



SANDIP
UNIVERSITY

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Event Report

Event Name: International Women's Day 2024

Date of the Event: 9th March 2023

Duration of the Event: 11:00 AM to 12:00 P.M.

Venue: S-Building Seminar Hall

Guest of Honour: Dr. Rashmi G. Somani, Clinical Nutritionist & Diet Consultant

Name of the Event Coordinator: Dr. Rupali Khaire (Dean, SOCMS), Mrs. Rakhee Poonawalla (Dean I/C, SOL), Ms. Anuja Nehe (Assistant Professor, SOL) Sandip University, Nashik.

Topic: Diet to Combat Stress

Objective of the Program:

The objective of celebrating International Women's Day is to honor the achievements and contributions of women in various fields, including social, economic, cultural, and political spheres. It serves as a reminder of the ongoing struggle for gender equality and women's rights worldwide. Additionally, International Women's Day aims to raise awareness about issues such as gender discrimination, violence against women, unequal access to education and healthcare, and the need for women's empowerment. It provides an opportunity to advocate for positive change, promote gender diversity and inclusivity, and celebrate the progress made towards achieving gender equality while recognizing the work that still needs to be done.

Outline of the Program:

Sandip University marked the occasion of International Women's Day 2024 with a special session focused on "Diet to Combat Stress." The event aimed to provide valuable insights into maintaining a healthy lifestyle and managing stress through proper nutrition. Dr. Rashmi G. Somani, a distinguished Clinical Nutritionist & Diet Consultant, served as the resource person for the session.

The event commenced at 11:00 am in the Seminar Hall of S-Building, where faculty members, students, and guests gathered to participate in the informative session. Dr. Somani, with her extensive expertise in the field, delivered an engaging presentation highlighting the importance of

dietary choices in alleviating stress and promoting overall well-being.

Throughout the session, Dr. Somani emphasized the role of nutrition in managing stress levels, boosting energy, and enhancing mental clarity. She provided practical tips and dietary recommendations tailored to combat stress effectively. Attendees were encouraged to adopt a balanced diet comprising essential nutrients, vitamins, and minerals to support their physical and mental health.

The interactive nature of the session allowed participants to raise questions and seek personalized advice from Dr. Somani, who offered valuable insights and solutions to address their concerns. The event concluded with a vote of thanks extended to Dr. Rashmi G. Somani for her enlightening presentation and to all attendees for their active participation.

Sandip University's celebration of International Women's Day 2024 through this informative session not only empowered women with knowledge about nutrition and stress management but also underscored the university's commitment to promoting holistic well-being among its community members.

Place: Nashik

Date: 09/03/2024

Photos of the Programme:

Diet to Combat Stress

International
Women's Day
2024

Dr. Rashmi G. Somani
Clinical Nutritionist &
Diet Consultant



Date

9th

March
2024

Time

11 am

Venue: S-Building Seminar Hall









Anuja

Event Co-ordinator
Anuja Nehe