



## Sanjay Gandhi Post Graduate Institute of Medical Sciences

Value added Certification Course

on

Food for fitness

Duration : 30 Hours

Timing : 10.00AM to 12.00 P.M.

13.11.2022 to 29.11.2022

Venue : SS.Agarwal Auditorium, SGPGI

### Organising Secretary :

Dr Kumar Keshav

Associate Professor

Speciality of Orthopaedics

Apex Trauma Centre

SGPGI, Lucknow

Course Code : VAC087

### COURSE OBJECTIVE

To apprehend the candidate with :

1. Nutrition during life cycle.
2. Food adulteration and food group system.
3. Organic food.

### COURSE OUTCOME

After the course accomplishment, the student will be able to :

1. Student will be able to gain knowledge about food during particular stage.
2. Students will be able to detect adulteration in food

### Day wise course breakup

S.No.	Topic	Date	Teaching Hours
1	Food during pregnancy	13.11.2022	02 Hrs
2	Food during lactation	14.11.2022	02 Hrs
3	Food during infancy	15.11.2022	02 Hrs
4	Food during preschool	16.11.2022	02 Hrs
5	Food for school going	17.11.2022	02 Hrs
6	Food for adolescent girl	18.11.2022	02 Hrs
7	Food for adolescent boy	20.11.2022	02 Hrs
8	Food during adult age	21.11.2022	02 Hrs
9	Food during old age	22.11.2022	02 Hrs
10	Food group	23.11.2022	02 Hrs
11	Balance diet	24.11.2022	02 Hrs
12	Food adulteration	25.11.2022	02 Hrs
13	Food preservation	27.11.2022	02 Hrs
14	Organic food	28.11.2022	02 Hrs
15	Nutritional assessment of body	29.11.2022	02 Hrs
	Total	15 days	30 hours

*Varun Bajpai*  
**Lt Col-Varun Bajpai VSM**  
Executive Registrar  
SGPGIMS, Lucknow

*Keshav*

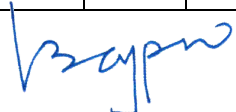
# Value added Certification Course on Food for fitness

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Timing : 10.00 AM to 12.00 P.M.  
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Venue : SS Agarwal Auditorium , SGPGI

**Organising Secretary :**  
Dr Kumar Keshav

Course Code VAC087

List of enrolled students and attendance																	
Sn o	Name of the student	Progr am	13.11 .22	14.11 .22	15.11 .22	16.11 .22	17.11 .22	18.11 .22	20.11 .22	21.11 .22	22.11 .22	23.11 .22	24.11 .22	25.11 .22	27.11 .22	28.11 .22	29.11 .22
1	Dr. Dhiraj Kumar	DM	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P
2	Dr. Ashish Mishra	M.Ch.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Roli Shukla	BSc Nursi ng	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Saurabh Chaturvedi	Ph.D	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

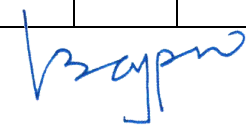
  
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5	Prakhar Gupta	PDCC	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Shubham Srivastava	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Priyansh Jain	DM	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P
8	Amber Deep Tripathi	DM	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P
9	Manikandan C	DM	P	A	P	P	P	P	P	A	P	P	A	P	P	A	P
10	Neeraja Vijayan	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Arnavjyoti Das	DM	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P
12	Ashish Kumar Sharma	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Sanjay	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Soumya Sarkar	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Harilal K	DM	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P
16	Nirupama Rathor	DM	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P



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17	Parmar Nachiket a Virsinh	DM	P	A	P	P	P	P	P	A	P	P	A	P	P	A	P
18	Smritima yee Panda	DM	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P
19	Ankit Kumar Mishra	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Kartik Nikhil Balankhe	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
21	Prabhat Kumar Verma	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	S. Sai Prathap Reddy	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Shah Nishant Rakesh Kumar	DM	P	P	P	P	A	P	P	P	A	P	A	P	P	A	P
24	Umair Shamsul Hoda	DM	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
25	Aishwary	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



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26	Mamleka r Harshal Hiroji	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Prisha Nankana	DM	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
28	Prisha Nankana	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Adarsha	DM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



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# Speciality of Orthopaedics

APEX TRAUMA CENTRE

Sanjay Gandhi Post Graduate Institute of Medical Sciences

ACKNOWLEDGES THAT

Dr. Dhiraj Kumar

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED  
COURSE

FOOD FOR FITNESS

Course Code VAC087

13.11.2022 - 29.11.2022

*Kumar Keshav*

Dr Kumar Keshav

*Varun Bajpai*

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ACKNOWLEDGES THAT

**Prakhar Gupta**

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ACKNOWLEDGES THAT

Saurabh Chaturvedi

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED  
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Dr Kumar Keshav

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ACKNOWLEDGES THAT

**Roli Shukla**

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED  
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*Kumaran Keshav*

**Dr Kumar Keshav**

*Varun Bajpai*

**Lt Col Varun Bajpai VSM**  
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## Speciality of Orthopaedics

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ACKNOWLEDGES THAT

Dr. Ashish Mishra

HAS SUCCESSFULLY COMPLETED THE FOLLOWING VALUE ADDED  
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*Kumar Keshav*  
Dr Kumar Keshav

*Varun Bajpai*

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