

Nijampur-Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane, Tal-Sakri, Dist-Dhule, 424305
NAAC Reaccredited



Report of Add-on Course
on
Diet and Nutrition
01 February 2020 to 02 March 2020

Report of Add on Course on Diet and Nutrition **01 February 2020 to 02 March 2020**

Objectives

- To Make Aware the Students about Balance Diet and Nutrition.
- To Make Aware the Students about Malnutrition.
- To give information about BMI to the students.
- To give information about Obesity to the students.
- To Make Aware about Weight Management

Niampur- Jaitane Shikshan Prasarak Mandal's , Adarsh College of Arts and Department of Physical Education Conducted Add on Course on Diet and Nutrition held at 01 February 2020 to 02 March 2020. Our college belongs to rural area. Our Students come from Tribal and Rural Areas. College students are physically very weak. They have HB deficiency. The reason behind all this is that they are not aware about diet. Their family, society, environments are also not aware. The student can work actively for the community as an information messenger. If students are made aware of diet, they will make their family aware of alternative society. If they have good habits, they will be able to guide others.

Parents and Students in Rural and Tribal Areas are not aware of Diet. Therefore, Malnutrition is more prevalent in these areas. Students are representatives of the community. If good health and dietary habits are included in the students, they will reach directly to the society. Girls in rural and Tribal areas are suffering from low HB Levels, Malnutrition, and irregularities and many other problems. This course will focus on many factors such as balanced Diet, BMI, Obesity, Ideal Weight and Weight Management.


A Candidate should have passed 12th Examination. Candidate who admitted to B.A, are also for eligible for admission. This Course is Free of cost. First Come First Serve Basis

For this Add on Course 30 college students were enrolled. The syllabus of the course was prepared and approved by the subject expert. 30 hour course was prepared. One hour teaching was done daily during the day. The curriculum was designed to cover a wide range of dietary factors.

On March 02, 2020, a multiple choice examination of 100 marks was conducted for add on course. After that the paper was checked and the result was given. Students who passed the examination were given certificates by the college.

Outcomes

- Diet Planner
- Nutritionist
- Gym Trainer
- Trainer
- Physical Education Teacher


Dr. Priyanka P. Sulakhe

Coordinator




Dr. Ashok P. Khairnar

Principal
Adarsh College of Arts
Nijampur Jaitane
Tal. Sakri Dist. Dhule

Add on Course Outcomes

- This course gets deep knowledge about Diet and Nutrition.
- This course aware about Balance Diet.
- This course gives knowledge about Healthy Life
- Students aware about the importance of Balance Diet and Nutrition.

Enrolled Students List of Add on Course on Diet and Nutrition

Sr.No.	Name of the Student	Class	Signature
1	Pathan Rehnumabano Javidkhan	F.Y.B.A	
2	Gosavi Arti Rajendra	F.Y.B.A	
3	Rane Gayatri Anil	F.Y.B.A	
4	Gawale Ashwini Anil	F.Y.B.A	
5	Jadhav Ashwini Vithhal	S.Y.B.A	
6	Jadhav Ashwini Avinash	S.Y.B.A	
7	Naik Gita Ranya	F.Y.B.A	
8	Vasave Laxmi Vansing	F.Y.B.A	
9	Tadvi Vidya Rama	F.Y.B.A	
10	Bhil Sharad Raju	F.Y.B.A	
11	Gawale Manisha Khandu	F.Y.B.A	
12	Malche Ajay Dilip	F.Y.B.A	
13	Kapade Ashwini Narayan	F.Y.B.A	
14	Deore Rajashri Sanjay	F.Y.B.A	
15	Vasave Kapila Datkya	F.Y.B.A	
16	Padvi Sangita Sarpa	F.Y.B.A	
17	Malche Krishna Mukunda	F.Y.B.A	
18	Wagh Radhika Sanjay	F.Y.B.A	
19	Pawara Jitendra	F.Y.B.A	
20	Pawara Himmat Fadya	F.Y.B.A	
21	Pawara Keshav	F.Y.B.A	
22	Pawar Vikesh Ramdas	F.Y.B.A	
23	Chaudhari Dinesh Pandit	S.Y.B.A	
24	Sonawane Vaishali Devba	S.Y.B.A	
25	Tadvi Rojila Bava	S.Y.B.A	
26	Vasave Dipali Khuma	F.Y.B.A	
27	Waghmode Sima Shivram	F.Y.B.A	
28	Waghmode Puja Uttam	S.Y.B.A	
29	Waghmode Kavita Nana	S.Y.B.A	
30	Vasave Meldi Vaja	S.Y.B.A	

Principal
Adarsh College of Arts
Niltampur, Jalgaon

Dr. Pranjana P. Sulakhe
(Director of Physical Education)

Syllabus of Add on Course on Diet and Nutrition 2019-2020

Department of Physical Education Add on in Diet and Nutrition

	Hours
Chapter- 1 Introduction to nutrition - Food as source of nutrients, functions of food, definition of nutrition, nutrients & energy, adequate, optimum & good nutrition, malnutrition. Interrelationship between nutrition & health	10
Chapter- 2 Use of food in body - Digestion, Absorption, transport & utilization. Role of fibers in human nutrition. Weight management, Ideal weight, Obesity	10
Chapter- 3 Food guide - Basic five food groups Carbohydrates: Functions, classification, food sources, storage in body. Fats & oils: composition, saturated and unsaturated fatty acids, classification, food sources, function of fats. Proteins - composition, sources, essential & non-essential amino acids, functions, Protein deficiency. Water - as a nutrient, function, sources, requirement, water balance & effect of deficiency. Minerals - macro & micronutrients. - Functions, sources. Bioavailability and deficiency of Calcium, Iron, Iodine, Sodium & Potassium Vitamins (water & fat soluble) - definition, classification & functions.	10



Dr. Harshita Tadvi



Dr. Torak Das

**Time Table of Add on Course on Diet and Nutrition
2019-2020**

N.J.S.P. Mandal's
Adarsh College of Arts
Nijampur-Jaitane, Tal-Sakri, Dist-Dhule
Department of Physical Education and Sports

