

# Aurora's Degree & PG College

(ACCREDITED BY NAAC WITH 'B++' GRADE)

Chikkadpally, Hyderabad 500020

Department of Biochemistry



## EVENT REPORT

<b>NAME OF THE EVENT</b>	NUTRI WEEK
<b>TYPE OF EVENT</b>	Department event
<b>FACULTY INCHARGE</b>	G.Bindu, C.S. Bindu
<b>DEPARTMENT</b>	Biochemistry
<b>DATE</b>	3.9.2019-07-09-2019
<b>VENUE</b>	Aurora's Mini Auditorium (Main Block)
<b>TARGET AUDIENCE</b>	Students, Faculty

### **OBJECTIVE:**

- To impart knowledge about nutrition and its role in maintaining good health.
- To create awareness about right nutrition and its importance in daily life.
- Importance of physical activity and exercise for long term health benefits.

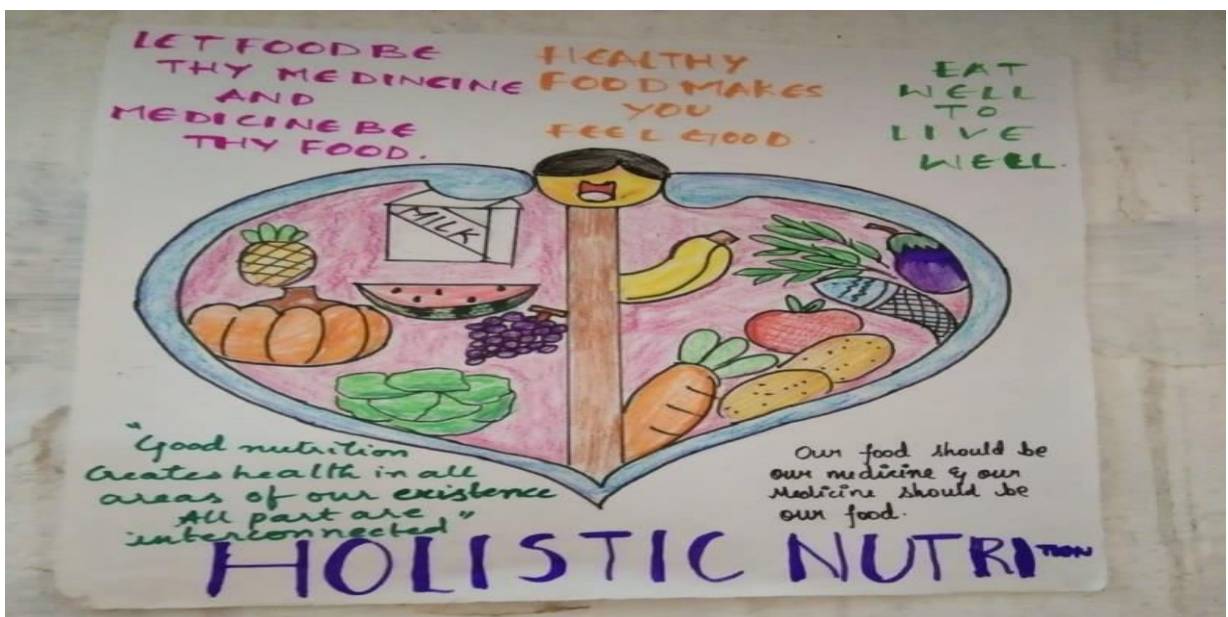
### **BRIEF ABOUT THE EVENT:**

We the Department of Biochemistry celebrated Nutri-week as a part of Nutri club from 20th to 3<sup>rd</sup>-7<sup>th</sup> September 2019. In this connection various competitions were conducted like poster presentation; Milk shake therapy; acrostic poem; Healthy munch; Debate; Yoga & aerobics; guest lecture. The aim of all these competitions was to share the knowledge of nutrition and its vital role in our day today life and also bring awareness about the importance of physical activity for maintaining a healthy life.

### **OUTCOME:**

The lecture was excellent and found to be inspiring and informative. The event was successful and received a positive response. The event was successful with the participation of students and faculty.

