

SEMINAR –
FOOD AWARENESS
PROGRAM ON OBESITY AND
MALNUTRITION

17-06-2022

DESCRIPTION:

“Seminar on Food awareness program -Obesity and Malnutrition”

Malnutrition is a condition when the body is deprived of nutrients, Vitamins and Minerals that are important for the healthy tissues and organ function.

Obesity is the overfeeding of nutrients results in weight gain which intern has complications in the functional concepts of the body.

To enlighten the students a seminar has been organised on 17-06-2022.

CHIEF GUEST:

Faiza. S. (Alumni)

Date: 17-06-2022

Time: 10:30 Am to 12:00 AM

Venue: Hall-1, Ground Floor, Building-I

Event Coordinators:

H.N. Prasanna

P. Neelima

Classes Involved:

MBC-A

BMC-A

II LS boys

St Joseph's Degree College
Sunkesula Road, Kurnool -518004, AP
(Affiliated to Rayalaseema university' Kurnool)

DEPARTMENT OF MICROBIOLOGY

Kurnool

16-06-2022

Dear Sir,

An Alumni of St. Joseph's Degree College Ms. S. Faiza pursuing her M.Sc. As a part of her project, she wants to give a seminar on Food Awareness on Obesity & Malnutrition.

So, The Department of Microbiology is assigned this task. Please make necessary arrangements for the same tomorrow by 10.30 a.m.

Yours Sincerely,

Dr K. Shanta,

Principal,

St. Joseph's Degree College,

Sunkesula Road, Kurnool.

Circular to students

Kurnool,

16-06-2022.

“A seminar on Food Awareness on Obesity & Malnutrition.”

Department of Microbiology is organizing a seminar on food awareness on Obesity and malnutrition on 17-06-2022. In connection with this, you are informed to attend the seminar without fail.

Time: 10:30 A.M

Venue: Hall-1, Ground Floor, Building-I

GIST OF THE EVENT

The department has conducted **“A seminar on Food Awareness on Obesity & Malnutrition.”** On 17-06-2022. A total of **150** attended the seminar. She addressed the gathering on Malnutrition, Obesity and its health effects that are on peak among youngsters. This seminar has created awareness on adoption of healthy eating practices which prevents malnourishment and obesity among the youth. It even emphasized on healthy diet to maintain or improve overall health.

The entire event was an astounding success as it achieved the objective of creating awareness of some important nutritional values among students.

Program Objective:

- To create a deeper awareness of food safety and healthy eating and healthy living for students, teachers and parents.
- To have an understanding to meet the nutritional needs.
- To have an awareness on food hygiene.
- To understand the basis of food diet and the consequences if they are not practised.
- To understand the importance of a well-balanced diet including fluids.
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- Improve nutrition and health outcomes of vulnerable segments (children and women) of the populations through the availabilities of foods that would increase the intake of vegetables and fruits, decrease calory intake and increase micronutrient intake.

Program Outcome:

- Emphasis was placed on the values of a diverse diet.
- The program has given attention on healthier generation through practises such as proper nutrition, sanitation and hygiene.
- Utilize knowledge from foundational sciences as a basis for understanding the role of food and nutrients in health and diseases.

- Improved nutrition, particularly among children and women through change in their nutritional intake and nutritional education.
- Change in consumer behaviour towards increased consumption of a diversified diet of vegetables and fruits, with implications for obesity and diet relate diseases.

DEPARTMENT OF MICROBIOLOGY

2021-2022

Attendance

St. Joseph's Degree College, Sankesula Road, Kurnool-4

Department: **Food Microbiology** on a clerkly and Malabarites Date: **17-04-2022**

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