Add-on Course on Diet and Nutrition
1 February 2020 to 2 March 2020
Time Table

Time: 12.00 to 1.00pm

Days	Topic
1/2/2020	Nutrients and nutrition labeling information.
2/2/2020	Food choices and food guide pyramid.
3/2/2020	Influences on food choices - social, economic, cultural, food sources.
4/2/2020	Comparison of food values.
5/2/2020	Weight management - proper practices to maintain, lose and gain.
6/2/2020	Eating disorders, proper hydration, the effects of performance enhancement drugs
7/2/2020	Food as source of nutrients, functions of food, definition of nutrition, nutrients & energy, adequate
8/2/2020	Optimum & good nutrition, malnutrition. Interrelationship between nutrition & health
9/2/2020	Carbohydrates: Functions, classification, food sources, storage in body.
10/2/2020	Fats & oils: composition, saturated and unsaturated fatty acids, classification, food sources, function of fats.
11/2/2020	Proteins - composition, sources, essential & non-essential amino acids, functions, Protein deficiency.
12/2/2020	Water - as a nutrient, function, sources, requirement, water balance & effect of deficiency.
13/2/2020	Minerals - macro & micronutrients. - Functions, sources. Bioavailability and deficiency of Calcium, Iron, Iodine, Sodium & Potassium

14/2/2020	Vitamins (water & fat soluble) - definition, classification & functions.
15/2/2020	Carbohydrates -ingestion to energy metabolism and role.
16/2/2020	Proteins - ingestion to energy metabolism and role.
17/2/2020	Fat - ingestion to energy metabolism and role.
18/2/2020	Vitamins and Minerals p ingestion to energy metabolism and role.
19/2/2020	Water ingestion to energy metabolism and role.
20/2/2020	Digestion, Absorption, transport & utilization.
21/2/2020	Role of fibers in human nutrition. Weight management, Ideal weight, Obesity
22/2/2020	Concept of BMI (body mass index).
23/2/2020	Concept of WHR (waist hip ratio).
24/2/2020	Obesity and its hazard.
25/2/2020	Dieting versus exercise for weight control.
26/2/2020	Maintaining a healthy lifestyle.
27/2/2020	Weight management program for sporty child.
28/2/2020	Role of diet and exercise in weight management.
29/2/2020	Diet plan and exercise schedule for weight gain and loss.
2/2/2020	Exam


Subject Expert


External Expert

External Expert


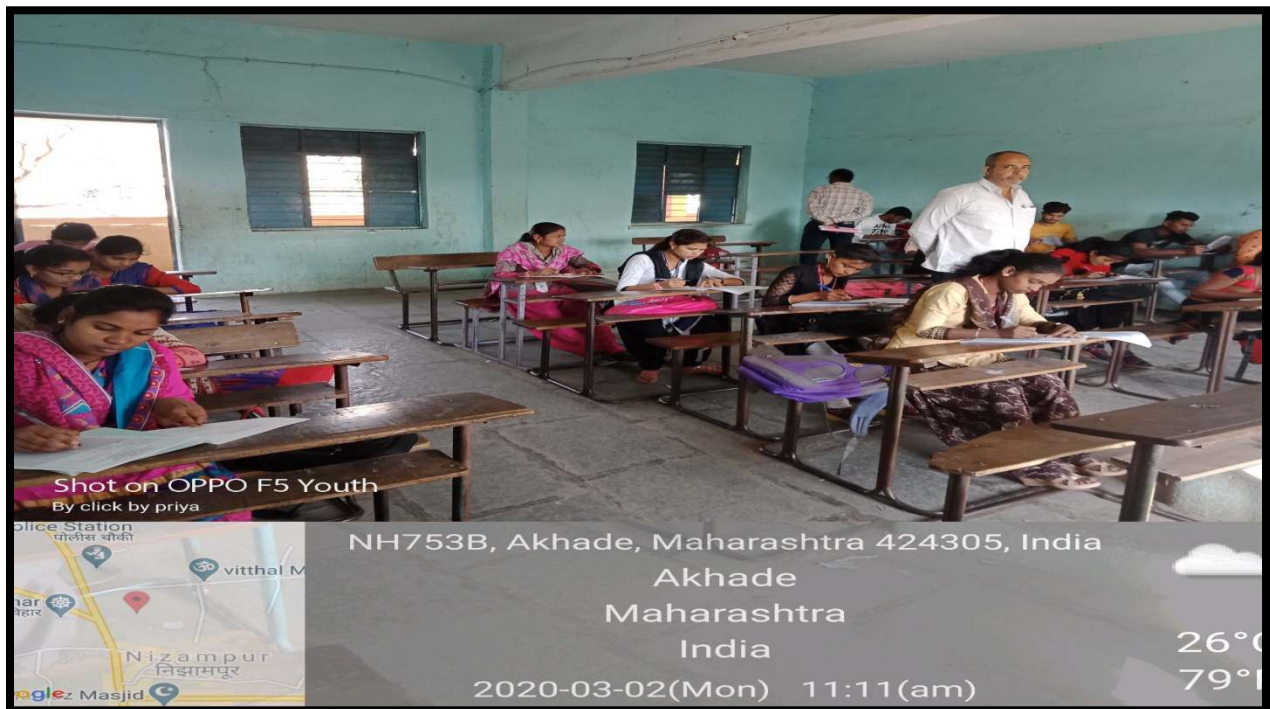

Principal
Adarsh College of
Nijampur Jaita
Tal.Sakri Dist. D

Photo of Add on Course on Diet and Nutrition 2019-2020



Attendance of Add on Course on Diet and Nutrition 2019-2020

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

File - Diet and Nutrition
Duration - from 01/02/20 to 02/03/20
Total Hours - 30

Roll No.	Name of the Student	Sign.
1	Pathan Bahamma Bano Javed Khan	Pathan
2	Gosavi Bhatti Rakeshda	BRosavi
3	Rane Gayatri Anil	GRane
4	Gawale Ashwini Anil	AGawale
5	Jadhav Ashwini Nitthal	BJadhav
6	Jadhav Ashwini Anandash	BJadhav
7	Malk Gilda Ramya	GMalk
8	Vasave Laxmi Vansing	LVasave
9	Tadvi Vidya Rama	VTadvi
10	Bisi Suresh Raju	BSisi
11	Gawale Manisha Khandu	MGawale
12	malhe Ajay Dilip	AMalhe
13	Bojil Yuvraj Pandit	YBojil
14	Dote Rajashree Sanjay	RDote
15	Vasave Kapila Dakya	KVasave
16	Patil Sangita Sarpa	SPatil
17	Katkhna Mukunda malhe	EMakalhe
18	Gaikawad Kunal Tarunji	KGaikawad
19	Pawar Jitenendra Subhash	JPawar
20	Pawar Himmat Fadya	H.P.pawar
21	Pawar Keshav Jurdar	KPawar
22	Pawar Vikesh Ramdas	VPawar
23	Chaudhari Dinesh Pandit	DCaudhari
24	Sonawane Yashali Devba	YSonawane
25	Joshi Rajila Bawa	RJoshi
26	Vasave Dipali Khumad	VDasave
27	Waghmade Sima Shivram	SWaghmade
28	Waghmade Roja Utam	RWaghmade
29	Waghmade Kavita Nana	KWaghmade
30	Vasave Melhi Vajo	VMasave