**PHOTOGRAPHS:**



## Detail Report

Nutrition is the study of various types of food and their vital role in maintaining good health and welfare. Nutrition significantly promotes human growth and development. But many of us are unaware about the healthy food habits and because of that we suffer from various health issues. So nutri club in our campus gives us flair knowledge about various types of food included in our diet, good healthy food habits and create awareness among people about the value of nutrition. It also helps us to lead a healthy active life style. The main aim of the club is to enlighten the students and faculty in our campus about the importance of nutrition to achieve good health by providing excellent resources available.

### Day 1- 3.9.2019

#### Competition 1: Acrostic poem

It was a spot event. Students were asked to write a poem on the given names of fruits /vegetables.

Winners:

First Prize	M. Chandana	Bt.Bi.C 2A
Second Prize	S.Shravani	Mi.G.C 1
Third Prize	Achutananda	Bt.Bi.C 2A

#### List of participants:

Roll number	Name	Class	Section
1051190488038	A.Tarun Kumar Reddy	Bt.Bi.C 1	A
1051190459006	C.Anagha	Mi.G.C 1	A
1051190488044	B.Pallavi	Bt.Bi.C 1	A
1051190488052	V.Yesheswi	Bt.Bi.C 1	B
1051190488019	A. Sruthilaya	Bt.Bi.C 1	A
1051190459014	K. Manish	Mi.Gi.C 1	A
1051180488039	D.Saisiddarth	Bt.Bi.C 2	A
1051190459052	Sruthi Dubey	Mi.Gi.C 1	B
1051180488010	G.Rishab	Bt.Bi.C 2	A
1051180488011	Gayathri malve	Bt.Bi.C 2	A
1051180488008	E.Rakesh	Bt.Bi.C 2	A
1051190488051	K.S.v Jahnvi	Bt.Bi.C 1	B

1051190488046	T.Suraj	Bt.Bi.C 1	A
1051190488012	K.Rachana	Bt.Bi.C 2	A
1051190471021	A.Arjun	Mi.Bi.C 1	
1051190471025	Y.Goutham	Mi.Bi.C 1	
1051190488062	T.Sudeekshaa	Bt.Bi.C 2	B
1051190459022	J.Pravallika	Mi.G.C 1	A
1051190459059	Kainaath	Mi.G.C 1	B
1051190488020	P.Harshini	Bt.Bi.C 1	A
1051190488021	Reshma	Bt.Bi.C 1	A
1051180488007	D.Harivansh	Bt.Bi.C 2	A
1051190459011	Mitra upadhyay	Mi.G.C 1	A
1051190488022	N.Samvika	Bt.Bi.C 1	A
1051180488021	Achyudananda	Bt.Bi.C 2	A
1051190459049	M.Preksha	Mi.G.C 1	B
1051180488044	P.Shirisha Reddy	Bt.Bi.C 2	A
1051190459062	Fatima	Mi.G.C 1	B
1051180488017	M.Chandana	Bt.Bi.C 2	A
1051190459046	S.Shravani	Mi.G.C 1	A
1051190488002	S. Varsha	Bt.Bi.C 1	A
1051190488042	M.Keerthi	Bt.Bi.C 1	A
1051190459064	Mahak	Mi.G.C 1	B

**Competition: 2 Milkshake therapy**

Students prepared low calorie milkshake .They prepared it with fruits and vegetables.

Winners:

First Prize      Saketh & Chetan      M.S.Cs 1D

Second Prize      Hurthvika & Jahnvi      Bt.Bi.C 1B

Third Prize      Aman singh      B.com Gen 1 C

**List of participants**

Roll number	Name	Class	Section
1051190488063	Sonali thakur	Bt.Bi.C 1	B
1051190488081	R. Sri vaishavi	Bt.Bi.C 1	B
1051-19-401-173	Aman singh	B.Com Gen 1	C

1051-19-467-177	Saketh	MSCs 1	D
1051-19-467-171	Chetan Kumar	MSCs 1	D
1051180471014	K. Manish Kumar	Mi.G.C 1	A
1051-19-467-118	M. Veronica	MSCs 1	C
1051190459057	Preksha Gupta	Mi.G.C 1	B
1051190459054	Ruchitha sharma	Mi.G.C 1	B
1051190488056	Hruthvika	Bt.Bi.C 1	B
1051190488051	Jahnvi	Bt.Bi.C 1	B

**Day 2- 4.9.2019**

**Competition: 1 Healthy Munch**

Students prepared healthy food items made of pulses and explained about their nutritive values. They prepared different types of salads, idli, stuffed sprouts parathas with pulses.

