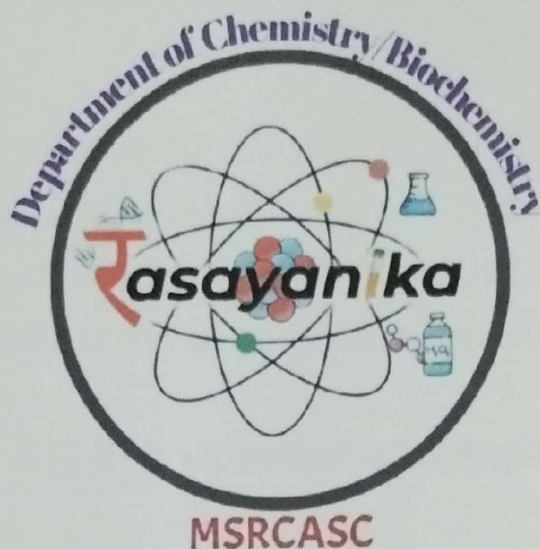




RAMAIAH

College of Arts, Science
& Commerce - Autonomous



NATIONAL NUTRITIONAL WEEK

FIRST WEEK OF SEPTEMBER

"FEEDING SMART RIGHT FROM START"

Step into the world of Nutrition & elevate your experience by participating in:

- 1. Fireless Feast**
- 2. Nutritional plating**
- 3. Nourish the Flourish**
- 4. Knowledge knockout**

FACULTY CO-ORDINATOR

RAMYA KUMARI B.S



I. FIRELESS FEAST

(Cooking without fire)

To challenge participants to creatively prepare a nutritious and balanced meal without using any heat source. The aim is to emphasize the importance of incorporating a variety of healthy ingredients through simple food.

CATEGORY: All life science students .

RULES

1. Kindly carry your own materials.
2. You must cook without using fire.
3. You are requested to make nutritional food only.
4. Participation is restricted to pair, with the maximum of two individuals per group. Solo entries will not be accepted.
5. TIME LIMIT : 55 mins + 5 mins

FOR REGISTRATION CONTACT:

Date: 02/09/2024

Timings: 12:00 p.m to 1:00 p.m

Event head

BHAVYA SINGH
(B.Sc BT/MB/Chem 1st sem)

98352 55819

2. NOURISH THE FLOURISH (Nutritional Awareness)

CONTENT: Calling All budding Researchers! In Nutritional Awareness Camp.

THEME: "Feeding smart right from start"

Giving Awareness From Science Students to Non-Science classes. You'll receive Topics, content, to transform the information. Let your interpretation skills and creativity shine .

CATEGORY: Open for 1st Sem Students

RULES

1. The topic and content will be given by the Event Head, the participants should gather the information accordingly.
2. Placards or Charts should be prepared by the participants
3. Each team Should contain 3 participants.

FOR REGISTRATION CONTACT:

Date: 03/09/2024
Timings: 11:00 a.m onwards

Event head
AISHWARYA H REDDY
(B.Sc BT/MB/Chem 1st sem)
96863 12706

3. NUTRITIONAL PLATING

(Food Platter Decoration)

Each contestant must create a balanced and visually appealing nutritional plate using FRUITS and VEGETABLES that are rich in carbohydrates, proteins, vitamins, fats and roughage. Decorate your plates with all your raw materials . The decorated plate should consist of a well planned diet and should be aesthetically pleasing.

CATEGORY: All life science students.

RULES

1. The decorated plate should consist of fruits and vegetables only.
2. It is a single participant entry.
3. Participants should bring their own materials(Raw materials, tools, plate for plating)
4. The decorated plate should be complementary, creative and visually pleasing.
5. TIME LIMIT : 40 mins + 5 mins

FOR REGISTRATION CONTACT:

Date: 04/09/2024

Timings: 12:00 p.m to 1:00 p.m

Event head

AKSHAYA.N

(B.Sc BT/MB/Chem 1st sem)

94829 50125

4. KNOWLEDGE KNOCKOUT

(Quiz competition)

A quiz is a fun and interactive way to test knowledge and understanding. It's a competitive event that stimulates critical thinking and learning. Participating in a quiz is a great way to challenge yourself and showcase your expertise!

CATEGORY: All life science students

RULES

1. Team Size: individual
2. Quiz Format : multiple choice, true/false. Open - ended
3. Rounds: 2 rounds
4. Time Limit: 30 sec for each question
5. Scoring: 1 point per correct answer.
6. Specific Theme: Questions will be based on [, e.g., nutrition, biochemistry, Chemistry)
7. Language: Quiz will be conducted in english
8. Audio/Visual: Questions may include audio or visual elements

**KINDLY NOTE THAT PARTICIPANTS
ARE REQUESTED BRING A PEN AND
A PLAIN SHEET OF PAPER**

FOR REGISTRATION CONTACT:

Date: 05/09/2024

Timings: 12:00 p.m to 01:00 p.m

Event head

SHRINIDHI

(B.Sc BT/MB/Chem 1st sem)

63619 90945

Department of Chemistry and Biochemistry

Report on Nutrition Week

Introduction: Nutrition Week is an annual event dedicated to raising awareness about the importance of nutrition for overall health and well-being. It is observed globally, typically in the first week of September, though the exact dates can vary by country or region. During this week, organizations, health professionals, and schools focus on educating the public about healthy eating habits, the benefits of proper nutrition, and how diet impacts various aspects of life, such as physical health, mental well-being, and disease prevention.