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Nijampur Jaitane
Tal-Sakri Dist. Dhule

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Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

File - Diet and Nutrition
Duration - from 01.02.20 to 02.03.20
Total Hours - 30

Date: 9/2/20

Roll No.	Name of the Student	Sign.
1	Pathan Babunwar Bano Javid Khan	[Signature]
2	Gosavi Anil Raitendra	[Signature]
3	Rane Gayatri Anil	[Signature]
4	Gawale Ashwini Anil	[Signature]
5	Jadhav Ashwini Vithal	[Signature]
6	Jadhav Ashwini Ananash	[Signature]
7	Nalk Gilda Ramya	[Signature]
8	Vasave Laxmi Vansing	[Signature]
9	Tadvi Vidya Ramya	[Signature]
10	Bhisi Suresh Raju	[Signature]
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12	malche Ajay Dilip	[Signature]
13	Bajul Yuvraj Pandit	[Signature]
14	Dobee Rajashree Sanjay	[Signature]
15	Vasave Kapila Dattya	[Signature]
16	Padvi Sangita Sarpa	[Signature]
17	Krishna mukunda malche	[Signature]
18	Guykawad Kunal Tanaji	[Signature]
19	Pawara Jitendra Subhash	[Signature]
20	pawara himmat fadya p.	[Signature]
21	pawara keshav jurdar	[Signature]
22	pawara VIKESH Ramdas	[Signature]
23	Chaudhari Dinesh Pandit	[Signature]
24	Sonawane Vaishali Devba	[Signature]
25	Tadvi Raji'a Bano	[Signature]
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Nijampur-Jaitane Tal-Sakri, Dist-Dhule

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Date: 10/2/20

Roll No.	Name of the Student	Sign.
1	Pathan Babunwar Bano Javid Khan	[Signature]
2	Gosavi Anil Raitendra	[Signature]
3	Rane Gayatri Anil	[Signature]
4	Gawale Ashwini Anil	[Signature]
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Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

File - Diet and Nutrition
Duration - from 01.02.20 to 02.03.20
Total Hours - 30

Date: 11/2/20

Roll No.	Name of the Student	Sign.
1	Pathan Babunwar Bano Javid Khan	[Signature]
2	Gosavi Anil Raitendra	[Signature]
3	Rane Gayatri Anil	[Signature]
4	Gawale Ashwini Anil	[Signature]
5	Jadhav Ashwini Vithal	[Signature]
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Name & Signature of Teacher

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Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Table - Diet and Nutrition
Duration - from 01.02.20 to 02.03.20
Date- 15/ 01/20

Roll No.	Name of the Student	Sign.
1	pathan Rabeena Bano Javid Khan	Pathan
2	Gosavi Harji Kaleendra	Bhosavi
3	Rane Gayatri Anil	Bhane
4	Gawale Ashwini Anil	Ashwini
5	Jadhav Ashwini Vithal	Jadhav
6	Jadhav Ashwini Avinash	Jadhav
7	Naik Gida Ranja	Naik
8	Vasave Laxmi Vansing	Vasave
9	Tadvi Vidya Rama	Tadvi
10	Bhri Sasad Raju	Bhri
11	Gawale Manisha Khandu	Gawale
12	malche Ajay Dilip	Malche
13	Bogul Yuvraj Pandit	Bogul
14	Dede Rajashei Sanjay	Dede
15	Vasave Kapila Dattya	Vasave
16	Padvi Sangita Sarpa	Padvi
17	Kaishna mukunda malche	Kaishna
18	Gaykward Kunal Tanaji	Gaykward
19	Pawara Jitendra Subhash	Pawara
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Principal
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Nijampur, Jaitane

Name & Signature of Teacher

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Duration - from 01.02.20 to 02.03.20
Date- 15/ 01/20

Roll No.	Name of the Student	Sign.
1	pathan Rabeena Bano Javid Khan	Pathan
2	Gosavi Harji Kaleendra	Bhosavi
3	Rane Gayatri Anil	Bhane
4	Gawale Ashwini Anil	Ashwini
5	Jadhav Ashwini Vithal	Jadhav
6	Jadhav Ashwini Avinash	Jadhav
7	Naik Gida Ranja	Naik
8	Vasave Laxmi Vansing	Vasave
9	Tadvi Vidya Rama	Tadvi
10	Bhri Sasad Raju	Bhri
11	Gawale Manisha Khandu	Gawale
12	malche Ajay Dilip	Malche
13	Bogul Yuvraj Pandit	Bogul
14	Dede Rajashei Sanjay	Dede
15	Vasave Kapila Dattya	Vasave
16	Padvi Sangita Sarpa	Padvi
17	Kaishna mukunda malche	Kaishna
18	Gaykward Kunal Tanaji	Gaykward
19	Pawara Jitendra Subhash	Pawara
20	Pawara Himmat Fadya	Pawara
21	Pawara Keshav Jurdar	Pawara
22	Pawar Vikesh Ramdas	Pawar
23	Chaudhari Dinesh Pandit	Chaudhari
24	Sonawane Yashali Devba	Sonawane
25	Tadvi Raji Bava	Tadvi
26	Vasave Dipali Khuma	Vasave
27	Waghmode Sima Shivram	Waghmode
28	Waghmode Pojja Utam	Waghmode
29	Waghmode Kavita Nana	Waghmode
30	Vasave mirdi Vaja	Vasave

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Adarsh College of Arts
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Name & Signature of Teacher

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Table - Diet and Nutrition
Duration - from 01.02.20 to 02.03.20
Date- 15/ 01/20

