

NUTRITION AWARENESS ACTIVITY

AT
UNIVERSITY OF MYSORE,
MYSURU

AUTHOR
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Protein Foods and Nutrition Development Association of India (PFNDAI) and the department of Food Science and Nutrition, University of Mysore jointly organised a Nutrition Awareness Programme for UG students of Nutrition at Vigyan Bhavan, Manasagangotri campus, Mysore, on 7th of Feb 2020.

The theme of the event was *“Good Nutrition: Key to development for better tomorrow”*. The sponsors were Marico, Britannia Industries and Aruna Masalas.

The event was inaugurated by Prof. U.V Mani, UGC Emeritus Scientist, Food Science and Nutrition and Former HOD, MS University, Vadodara. He advised young students to take nutrition profession into great heights with their talents and to advise right nutrition practises.

Four UG colleges Participated with great enthusiasm in the competitions - Maharani's Science

College for Women, Yuvaraja's College, JSS college of Life Sciences and St. Philomina's college.

Three competitions were held as part of the programme which included

1- **Recipe competition** “Desi-Dia Foods” healthy dishes which are diabetic friendly!

2- **Skit competition** on the theme of the programme “Good Nutrition: Key to development for better tomorrow”

3- **Pick and Ad - Diabetes!** Don't sugar coat it” a food to be picked and advertised for Diabetes.

Following are the prize winners:

1. **Recipe competition**
1st Prize- Manasa D. &Srikari K. N from Maharani's College.

2nd Prize- Swasthika PY & Amrutha M from Maharani's College.

3rd prize- Saba Saher & Faiza Siddique from J.S.S. College

2. **Pick and Ad competition**
1st Prize- Vinusha R. Gowda & Srikari K. N from Maharani's College.

3. **Theme based skit**
1st prize winners-
• Vishmitha H V

• Sahana A.S.

• Kusuma K,

• Roopa R

• Devika M.K.

• Arpitha C

• Thejaswini

• Bhoomika

• Rahul S

• Mohammed Nazeem

• Vinod Raj

The Programme included seminar on the theme and various speakers spoke about importance of right nutrition for future development.

Ms. Swechha Soni, Nutritionist, PFNDAI gave an introduction about PFNDAI and its activities. She also delivered a talk on “The World of Spices” giving significance to various traditional spices due to their medicinal properties that should be included in our diets to keep away from non-communicable diseases.

Dr Asna Urooj, Professor & Chairperson, Dept. of Studies in Food Science & Nutrition, University of Mysore spoke on “Investing in Nutrition: The Foundation for

Development” mentioning the critical nutrition related issues in the country.

Dr A Jyothi Lakshmi, Sr. Scientist, Protein Chemistry and Technology Department, CSIR-CFTRI, Mysore delivered a talk on “Proteins ingredients – Applications in health and nutrition supplements”. In her talk she covered the importance of protein and its need in the diets of the Indian population. She also talked about various technological aspects that are involved in the making of various types of protein supplements.

Dr Rohini Sharma, Consultant Nutritionist, Coimbatore talked on “Healthy Future with Smart Food Choices”. She emphasized on how

the kind of food we eat now, affects the kind of lifestyle we have in the future.

She highlighted that it is important to make the right food choices and eating Healthy without getting diverted to the unhealthy options which would help each individual to prevent and tackle with the lifestyle disorders.

Prof. G Venkatesh Kumar, Dean-Faculty of Science, University of Mysore, delivered the valedictory speech and distributed the prizes the winners.

The program ended with the vote of thanks to the Sponsors, Speakers, Judges, Organizers, participants and the audience.

BANNER

The banner features a colorful geometric border. At the top left is the PFNDAI logo, a green starburst shape. At the top right is the University of Mysore crest. The central text reads: **'NUTRITION AWARENESS ACTIVITY'** & Seminar on **“Good Nutrition –Key to Development for a Better Tomorrow”**. It is organized by the **University of Mysore Dept. of Studies in Food Science & Nutrition** in collaboration with **PROTEIN FOODS AND NUTRITION DEVELOPMENT ASSOCIATION OF INDIA**. The event took place on **Friday, 7th February, 2020**. It was supported by **MARICO, BRITANNIA, ARUNA MASALAS**. The venue was **Vijnana Bhavana auditorium, Manasagangotri, Mysuru-570006**. At the bottom are the logos for **marico**, **BRITANNIA**, and **Aruna** (Taste & Trust Since 1959).



Dr Asna Urooj- Speaker



Dr A Jyothi Lakshmi- Speaker



Dr Rohini Sharma- Speaker



Ms. Swechha Soni- Speaker



Inauguration of the Event by the hands of Prof. UV Mani

Dr Asna Urooj, Ms Swechha Soni & Dr Rohini Sharma





Organising team with judges & speakers



Skit Participants



Awarding competition winners