

Healthy Food Event

Awareness program on

“Healthy Food for Daily Consumption”

4th August, 2018

The Science Club conducted an awareness program on “Healthy food for Daily consumption” to make students and staff aware of the foods which we need to include in our daily life for better health.

Students teams (2-3 members; 17 teams comprising 55 students) prepared posters related to a particular nutritive food item and dishes using that food as the main ingredient. The dishes were made using simple ingredients and simple cooking methods like soaking, sprouting, baking, fermentation, and steaming.

Mrs. B. Kalpana (Dept of Genetics) and Mrs. Mary Nygi Kurian (Dept of Chemistry) judged the poster and dishes. The judges appreciated the information, innovation, and creativity displayed in the posters and dishes.

On the same day, Dr. Deepa Agarwal, Nutritionist and Dietician, Apollo Cradle, Hyderabad, provided free consultation and answers to questions from staff and students about the importance of planning a diet which has to be nutritious and specific to a particular health conditions. Staff and students have highly appreciated the inputs and advice given by her for a healthy life style. BMI (Body Mass Index) was also calculated for the interested students.

Staff from various departments appreciated all the students for their active participation and making everyone understand the importance of foods to be included in our daily diets.

Prize winners for the poster and dishes competition

1. First prize to team of Kanchan Singh, D. Rajashree, and Afroz Zeba (B.Sc. IInd year, M.Bi.C.)
2. Second prize to team of Harshit Mishra, Sarvani Mannapalli Sai Lakshmi, and J. Swati (B.Sc. Ist year, M.Bi.C. and M.G.C.)
3. Third prize to team of Priyanka, Kottam Geeta Lakshmi, and Niharika Sharma (M.Sc. IInd year Biochemistry).