Winners:

First Prize	Saketh & Chetan	M.S.Cs 1D
Second Prize	Shravya & Harshini	B.Com Hon 1 A
Third Prize	Megha Kirthi & M.Nikhil	Mi.G.C 1 A Mi.G.C 1 B

**List of participants**

Roll number	Name	Class	Section
1051-19-407-006	K.Shravya	B.Com Hon 1	A
1051-19-407-034	B.Harshini	B.Com Hon 1	A
1051190488084	K.Ritisha	Bt.Bi.C 1	B
1051190488099	Rohini	Bt.Bi.C 1	B
1051190488050	Chandana	Bt.Bi.C 1	A
1051190488082	Shivaleela	Bt.Bi.C 1	B
1051190488051	K.Jahavi	Bt.Bi.C 1	A
1051190488007	Rishita	Bt.Bi.C 1	A
1051190459034	B. Megha keerthi	Mi.G.C 1	A
1051190459051	M.Nikhil	Mi.G.C 1	B
1051190488023	Gouthami	Bt.Bi.C 1	A
1051-19-488-032	Navya	Bt.Bi.C 1	A
1051190459054	Ruchita sharma	Mi.G.C 1	B

1051190459011	Mitra	Mi.G.C 1	B
1051-19-467-177	Saketh	MSCs 1	D
1051-19-467-171	Chetan Kumar	MSCs 1	D
1051190471024	Keerthana	Mi.Bi.C 1	
1051190471025	Goutham	Mi.Bi.C 1	
1051190488026	Rohini	Bt.Bi.C 2	A
1051190488019	Shravani	Bt.Bi.C 2	A
1051190488025	Reema Ghosh	Bt.Bi.C 2	A
1051190488036	Supraj Teja	Bt.Bi.C 2	A

**Competition: 2 Fortified foods (Debate & Discussion)**

The debate was on advantages and disadvantages of fortified foods.

Winners:

Team B:

Megha keerthi      Mi.G.C 1 A

Rohan                Mi.G.C 1 A

Abhishek            Mi.Bi.C 1

Saikrishna           B.Com 1 B Hon

**List of participants**

Roll number	Name	Class	Section
1051190459034	Megha keerthi	Mi.G.C 1	A
1051-19-459-050	Rohan	Mi.G.C 1	A
1051-19-471-001	Abhishek	Mi.Bi.C 1	
1051-19-407-079	Saikrishna	B.Com 1 Hon	B
1051-19-407-070	Yogesh	B.Com 1 Hon	B
1051-19-407-074	Vidhya	B.Com 1 Hon	B
1051190459051	M.Nikhil	Mi.G.C 1	B
1051190471025	Goutham	Mi.Bi.C 1	
1051190488051	Jahnvi	Bt.Bi.C 1	B
1051-19-488-072	Santhoshi	Bt.Bi.C 1	B

**Day 3- 5.9.2019**

**Competition: Poster Presentation (Theme: Holistic Nutrition)**

Students explained about various types of traditional foods followed in our country during ancient times and their nutritive values.

Winners:

First Prize      Nagalakshmi & Harika      Bt.Bi.C 1 B  
 Second Prize    Pavan & Suraj                              B.Com Gen 1 C

### List of participants

Roll number	Name	Class	Section
1051-19-488-044	B.Pallavi	Bt.Bi.C 1	A
1051-19-488-062	Harika	Bt.Bi.C 1	B
1051-19-488-069	Nagalaxmi	Bt.Bi.C 1	B
1051-19-488-056	Hruthvika	Bt.Bi.C 1	B
1051-19-401-181	Pavan	B.Com Gen 1	C
1051-19-401-152	Suraj	B.Com Gen 1	C
1051-19-407-094	G.Preethi	B.Com Hon 1	B
1051-19-407-081	Kanishka	B.Com Hon 1	B
1051-19-401-183	Rahul	B.Com Gen 1	C

### Day 4-6.9.2019

#### *Physical activity – For cheerful and lively life.*

The event was conducted to train the students for simple aerobics by final year students Sushmitha and Nazia Banu of Mi.Bi.C III yr. Yoga session was supervised by Mr. Omprakash Yadav and Ms. Mahitha, faculty of Computer Science.