Roll No.	Name of the Student	Sign.
1	pathan Rabeena Bano Javid Khan	Pathan
2	Gosavi Harji Kaleendra	Bhosavi
3	Rane Gayatri Anil	Bhane
4	Gawale Ashwini Anil	Ashwini
5	Jadhav Ashwini Vithal	Jadhav
6	Jadhav Ashwini Avinash	Jadhav
7	Naik Gida Ranja	Naik
8	Vasave Laxmi Vansing	Vasave
9	Tadvi Vidya Rama	Tadvi
10	Bhri Sasad Raju	Bhri
11	Gawale Manisha Khandu	Gawale
12	malche Ajay Dilip	Malche
13	Bogul Yuvraj Pandit	Bogul
14	Dede Rajashei Sanjay	Dede
15	Vasave Kapila Dattya	Vasave
16	Padvi Sangita Sarpa	Padvi
17	Kaishna mukunda malche	Kaishna
18	Gaykward Kunal Tanaji	Gaykward
19	Pawara Jitendra Subhash	Pawara
20	Pawara Himmat Fadya	Pawara
21	Pawara Keshav Jurdar	Pawara
22	Pawar Vikesh Ramdas	Pawar
23	Chaudhari Dinesh Pandit	Chaudhari
24	Sonawane Yashali Devba	Sonawane
25	Tadvi Raji Bava	Tadvi
26	Vasave Dipali Khuma	Vasave
27	Waghmode Sima Shivram	Waghmode
28	Waghmode Pojja Utam	Waghmode
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Table - Diet and Nutrition
Duration - from 01.02.20 to 02.03.20
Date- 15/ 01/20

Roll No.	Name of the Student	Sign.
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2	Gosavi Harji Kaleendra	Bhosavi
3	Rane Gayatri Anil	Bhane
4	Gawale Ashwini Anil	Ashwini
5	Jadhav Ashwini Vithal	Jadhav
6	Jadhav Ashwini Avinash	Jadhav
7	Naik Gida Ranja	Naik
8	Vasave Laxmi Vansing	Vasave
9	Tadvi Vidya Rama	Tadvi
10	Bhri Sasad Raju	Bhri
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12	malche Ajay Dilip	Malche
13	Bogul Yuvraj Pandit	Bogul
14	Dede Rajashei Sanjay	Dede
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16	Padvi Sangita Sarpa	Padvi
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Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
Practical - from 01.02.20 to 02.03.20
Total Hours - 30

Sl. No.	Name of the Student	Date- 16/02/20	Sign.
1	Pallan Rahunema Bano Javid Khan		Pallan
2	Gosavi Arti Rulerda		Arti
3	Rane Gayatri Anil		Rane
4	Gawale Ashwini Anil		Gawale
5	Jadhav Ashvini Vitthal		Jadhav
6	Jadhav Ashwini Avinash		Jadhav
7	Malle Gilda Ranaja		Malle
8	Vasave Laxmi vanising		Vasave
9	Tadvi Vidya Rama		Tadvi
10	Bhal Suresh Raju		Bhal
11	Gawale Manisha Khandu		Gawale
12	malhe Ajay Dilip		malhe
13	Bojwal Yuvraj Pandit		Bojwal
14	Deoraj Rajashree Sanjay		Deoraj
15	Vasave Kapila Dattya		Vasave
16	Padi Sangita Sarpa		Padi
17	Krishna mukunda malhe		Krishna
18	Gaykward Kunal Tanaji		Gaykward
19	Pawara Jitendra Subhash		Pawara
20	Pawara Himmat Fadya		Pawara
21	Pawara Keshav Jurdar		Pawara
22	Pawar VIKESH Ramdas		Pawar
23	Chaudhari Dinesh Pandit		Chaudhari
24	Sonawane Vaishali Derba		Sonawane
25	Tadvi Rajil Bora		Tadvi
26	Vasave Dipali Khuma		Vasave
27	Waghmode sima Shivram		Waghmode
28	Waghmode Roja UAM		Waghmode
29	Waghmode kavida Nana		Waghmode
30	Vasave melhi Vaja		Vasave

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Tal.Sakri Dist. Dhule

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5	Jadhav Ashvini Vitthal		Jadhav
6	Jadhav Ashwini Avinash		Jadhav
7	Malle Gilda Ranaja		Malle
8	Vasave Laxmi vanising		Vasave
9	Tadvi Vidya Rama		Tadvi
10	Bhal Suresh Raju		Bhal
11	Gawale Manisha Khandu		Gawale
12	malhe Ajay Dilip		malhe
13	Bojwal Yuvraj Pandit		Bojwal
14	Deoraj Rajashree Sanjay		Deoraj
15	Vasave Kapila Dattya		Vasave
16	Padi Sangita Sarpa		Padi
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20	Pawara Himmat Fadya		Pawara
21	Pawara Keshav Jurdar		Pawara
22	Pawar VIKESH Ramdas		Pawar
23	Chaudhari Dinesh Pandit		Chaudhari
24	Sonawane Vaishali Derba		Sonawane
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26	Vasave Dipali Khuma		Vasave
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Sl. No.	Name of the Student	Date- 17/02/20	Sign.
1	Pallan Rahunema Bano Javid Khan		Pallan
2	Gosavi Arti Rulerda		Arti
3	Rane Gayatri Anil		Rane
4	Gawale Ashwini Anil		Gawale
5	Jadhav Ashvini Vitthal		Jadhav
6	Jadhav Ashwini Avinash		Jadhav
7	Malle Gilda Ranaja		Malle
8	Vasave Laxmi vanising		Vasave
9	Tadvi Vidya Rama		Tadvi
10	Bhal Suresh Raju		Bhal
11	Gawale Manisha Khandu		Gawale
12	malhe Ajay Dilip		malhe
13	Bojwal Yuvraj Pandit		Bojwal
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17	Krishna mukunda malhe		Krishna
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19	Pawara Jitendra Subhash		Pawara
20	Pawara Himmat Fadya		Pawara
21	Pawara Keshav Jurdar		Pawara
22	Pawar VIKESH Ramdas		Pawar
23	Chaudhari Dinesh Pandit		Chaudhari
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26	Vasave Dipali Khuma		Vasave
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Adarsh College of Arts
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Diet and Nutrition
Practical - from 01.02.20 to 02.03.20
Total Hours - 30

