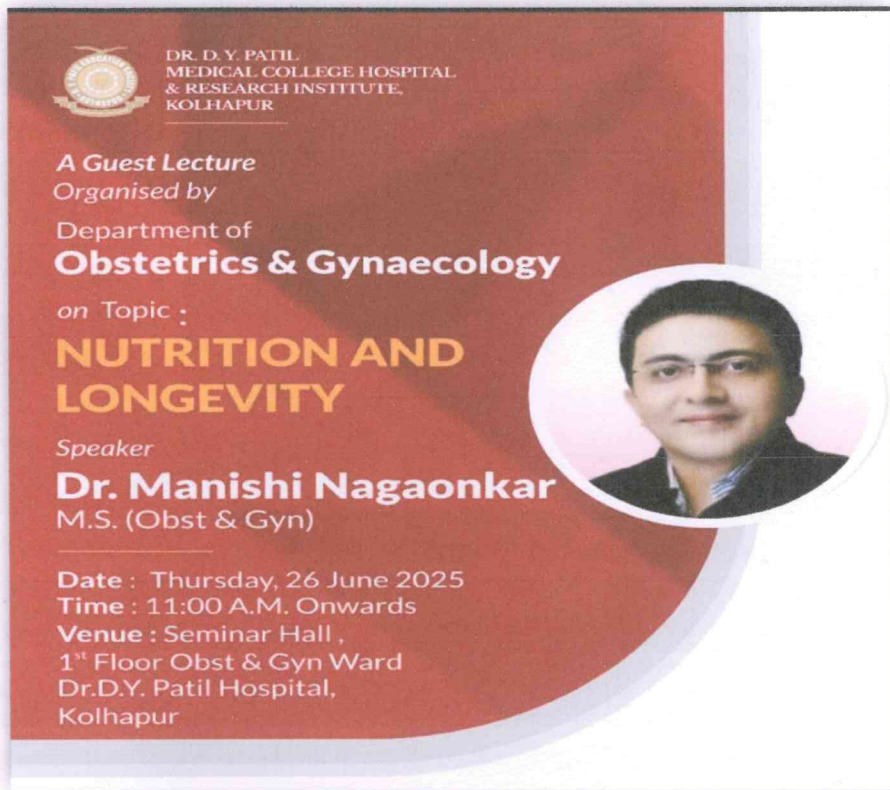


D.Y. PATIL EDUCATION SOCIETY, DEEMED TO BE**UNIVERSITY,****D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR****DEPARTMENT OF OBS & GYN****REPORT**

TITLE	GUSTO LECTURE
TOPIC	NUTRITION AND LONGEVITY
DATE	26 TH JUNE 2025
ORGANISER	Department Of OBSTETRICS & GYNAECOLOGY
INTRODUCTION	<p>It is both an honour and a privilege to introduce a distinguished name in the field of Obstetrics and Gynecology — Dr. M.J. Nagaonkar.</p> <p>Dr. Nagaonkar is a highly respected Gynaecologist and Laparoscopic Surgeon, with an illustrious career spanning over 29 years. Throughout his journey, he has been at the forefront of women's healthcare — skillfully blending clinical excellence with compassion and innovation.</p> <p>He is currently serving as the President of the Kolhapur Obstetrics and Gynaecological Society, where his leadership and vision continue to elevate the standards of practice, education, and collaboration in the region.</p> <p>Dr. Nagaonkar's dedication to advanced laparoscopic surgery and evidence-based obstetric care has not only earned him the admiration of his peers and patients but also made him a mentor to many budding gynecologists across Maharashtra and beyond.</p> <p>Today, he brings to us not just his deep clinical wisdom, but also a broader perspective on a topic that affects us all — "Nutrition and Longevity."</p>

	<p>We are privileged to have him here with us today to share his vast knowledge and insights. I now invite Dr. M.J. Nagaonkar to deliver his lecture.</p>
<p>EVENT DETAILS</p>	
<p>OBJECTIVES</p>	<ol style="list-style-type: none"> 1. To understand the molecular and physiological mechanisms by which nutrition influences cellular aging, inflammation, and disease prevention. 2. To discuss the impact of various dietary patterns (e.g., Mediterranean, DASH, plant-based) on long-term health outcomes. 3. To identify key nutrients and supplements (e.g., antioxidants, omega-3s, vitamin D, polyphenols) that may contribute to healthy living. 4. To correlate nutritional status fertility, pregnancy outcomes, and menopausal health. 5. To evaluate the role of nutrition in the prevention and management of age-related chronic diseases (e.g., metabolic syndrome, cardiovascular disease, osteoporosis).