### List of Participants

Roll number	Name	Class	Section
1051-19-488-056	Hruthvika	Bt.Bi.C 1	B
1051-19-401-181	Pavan	B.Com Gen 1	C
1051-19-401-152	Suraj	B.Com Gen 1	C
1051-19-407-094	G.Preethi	B.Com Hon 1	B
1051-19-407-081	Kanishka	B.Com Hon 1	B
1051-19-401-183	Rahul	B.Com Gen 1	C
1051190488038	A.Tarun Kumar Reddy	Bt.Bi.C 1	A

1051190459006	C.Anagha	Mi.G.C 1	A
1051190488044	B.Pallavi	Bt.Bi.C 1	A
1051190488052	V.Yesheswi	Bt.Bi.C 1	B
1051190488019	B. Sruthilaya	Bt.Bi.C 1	A
1051190459014	K. Manish	Mi.Gi.C 1	A
1051180488039	D.Saisiddarth	Bt.Bi.C 2	A
1051190459052	Sruthi Dubey	Mi.Gi.C 1	B
1051180488010	G.Rishab	Bt.Bi.C 2	A
1051180488011	Gayathri malve	Bt.Bi.C 2	A
1051180488008	E.Rakesh	Bt.Bi.C 2	A
1051190488051	K.S.v Jahnvi	Bt.Bi.C 1	B
1051190488046	T.Suraj	Bt.Bi.C 1	A
1051190488012	K.Rachana	Bt.Bi.C 2	A
1051190471021	A.Arjun	Mi.Bi.C 1	
1051190471025	Y.Goutham	Mi.Bi.C 1	
1051190488062	T.Sudeekshaa	Bt.Bi.C 2	B
1051190459022	J.Pravallika	Mi.G.C 1	A
1051190459059	Kainaat	Mi.G.C 1	B
1051190488020	P.Harshini	Bt.Bi.C 1	A
1051190488021	Reshma	Bt.Bi.C 1	A
1051180488007	D.Harivansh	Bt.Bi.C 2	A
1051190488062	T.Sudeekshaa	Bt.Bi.C 2	B
1051190459022	J.Pravallika	Mi.G.C 1	A
1051190459059	Kainaat	Mi.G.C 1	B

#### **Day 4-6.9.2019**

#### **Nutri –bread**

Stalls were put up where students made healthy foods with low calorie and sold them to other students and faculty at a reasonable price. This was conducted to give an idea to the students, how healthy foods can be sold profitably.



**Day 5-7.9.2019**

***Guest lecture on women nutrition by Dr.P. Janaki Srinath.***

A guest lecture by Dr.P.Janaki Srinath, Nutritionist on “Women Nutrition” was delivered on 7<sup>th</sup> September 2019 for girl students of our college.

Dr.P.Janaki initiated the session with basic information of different facets of life based on nutrition. She explained about the importance of right food and life style disorders. She also discussed about various health issues of women and their treatment with various home remedies. Her lecture focused on present day scenario of nutrition in the society. She enlightened us about various simple diet plans for different age groups of women. She discussed on importance of physical activity and exercise for long term health benefits.

### **LIST OF THE STUDENT COORDINATORS**

Roll number	Name	Class	Section
105117471019	P.Sushmitha	Mi.Bi.C III	
105117471038	Nazia Banu	Mi.Bi.C III	
105118488019	Shravani	Bt.Bi.C II	A
105118488026	Rohini	Bt.Bi.C II	A
105118488009	Manasa	Bt.Bi.C II	A
105118488025	Reema Ghosh	Bt.Bi.C II	A
105118488036	Supraj Teja	Bt.Bi.C II	A
105118488014	Shivani	Bt.Bi.C II	A
105118488021	Achyudananda	Bt.Bi.C II	A
105118488058	K. Pravalika	Bt.Bi.C II	B

### **JUDGES:**

Acrostic poem: Aslam shreef (Dept. of physics and Electronics)

Milk shake therapy: Suzane Delima & Vasudevan (Dept. of Microbiology)

Nutri munch: C. Aruna kumar & L. Radhika rani (Dept. of physics and Electronics)

Poster presentation: G. Rahul (Dept. of Biotechnology)

Physical activity supervisor: Om prakash yadav & Mahitha (Dept. of computer science)

**PHOTOGRAPHS:**