Sl. No.	Name of the Student	Date- 18/02/20	Sign.
1	Pallan Rahunema Bano Javid Khan		Pallan
2	Gosavi Arti Rulerda		Arti
3	Rane Gayatri Anil		Rane
4	Gawale Ashwini Anil		Gawale
5	Jadhav Ashvini Vitthal		Jadhav
6	Jadhav Ashwini Avinash		Jadhav
7	Malle Gilda Ranaja		Malle
8	Vasave Laxmi vanising		Vasave
9	Tadvi Vidya Rama		Tadvi
10	Bhal Suresh Raju		Bhal
11	Gawale Manisha Khandu		Gawale
12	malhe Ajay Dilip		malhe
13	Bojwal Yuvraj Pandit		Bojwal
14	Deoraj Rajashree Sanjay		Deoraj
15	Vasave Kapila Dattya		Vasave
16	Padi Sangita Sarpa		Padi
17	Krishna mukunda malhe		Krishna
18	Gaykward Kunal Tanaji		Gaykward
19	Pawara Jitendra Subhash		Pawara
20	Pawara Himmat Fadya		Pawara
21	Pawara Keshav Jurdar		Pawara
22	Pawar VIKESH Ramdas		Pawar
23	Chaudhari Dinesh Pandit		Chaudhari
24	Sonawane Vaishali Derba		Sonawane
25	Tadvi Rajil Bora		Tadvi
26	Vasave Dipali Khuma		Vasave
27	Waghmode sima Shivram		Waghmode
28	Waghmode Roja UAM		Waghmode
29	Waghmode kavida Nana		Waghmode
30	Vasave melhi Vaja		Vasave

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Adarsh College of Arts
Nijampur Jaitane
Tal.Sakri Dist. Dhule

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Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
from 02.02.20 to 02.03.20
Hours - 30

Sl. No.	Name of the Student	Date-19/2/20	Sign.
1	Pathan Baharuna Bano Javid Khan		Pathan
2	Gosavi Banti Ralendra		Prasani
3	Rane Gayatri Anil		Alkane
4	Gawale Ashwini Anil		Alkane
5	Jadhav Ashwini Vitthal		Alkane
6	Jadhav Ashwini Avinash		Alkane
7	Naik Gilda Ramya		Alkane
8	Vasave Laxmi Varsha		Alkane
9	Tadvi Vidya Rama		Alkane
10	Bisi Saeed Raju		Alkane
11	Gawale Manisha Khandu		Alkane
12	malche Ajay Dilip		Alkane
13	Bagul Yuvraj Pandit		Alkane
14	Deete Rajashej Sanjay		Alkane
15	Vasave Kapila Dattya		Alkane
16	Padvi Sangita Sampa		Alkane
17	Kaishna mukunda malche		Alkane
18	Gaykward kunal Tanuji		Alkane
19	Pawara Titendra Subhash		Alkane
20	Pawara Himmat Fadya		Alkane
21	Pawara Keshav Jurdar		Alkane
22	Pawara Vikesh Ramdas		Alkane
23	Chaudhase Dinesh Pandit		Alkane
24	Sonawane Vaishali Devba		Alkane
25	Tadi Kaila Bano		Alkane
26	Vasave Dipali Khumal		Alkane
27	Waghmode Sima Shivram		Alkane
28	Waghmode Pooja Utam		Alkane
29	Waghmode Kavida Nana		Alkane
30	Vasave Meethi Vajo		Alkane

Principal
Adarsh College of Arts
Nijampur Jaitane
Tal-Sakri, Dist-Dhule

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Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
from 02.02.20 to 02.03.20
Hours - 30

Sl. No.	Name of the Student	Date-19/2/20	Sign.
1	Pathan Baharuna Bano Javid Khan		Pathan
2	Gosavi Banti Ralendra		Prasani
3	Rane Gayatri Anil		Alkane
4	Gawale Ashwini Anil		Alkane
5	Jadhav Ashwini Vitthal		Alkane
6	Jadhav Ashwini Avinash		Alkane
7	Naik Gilda Ramya		Alkane
8	Vasave Laxmi Varsha		Alkane
9	Tadvi Vidya Rama		Alkane
10	Bisi Saeed Raju		Alkane
11	Gawale Manisha Khandu		Alkane
12	malche Ajay Dilip		Alkane
13	Bagul Yuvraj Pandit		Alkane
14	Deete Rajashej Sanjay		Alkane
15	Vasave Kapila Dattya		Alkane
16	Padvi Sangita Sampa		Alkane
17	Kaishna mukunda malche		Alkane
18	Gaykward kunal Tanuji		Alkane
19	Pawara Titendra Subhash		Alkane
20	Pawara Himmat Fadya		Alkane
21	Pawara Keshav Jurdar		Alkane
22	Pawara Vikesh Ramdas		Alkane
23	Chaudhase Dinesh Pandit		Alkane
24	Sonawane Vaishali Devba		Alkane
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28	Waghmode Pooja Utam		Alkane
29	Waghmode Kavida Nana		Alkane
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Diet and Nutrition
from 02.02.20 to 02.03.20
Hours - 30

Sl. No.	Name of the Student	Date-21/2/20	Sign.
1	Pathan Baharuna Bano Javid Khan		Pathan
2	Gosavi Banti Ralendra		Prasani
3	Rane Gayatri Anil		Alkane
4	Gawale Ashwini Anil		Alkane
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7	Naik Gilda Ramya		Alkane
8	Vasave Laxmi Varsha		Alkane
9	Tadvi Vidya Rama		Alkane
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2	Gosavi Banti Ralendra		Prasani
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8	Vasave Laxmi Varsha		Alkane
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2	Gosavi Arti Ralekda		FRGosavi
3	Rane Gayatri Anil		GRane
4	Gawale Ashwini Anil		AGawale
5	Jadhav Ashvini Vitthal		AJadhav
6	Jadhav Ashwini Avinash		AJadhav
7	Nalk Gilda Ramya		GNalk
8	Vasave Laxmi Vansing		GVasave
9	Tadvi Vidya Rama		TVadvi
10	Bzil Gasead Raju		BZil
11	Gawale Manisha Khandu		MGawale
12	malhe Ajay Dilip		AMalhe
13	Bejwal Yuvraj Pandit		YBejwal
14	Devec Rajashej Sanjay		RDevec
15	Vasave Kapila Satya		VSavave
16	Radyi Sangita Sarpa		RSadyi
17	Kaishna mukunda malhe		KKaishna
18	Gaykewad Kunal Tanaji		KGaykewad
19	Pawara Jitendra Subhash		JPawara
20	Pawara Himmat Fadya		HPawara
21	Pawara Keshav Jurdar		KPawara
22	Pawar Vikesh Ramdas		VPawar
23	Chadhasi Dinesh Pandit		DCadhasi
24	Sonawane Vaishali Devba		VSonawane
25	Tadvi Rajita Bawa		RTadvi
26	Vasave Dipali Khumal		VSavave
27	Waghmode Sima Shivram		SWaghmode
28	Waghmode Roja UAM		RWaghmode
29	Waghmode Kavita Nana		KWaghmode
30	Vasave Meeta Vaja		VSavave