6. To develop strategies for integrating evidence-based nutrition into routine practice.

ATTENDANCE SHEET

D Y Patil Medical College, Kadamwadi, Kolhapur
Department of Obstetrics & Gynaecology
GUEST LECTURE

Date - 26-6-2025

Attendance Sheet

Sr No	Name	Designation	Sign
1	Dr. Neelima Shah	Post GKO	
2	Dr. Sangeeta Desai	Post obs & gyn	
3	Dr. Sagar Walvekar	Asst. Prof.	
4	Dr. Shrinichi M. Pawar	Asso. Prof	
5	Dr. P. D. Shah	Asso. Prof	
6	Dr. R. R. Godbole	Asso. Prof	
7	Dr. A. Rohith	SE	
8	Dr. Hrishika A. Jini	Asso. Prof	
9	Dr. Aparna Kaulavkar	SR	
9	Dr. Shrinika Kumbale	JR-III	
10	Dr. R. Vamsi Prayaga	JR-3	
11	Dr. Rutuja Todkose	JR1	
12	Dr. Samreen Milea	JR2	
13	Dr. Kadambari Tamar Diveshe	JR2	
14	Dr. Lakshmi Mansi Marammeddy	JR2	
15	Dr. Mural Patel	JR-II	
16	Dr. Gheya D	SR	
17	Dr. Ronak Prajapati	JR-III	
18	Dr. Avantika Dhatke	JR-III	
19	Dr. Nishi Madhwar	JR-I	
20	Dr. Hemang Shinde	JR-I	

21) Dr. Nandini B. Bhat	SR-2	NBhat
22) Dr. Subhojit Chatterjee	SR-2	Subhojit
23) Dr. Anandika	SR-2	Anandika
24) Dr. Kavita Kulkarni	Asst. Prof.	Kavita
25) Dr. Ujjwal Misra	SR	Ujjwal
26) Dr. Tyathiraj Tahasildar	Asst. Prof.	Tyathiraj

LEARNING OUTCOME

- A. Understand the relationship between balanced nutrition and healthy aging.
- B. Identify key nutrients that contribute to increased lifespan and reduced age-related diseases.
- C. Explain how dietary patterns such as the Mediterranean or plant-based diets impact longevity.
- D. Recognize the role of calorie restriction and intermittent fasting in promoting cellular health.
- E. Evaluate lifestyle and nutritional interventions that support long-term health and vitality.
- F. Apply evidence-based nutritional strategies to improve quality of life and prevent chronic illness.

**FEEDBACK &
EVALUTATIONS**

The guest lecture on Nutrition And Longevity was highly informative and well-structured. The speaker effectively explained the pathophysiology, clinical features, diagnostic methods, and treatment options related to the condition. The session enhanced our understanding of the impact of endometriosis on women's health and highlighted the importance of early diagnosis and patient-centred care. Overall, it was an engaging and educational experience.

GEOTAGGED PHOTOS





Kolhapur, Maharashtra, India
 244/9, Near Mukti Salnik, Laxminarayan Nagar, Kadamwadi, Kolhapur, Maharashtra
 416005, India
 Lat 16.712349° Long 74.258998°
 26/06/2025 12:44 PM GMT +05:30

Patilwade

Medical Superintendent
Dr. D. Y. PATIL MEDICAL COLLEGE
HOSPITAL & RESEARCH INSTITUTE
KADAMWADI, KOLHAPUR - 416 003

Dr. D. Y. Patil

Prof. & Head of Obst. & Gynae.
Dr. D. Y. PATIL MEDICAL COLLEGE
HOSPITAL & RESEARCH INSTITUTE
KADAMWADI, KOLHAPUR - 416 003.