

TILAK MAHARASHTRA VIDYAPEETH TRUST

INSTITUTE OF NURSING EDUCATION AND RESEARCH PUNE.

NAME OF THE EVENT –Nutritional Exhibition on the occasion of “WORLD PULSES DAY”.

ORGANIZER – Tilak Maharashtra Vidyapeeth Nursing Department

DATE AND TIME – 28/02/2023 Time 12 -1 pm

PARTICIPANTS – First Year Basic B.Sc. Nursing Students

VENUE – Community Health Nursing Lab. INER, TMV

THEME –“Pulses for a sustainable future”

Pulses dish Exhibition topics –

- Green Gram Beans
- Moth Beans
- Green peas
- Pigeon Peas
- Yellow split gram.


Theme – “Pulses for a sustainable future”

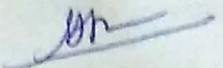
Nutritional Exhibition on the occasion of “WORLD PULSES DAY”.
is celebrated on 10th February every year . Under the guidance of Prof. Dr. Madhuri Shelke (Principal, INER) the Nutrition exhibition was celebrated on 28 February by the First year B.Sc Nursing Students. The students were divided into 5 groups .The objective of the Nutrition exhibition was to raise the awareness about importance of Nutrition and Healthy diet and its different types.

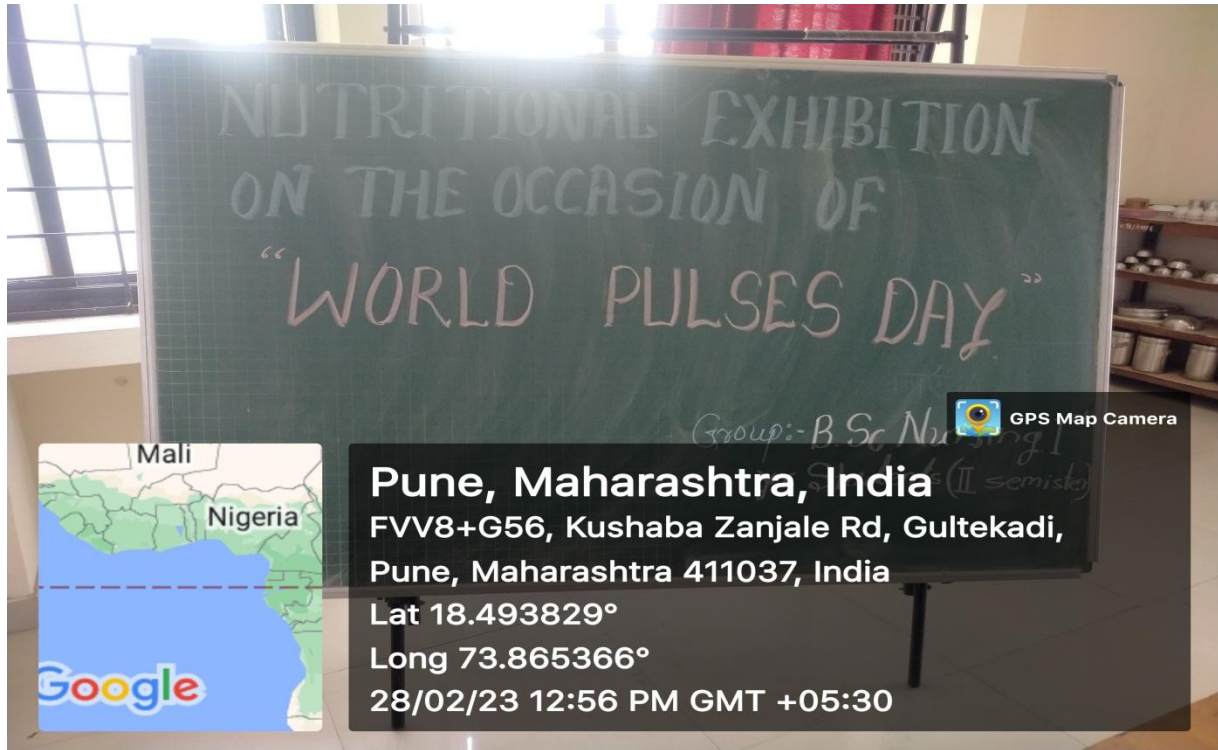
The inauguration of the program was done by Vice Principal Prof. Perpetua Fernandes Students prepared and displayed the different types of pulses dishes, its benefits of the diet and how to calculate and prepare the menu. The students displayed their diets in very organised and creative way.

Vice Principal Prof.Perpetua madam Nursing Department of TMV was invited as Judge for the diet exhibition. Based on the criteria of content, purpose, relevance and organisation the diets were judged.

The session ended with vote of thanks ,Students expressed that the session was really beneficial for them.


Ms.Sunita Navghane
Clinical Instructor


Prof. Dr.Mrs.Madhuri Shelke
Principal
Principal
Institute of Nursing
Education & Research
Tilak Maharashtra Vidyapeeth Trust
Gultekdi, Pune - 411 037.



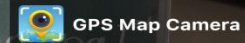
Pune, Maharashtra, India

FVV8+G56, Kushaba Zanjale Rd, Gultekadi,
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Lat 18.493829°

Long 73.865366°

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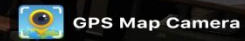
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Moth Beans / Maki

Tough maki is being highly recommended by the health experts concerning in the recent years. Moth beans are in fact a nutritional superfood.

Benefits:

- Moth beans are high in fiber, zinc, biotin, potassium and aids in weight loss.
- The folic acid in it which helps in the proper functioning of human body. The sugar the heart patient to include moth beans in their diet for controlling cholesterol level and blood pressure.
- Rich in nutrients.
- Good for bone health.
- Good for heart health.

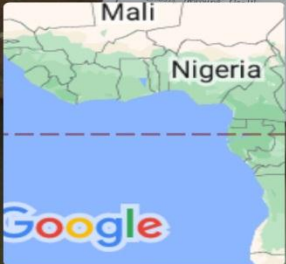
Moth Bean GROUP NO 1

- Achal Yadav
- Rasika Salave
- Mukta Nirmal
- Shravani Jagtap

Moth Beans

Amount Per 100 grams
Calories 345

Total Fat	% Daily Value
Saturated fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 20mg	0%
Potassium 1191mg	27%
Total Carbohydrate 22g	8%
Dietary fiber 12g	48%
Sugars 0.7g	1%
Protein 12g	24%
Iron 1.2g	18%
Zinc 1.2g	18%
Calcium 67mg	13%
Phosphorus 107mg	21%



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Nutritional Value Of Toor Dal

Name	Calculated Per 100g Serving Size
Protein	22.8g
Carbohydrates	52.8g
Fat	1.5g
Calcium	87mg
Fiber (total)	17.1g
Sodium	68mg

Pigeon Pea (Toor Dal) Benefits

1. Maintains Blood Pressure. Potassium is the main mineral in pigeon peas that acts as a vasodilator and reduces blood pressure.
2. Prevent Anemia...
3. Aids Weight loss...
4. Helps To Boost Energy

TOOR DAL: (TOOR DAL)

Toor Dal: Nutritional & Health Benefits

- Toor Dal may help reduce weight.
- Beneficial for your bone health.
- Helps in building immunity.
- Keep your heart healthy.
- Obtain a healthy metabolism rate.
- An excellent source of...
- Help in relieving constipation.

Group:-4

Group Members:

- 1) Vaishnavi Alal
- 2) Bajirao Yampure
- 3) Adarsh...



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