Name & Signature of Teacher

Principal
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Nijampur Jaitane

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
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6	Jadhav Ashwini Avinash		AJadhav
7	Nalk Gilda Ramya		GNalk
8	Vasave Laxmi Vansing		GVasave
9	Tadvi Vidya Rama		TVadvi
10	Bzil Gasead Raju		BZil
11	Gawale Manisha Khandu		MGawale
12	malhe Ajay Dilip		AMalhe
13	Bejwal Yuvraj Pandit		YBejwal
14	Devec Rajashej Sanjay		RDevec
15	Vasave Kapila Satya		VSavave
16	Radyi Sangita Sarpa		RSadyi
17	Kaishna mukunda malhe		KKaishna
18	Gaykewad Kunal Tanaji		KGaykewad
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20	Pawara Himmat Fadya		HPawara
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22	Pawar Vikesh Ramdas		VPawar
23	Chadhasi Dinesh Pandit		DCadhasi
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25	Tadvi Rajita Bawa		RTadvi
26	Vasave Dipali Khumal		VSavave
27	Waghmode Sima Shivram		SWaghmode
28	Waghmode Roja UAM		RWaghmode
29	Waghmode Kavita Nana		KWaghmode
30	Vasave Meeta Vaja		VSavave

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Sl. No.	Name of the Student	Date-21.2.20	Sign.
1	Pathan Rabunna Bano Javid Khan		Pathan
2	Gosavi Arti Ralekda		FRGosavi
3	Rane Gayatri Anil		GRane
4	Gawale Ashwini Anil		AGawale
5	Jadhav Ashvini Vitthal		AJadhav
6	Jadhav Ashwini Avinash		AJadhav
7	Nalk Gilda Ramya		GNalk
8	Vasave Laxmi Vansing		GVasave
9	Tadvi Vidya Rama		TVadvi
10	Bzil Gasead Raju		BZil
11	Gawale Manisha Khandu		MGawale
12	malhe Ajay Dilip		AMalhe
13	Bejwal Yuvraj Pandit		YBejwal
14	Devec Rajashej Sanjay		RDevec
15	Vasave Kapila Satya		VSavave
16	Radyi Sangita Sarpa		RSadyi
17	Kaishna mukunda malhe		KKaishna
18	Gaykewad Kunal Tanaji		KGaykewad
19	Pawara Jitendra Subhash		JPawara
20	Pawara Himmat Fadya		HPawara
21	Pawara Keshav Jurdar		KPawara
22	Pawar Vikesh Ramdas		VPawar
23	Chadhasi Dinesh Pandit		DCadhasi
24	Sonawane Vaishali Devba		VSonawane
25	Tadvi Rajita Bawa		RTadvi
26	Vasave Dipali Khumal		VSavave
27	Waghmode Sima Shivram		SWaghmode
28	Waghmode Roja UAM		RWaghmode
29	Waghmode Kavita Nana		KWaghmode
30	Vasave Meeta Vaja		VSavave

Name & Signature of Teacher

Principal
Adarsh College of Arts
Nijampur Jaitane

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
from 01.02.20 to 02.03.20
Total Hours - 30

Sl. No.	Name of the Student	Date-21.2.20	Sign.
1	Pathan Rabunna Bano Javid Khan		Pathan
2	Gosavi Arti Ralekda		FRGosavi
3	Rane Gayatri Anil		GRane
4	Gawale Ashwini Anil		AGawale
5	Jadhav Ashvini Vitthal		AJadhav
6	Jadhav Ashwini Avinash		AJadhav
7	Nalk Gilda Ramya		GNalk
8	Vasave Laxmi Vansing		GVasave
9	Tadvi Vidya Rama		TVadvi
10	Bzil Gasead Raju		BZil
11	Gawale Manisha Khandu		MGawale
12	malhe Ajay Dilip		AMalhe
13	Bejwal Yuvraj Pandit		YBejwal
14	Devec Rajashej Sanjay		RDevec
15	Vasave Kapila Satya		VSavave
16	Radyi Sangita Sarpa		RSadyi
17	Kaishna mukunda malhe		KKaishna
18	Gaykewad Kunal Tanaji		KGaykewad
19	Pawara Jitendra Subhash		JPawara
20	Pawara Himmat Fadya		HPawara
21	Pawara Keshav Jurdar		KPawara
22	Pawar Vikesh Ramdas		VPawar
23	Chadhasi Dinesh Pandit		DCadhasi
24	Sonawane Vaishali Devba		VSonawane
25	Tadvi Rajita Bawa		RTadvi
26	Vasave Dipali Khumal		VSavave
27	Waghmode Sima Shivram		SWaghmode
28	Waghmode Roja UAM		RWaghmode
29	Waghmode Kavita Nana		KWaghmode
30	Vasave Meeta Vaja		VSavave

Name & Signature of Teacher

Principal
Adarsh College of Arts
Nijampur Jaitane

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
Session - from 01.02.20 to 02.02.20
Total Hours - 30

Roll No.	Name of the Student	Date: 24/2/20	Sign.
1	Pathan Rabeema Bang Javid Khan		Pathan
2	Gosavi Hatti Balendra		H.Bhosavi
3	Rane Gayatri Anil		A.Rane
4	Gawale Ashwini Anil		AshwiniGawale
5	Jadhav Ashwini Vittal		A.Jadhav
6	Jadhav Ashwini Avinash		A.Jadhav
7	Malk Gita Ramya		G.Malk
8	Vasave Laxmi Varising		L.Vasave
9	Tadvi Vidya Rama		V.Tadvi
10	Bhai Sasad Raju		R.Bhai
11	Gawale Manisha Khandu		M.Gawale
12	malche Ajay Dilip		A.Malche
13	Boatil Yuvraj Pandit		Y.Boatil
14	Deble Rajashei Sanjay		R.Deble
15	Vasave Kapila Dattya		K.Vasave
16	Padvi Sangita Sarpa		S.Padvi
17	Krishna mukunda malche		K.Malche
18	Gaykward Kunal Tejaji		G.Gaykward
19	Pawar Jitendra Subhash		J.Pawar
20	Pawar Himmat Fadya		H.Pawar
21	Pawar Keshav Jurdar		K.Pawar
22	Pawar Vikesh Ramdas		V.Pawar
23	Chaudhari Dinesh Pandit		D.Chaudhari
24	Sonawane Vaishali Devba		V.Sonawane
25	Tadvi Rajila Bawa		R.Tadvi
26	Vasave Dipali Khumad		D.Vasave
27	Waghmode Sima Shivram		S.Waghmode
28	Waghmode Pooja Utam		P.Waghmode
29	Waghmode Kavita Nana		K.Waghmode
30	Vasave Meli Vaja		M.Vasave