Theme of Nutrition Week: Each year, Nutrition Week will have a specific theme, focusing on different aspects of nutrition. This year it was **"Feeding smart right from start"**. These themes guide the activities and initiatives during the week, emphasizing a particular facet of nutrition that aligns with current public health priorities.

Objectives of Nutrition Week:

1. **Raising Awareness:** Nutrition Week aims to inform the public about the critical role that nutrition plays in health.
2. **Promoting Healthy Habits:** It encourages individuals to adopt healthier eating habits, including increased consumption of fruits, vegetables, whole grains, and lean proteins.
3. **Preventing Diseases:** One of the key focuses is the prevention of nutrition-related diseases like obesity, diabetes, cardiovascular diseases, and malnutrition.
4. **Educating Families and Communities:** Nutrition Week promotes the idea that proper nutrition starts at home, emphasizing the importance of educating families about making healthier food choices.

Key Activities during Nutrition Week:

- **Fireless Feast:** These are held in schools, workplaces, and healthcare settings to educate people on balanced diets, the importance of hydration, and understanding food labels.
- **Nutritional Plating:** Some events include free health screenings for diseases that are related to poor nutrition, such as diabetes, hypertension, and obesity.
- **Nourish the flourish:** Healthy cooking demonstrations are conducted to show people how to prepare nutritious meals on a budget and with minimal time investment.
- **School and Community Programs:** Educational programs are often implemented in schools, where students learn about the nutritional value of foods and healthy meal planning.
- **Social Media Campaigns:** Online campaigns help spread information about nutrition through posts, videos, and info graphics, reaching a wider audience.

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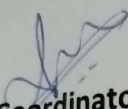
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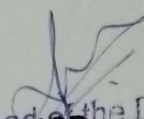
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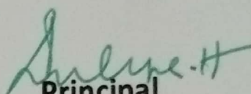
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Conclusion: Nutrition Week serves as a valuable platform for raising awareness about the importance of proper nutrition in maintaining good health. By promoting healthier eating habits and educating communities, it helps prevent many chronic diseases linked to poor diet. The event underscores the need for continued education about nutrition and provides individuals with the tools to make informed food choices for better health outcomes.


Coordinator

Ramya Kumari B S


HOD
Head of the Department
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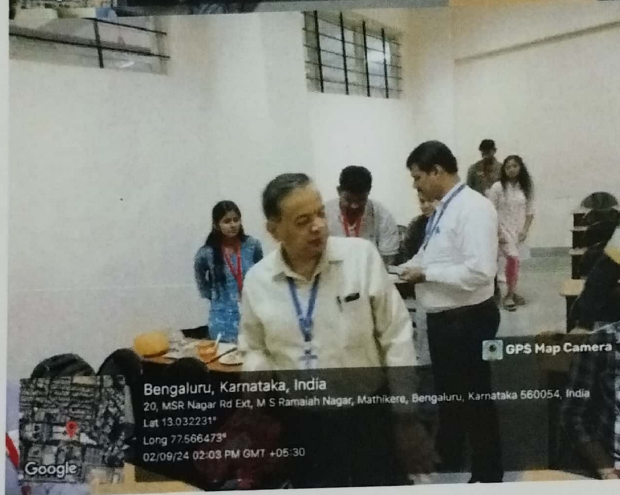
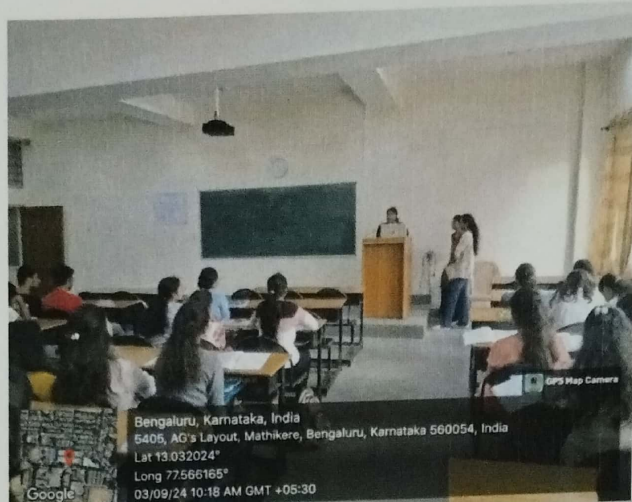

Principal

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