Bhimavar	BA I	Netravati
93	Deepa. C. Hemachannur	B.com I	Deepa
94	Parvathi. Kambur	BA I	P. C. Kambur
95	Mamata. Mattigatti	BA I	Mamata
96	Shweta. Patil	BA II	Shweta
97	Suma. V. Patil	B.com - II	Suma
98	Ranjita. V. Khairay	B.com I	R. v. k
99	Renuka. Gowda	BA I	Renuka
100	Laxmi. S. Dollin	B.com I	Laxmi
101	Prabhavati. S. H. H. H.	B.com II	Prabhavati
102	Poojanka. E. Chelkammath	B.com II	Poojanka
103	Engavva. Gaddi	BA I	Engavva
104	Asha. M. Yadur	B.com I	Asha
105	Shilpa. A. Balikatti	B.com I	Shilpa
106	Subhaga. Joshi	BA I	S. M. Joshi
107	Lakshmi. K. T	B.com II	Lakshmi
108	Megha. Inamadar	Megha	Megha
109	Soumya. Z. Benimamad	B.com II	Soumya Z.B
110	Aishwarya. Ayathi	BA I	A. S. Ayathi
111	Shridevi. Badiger	B.com I st	P. P. Guddal
112	Pooja. Guddal	B.com I st	Pooja
113	Swati. A. P	B.com II	Swati
115	Kenti. K. Bandi	B.com II	Kenti
116	Pooja. X. Shisanadli	B.com II	Pooja





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College for Women's, Dharwad



Progressive Women's Association and NSS Units
Jointly Organized
A Special Lecture Series on
"Health, Diet & Nutrition"

Title of Activity: Special Lecture Programme

Date and Venue: 15th January, 2021 College Premises

Description of Event: Organized a Special Lecture series programme on "Health, Diet and Nutrition" on the occasion of Youth Week Celebration on 15th January 2021. Topic for the special lecture is "Immunity boosting food habits". Resource person Dr. Renuka Meti, Chairperson, Dept. of Home science, Karnataka State Akkamahadevi Women's University, Vijayapura addressed the gathering. Principal, Dr. Girija M. Yabannavar presided over the function. All teaching staff members and NSS Volunteers participated in the programme.



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Principal
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Smt. K. S. Jigalur Arts and
Dr. (Smt.) S. M. Sheshgiri Commerce College for Women, Dharwad