Principal
Adarsh College of Arts
Nijampur Jaitane
Tal-Sakri Dist. Dhule

Name & Signature of Teacher

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
Session - from 01.02.20 to 02.02.20
Total Hours - 30

Roll No.	Name of the Student	Date: 25/2/20	Sign.
1	Pathan Rabeema Bang Javid Khan		Pathan
2	Gosavi Hatti Balendra		H.Bhosavi
3	Rane Gayatri Anil		A.Rane
4	Gawale Ashwini Anil		AshwiniGawale
5	Jadhav Ashwini Vittal		A.Jadhav
6	Jadhav Ashwini Avinash		A.Jadhav
7	Malk Gita Ramya		G.Malk
8	Vasave Laxmi Varising		L.Vasave
9	Tadvi Vidya Rama		V.Tadvi
10	Bhai Sasad Raju		R.Bhai
11	Gawale Manisha Khandu		M.Gawale
12	malche Ajay Dilip		A.Malche
13	Boatil Yuvraj Pandit		Y.Boatil
14	Deble Rajashei Sanjay		R.Deble
15	Vasave Kapila Dattya		K.Vasave
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17	Krishna mukunda malche		K.Malche
18	Gaykward Kunal Tejaji		G.Gaykward
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20	Pawar Himmat Fadya		H.Pawar
21	Pawar Keshav Jurdar		K.Pawar
22	Pawar Vikesh Ramdas		V.Pawar
23	Chaudhari Dinesh Pandit		D.Chaudhari
24	Sonawane Vaishali Devba		V.Sonawane
25	Tadvi Rajila Bawa		R.Tadvi
26	Vasave Dipali Khumad		D.Vasave
27	Waghmode Sima Shivram		S.Waghmode
28	Waghmode Pooja Utam		P.Waghmode
29	Waghmode Kavita Nana		K.Waghmode
30	Vasave Meli Vaja		M.Vasave

Principal
Adarsh College of Arts
Nijampur Jaitane
Tal-Sakri Dist. Dhule

Name & Signature of Teacher

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
Session - from 01.02.20 to 02.02.20
Total Hours - 30

Roll No.	Name of the Student	Date: 27/2/20	Sign.
1	Pathan Rabeema Bang Javid Khan		Pathan
2	Gosavi Hatti Balendra		H.Bhosavi
3	Rane Gayatri Anil		A.Rane
4	Gawale Ashwini Anil		AshwiniGawale
5	Jadhav Ashwini Vittal		A.Jadhav
6	Jadhav Ashwini Avinash		A.Jadhav
7	Malk Gita Ramya		G.Malk
8	Vasave Laxmi Varising		L.Vasave
9	Tadvi Vidya Rama		V.Tadvi
10	Bhai Sasad Raju		R.Bhai
11	Gawale Manisha Khandu		M.Gawale
12	malche Ajay Dilip		A.Malche
13	Boatil Yuvraj Pandit		Y.Boatil
14	Deble Rajashei Sanjay		R.Deble
15	Vasave Kapila Dattya		K.Vasave
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21	Pawar Keshav Jurdar		K.Pawar
22	Pawar Vikesh Ramdas		V.Pawar
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24	Sonawane Vaishali Devba		V.Sonawane
25	Tadvi Rajila Bawa		R.Tadvi
26	Vasave Dipali Khumad		D.Vasave
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29	Waghmode Kavita Nana		K.Waghmode
30	Vasave Meli Vaja		M.Vasave

Principal
Adarsh College of Arts
Nijampur Jaitane
Tal-Sakri Dist. Dhule

Name & Signature of Teacher

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
Session - from 01.02.20 to 02.02.20
Total Hours - 30

Roll No.	Name of the Student	Date: 28/2/20	Sign.
1	Pathan Rabeema Bang Javid Khan		Pathan
2	Gosavi Hatti Balendra		H.Bhosavi
3	Rane Gayatri Anil		A.Rane
4	Gawale Ashwini Anil		AshwiniGawale
5	Jadhav Ashwini Vittal		A.Jadhav
6	Jadhav Ashwini Avinash		A.Jadhav
7	Malk Gita Ramya		G.Malk
8	Vasave Laxmi Varising		L.Vasave
9	Tadvi Vidya Rama		V.Tadvi
10	Bhai Sasad Raju		R.Bhai
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20	Pawar Himmat Fadya		H.Pawar
21	Pawar Keshav Jurdar		K.Pawar
22	Pawar Vikesh Ramdas		V.Pawar
23	Chaudhari Dinesh Pandit		D.Chaudhari
24	Sonawane Vaishali Devba		V.Sonawane
25	Tadvi Rajila Bawa		R.Tadvi
26	Vasave Dipali Khumad		D.Vasave
27	Waghmode Sima Shivram		S.Waghmode
28	Waghmode Pooja Utam		P.Waghmode
29	Waghmode Kavita Nana		K.Waghmode
30	Vasave Meli Vaja		M.Vasave

Principal
Adarsh College of Arts
Nijampur Jaitane
Tal-Sakri Dist. Dhule

Name & Signature of Teacher

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
 Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
 Duration - from 01.03.20 to 02.03.20
 Total Hours - 30 Date 23/2/20

