



K.K. Wagh Education Society's
K.K. WAGH WOMEN'S POLYTECHNIC, NASHIK
Amrutdham, Panchavati, Nashik-422003

NEWS LETTER
November-2012

- **Expert Lectures Organized:**
 - **Seminar on “Balanced Diet- The Mantra of Good Health”**



Mrs. Kunda Mahajan as guest for an expert lecture

Department of Electronics and Telecommunication Engineering of K.K. Wagh Women's polytechnic, Nashik has organized an Expert Lecture on “Balanced Diet- The Mantra of Good Health” on 29th October 2012. Mrs Kunda Mahajan was invited to deliver the seminar.

She has worked as an assistant professor in SMRK Home Science college, Nashik and currently practicing as a nutrition consultant. She explained the importance of a balanced diet in our life. Also she explained about various essential nutrition elements in our diet and what should be their proportion according to our body requirement. The session was very helpful for students as well as for the staff as they got the knowledge about the balanced diet and its importance.

▪ **Book's Purchased in Central Library**

Sr. No.	Name of Dept.	Total Book's
01	Information Tech.	01
02	Electronics & Telecommunication	23
03	Science	10
04	General	02
	Total Book	36