

Rayat Shikshan Sanstha's
RAJARSHI CHHATRAPATI SHAHU COLLEGE, KOLHAPUR.
Academic year (2024-25)
DEPARTMENT OF MICROBIOLOGY

Awareness activity regarding Importance of Buttermilk in diet

Date: 30/05/2025

To make awareness about presence and importance of buttermilk in our diet, Department of Microbiology organized awareness activity for students and teachers. This activity was organized on 30th May, 2025 at 2:30 p.m. President of the programme Dr. S. D. Shaikh, Head Department of Botany explained nutritional value of buttermilk. In his guidance he focussed about benefits of buttermilk such as improving digestion, preventing dehydration and boosting immunity. Smt. Priyanka Pawar focussed importance of probiotic food in our diet. All students actively participated in this activity. With auspicious hands of Dr. S. D. Shaikh, Ms. D. A. Malvekar, coordinator of Microbiology, Ms. Priyanka Pawar buttermilk was distributed among all participants. All participants enjoyed this activity and they decided to take buttermilk in diet whenever possible.

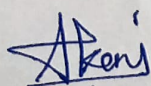
No. of Beneficiaries: 24

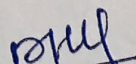
- Outcomes:** 1. Awareness about probiotic food was created among all participants.
2. Students leaned importance of consumption of buttermilk in diet.

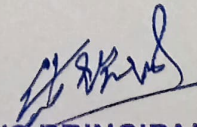


Photo: Awareness activity regarding Importance of Buttermilk in diet




Teacher in Charge


Co-ordinator
Department of Microbiology


I/C PRINCIPAL
R.C. SHAHU COLLEGE
KOLHAPUR