Roll No.	Name of the Student	Sign.
1	Pathan Rahnuma Bano Javid Khan	[Signature]
2	Gosavi Hatti Rutendra	[Signature]
3	Rane Gayatri Anil	[Signature]
4	Gawale Ashvini Anil	[Signature]
5	Jadhav Ashvini Vithhal	[Signature]
6	Jadhav Ashvini Avinash	[Signature]
7	Malhe Gita Pooja	[Signature]
8	Vasave Laxmi Vansing	[Signature]
9	Tadvi Vidya Rama	[Signature]
10	Bil Saeed Reza	[Signature]
11	Gawale Manisha Khandu	[Signature]
12	malhe Ajay Dilip	[Signature]
13	Bogul Yuvraj Pandit	[Signature]
14	Boole Rajashee Sanjay	[Signature]
15	Vasave Kapila Dattya	[Signature]
16	Padi Sangita Suresh	[Signature]
17	Kaishna mukunda malhe	[Signature]
18	Gawale Laxmi Teeraji	[Signature]
19	Pawar Titendra Subhash	[Signature]
20	Pawar Himmat Fadga	[Signature]
21	Pawar Keshav Jundar	[Signature]
22	Pawar Vikesh Ramdas	[Signature]
23	Chaudhari Dinesh Pandit	[Signature]
24	Sonwane Vaishali Dharma	[Signature]
25	Tadvi Rajila Bano	[Signature]
26	Vasave Dipali Khuma	[Signature]
27	Waghmode Simu Shivram	[Signature]
28	Waghmode Pooja Utam	[Signature]
29	Waghmode Kavita Nana	[Signature]
30	Necave Meeta Vaja	[Signature]

Principal
 Adarsh College of Arts
 Nijampur, Jaitane

Name & Signature of Teacher

Nijampur Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
 Nijampur-Jaitane Tal-Sakri, Dist-Dhule

Add on Course

Diet and Nutrition
 Duration - from 01.03.20 to 02.03.20
 Total Hours - 30 Date 01/03/20

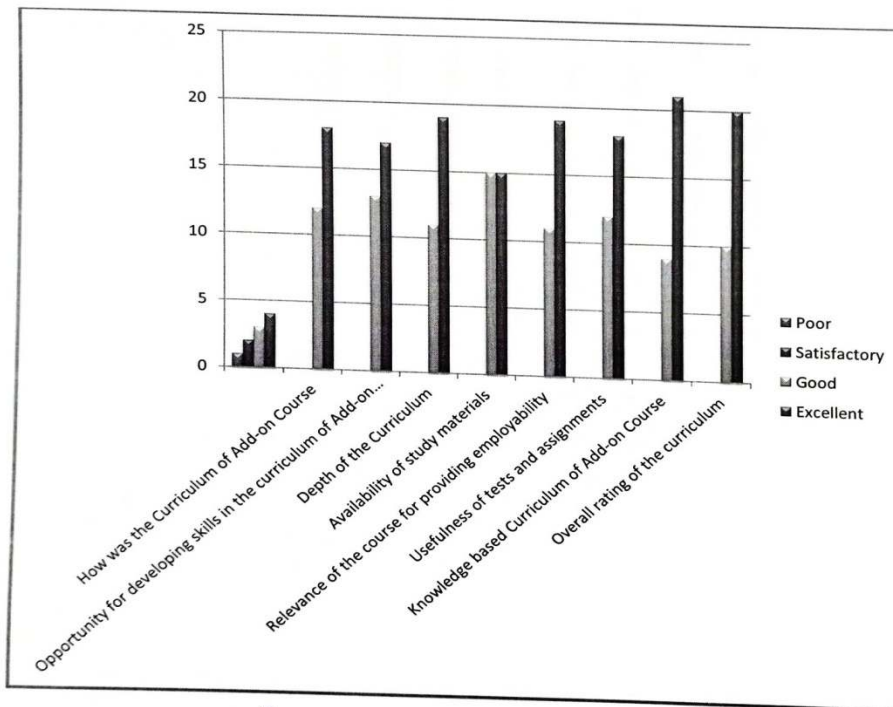
Roll No.	Name of the Student	Sign.
1	Pathan Rahnuma Bano Javid Khan	[Signature]
2	Gosavi Hatti Rutendra	[Signature]
3	Rane Gayatri Anil	[Signature]
4	Gawale Ashvini Anil	[Signature]
5	Jadhav Ashvini Vithhal	[Signature]
6	Jadhav Ashvini Avinash	[Signature]
7	Malhe Gita Pooja	[Signature]
8	Vasave Laxmi Vansing	[Signature]
9	Tadvi Vidya Rama	[Signature]
10	Bil Saeed Reza	[Signature]
11	Gawale Manisha Khandu	[Signature]
12	malhe Ajay Dilip	[Signature]
13	Bogul Yuvraj Pandit	[Signature]
14	Boole Rajashee Sanjay	[Signature]
15	Vasave Kapila Dattya	[Signature]
16	Padi Sangita Suresh	[Signature]
17	Kaishna mukunda malhe	[Signature]
18	Gawale Laxmi Teeraji	[Signature]
19	Pawar Titendra Subhash	[Signature]
20	Pawar Himmat Fadga	[Signature]
21	Pawar Keshav Jundar	[Signature]
22	Pawar Vikesh Ramdas	[Signature]
23	Chaudhari Dinesh Pandit	[Signature]
24	Sonwane Vaishali Dharma	[Signature]
25	Tadvi Rajila Bano	[Signature]
26	Vasave Dipali Khuma	[Signature]
27	Waghmode Simu Shivram	[Signature]
28	Waghmode Pooja Utam	[Signature]
29	Waghmode Kavita Nana	[Signature]
30	Vasave Meeta Vaja	[Signature]

Principal
 Adarsh College of Arts
 Nijampur Jaitane
 Tal-Sakri Dist-Dhule


Name & Signature of Teacher

Feedback Analysis of Add on Course on Diet and Nutrition 2019-2020

Feedback Analysis of Add on Course on Diet and Nutrition 2019-2020




Dr. Priyanka P. Sulakhe
 Coordinator


Dr. Ashok P. Khairnar
 Principal

Adarsh College of Arts
 Vijaynagar, Jalgaon
 T. N. Sakri, Dist. Dhule

**Certificate of Add on Course on Diet and Nutrition
2019-2020**



Nijampur-Jaitane Shikshan Prasarak Mandal's
Adarsh College of Arts
Nijampur-Jaitane, Tal- Sakri, Dist- Dhule, 424305
NAAC Accredited 2nd Cycle



CERTIFICATE
Add-on Course
on
Diet and Nutrition


This is to certify that Mr./Ku. Jadhav Ashwini Avinash.....of

.....
has participated successfully in Add-on course entitled in English at Nijampur-Jaitane Shikshan Prasarak Mandal's Adarsh College of Arts Nijampur-Jaitane, Tal- Sakri , Dist- Dhule (MS) held from 01 February 2020 to 02 March 2020 . He/ She passed with 82 % and obtained A Grade in the final examination of Add-on Course.


Dr. Priyanka P. Sulakhe
Coordinator


Dr. Hasinkha Tadvi
Subject Expert


Dr. Tarak Das
External Expert


Dr. Ashok P. Khairnar
Principal