

**A.S.D. GOVERNMENT DEGREE COLLEGE FOR WOMEN (A)**

**Affiliated to Adikavi Nannaya University**

**Jagannaickpur, Kakinada.**

**DEPARTMENT OF HOME SCIENCE**



**Nutrition Awareness through  
National Nutrition Week Celebrations**

**2023-2024**

## A.S.D. Govt. Degree College for Women (A) Kakinada-533002

(Affiliated to Adikavi Nannaya University,

Bajamahendrapuram)

Re-accredited by NAAC with B Grade in Cycle III

### STATE LEVEL NATIONAL NUTRITION MONTH CELEBRATIONS

29<sup>th</sup> September 2023



#### Programme Schedule:

10:00-11:00AM: Inauguration

11:00 – 12 PM: Session by District Assistant Food Controller

12:00 – 1:00 PM: Power Point Presentations (Role of Millets for Ensuring Health and Nutritional Security in India)

1:00 - 2:00 PM: Lunch Break

2:00 – 3:00 PM: Short Video Presentation (Millet Recipes)

3:00-4:00 PM: Poster Presentation (Millets as Super Foods) Millet Art (Rangoli on chart paper)

4:00-5:00 PM: Valedictory and Prize Distribution

Chief Patron: Dr. POLA BHASKAR, IAS  
Honorable Commissioner of Collegiate Education,  
Andhra Pradesh, Mangalagiri

Patron: Dr. CH. KRISHNA  
RJDCE Zone II, Bajamahendrapuram

President: Dr. V. ANANTHA LAKSHMI, M.Sc., M.Phil., Ph.D.,  
Principal

Vice President: SMT. M. SUVARCHALA  
Vice Principal

Convener: Dr. G. ANITA,  
Lecturer in Home Science

Co Convener: Dr. K. LAVANYA  
Lecturer in Home Science

Organizing Secretary: Ms. MALLESWARI  
Lecturer in Home Science

#### ORGANIZING COMMITTEE:

1. Smt. M. VASANTHA LAKSHMI  
IQAC Convener & Incharge, Dept. of Zoology
2. Dr. K. XAMUNA  
Controller of Examinations
3. Ms. Y. SITAMAHALAKSHMI  
Incharge, Dept. of History
4. Dr. D. KRISHNA GAYATRI  
Incharge, Dept. of Telugu
5. Sri. B. SURYANARAYANA  
Incharge, Dept. of Physics
6. Smt. D. JAYASREE  
Incharge, Dept. of Microbiology
7. Dr. K. ANITHA  
Incharge, Dept. of Chemistry
8. Smt. K.N.V.S.N. ESWARI  
Incharge, Dept. of Botany
9. Kum. G. PAVANI DEVI  
Incharge, Dept. of Economics
10. Sri. R. R. D. SRISHA  
Incharge, Dept. of Commerce
11. Smt. N.N.S. ESWARI  
Incharge, Dept. of Computer Science
12. Kum. A. SWATHI  
Incharge, Dept. of Hindi
13. Dr. P. SHANTHI  
Incharge, Dept. of English
14. Dr. G. PRAMEELA RANI  
Physical Director

Address for Communication  
Smt. M. Suvarchala 93464512694  
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E-mail: [asdhomecience@gmail.com](mailto:asdhomecience@gmail.com)



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### STATE LEVEL NATIONAL NUTRITION MONTH CELEBRATIONS

29<sup>th</sup> September 2023

THEME:  
**MILLETS-THE SUPER FOODS**

Organized by

DEPARTMENT OF HOME SCIENCE  
Under INTERNAL QUALITY ASSURANCE CELL (IQAC)

## ABOUT THE COLLEGE

“Annavam Satyavathi Devi Government Degree College for Women”, was named after the goddess Satyavathi Devi of Annavam. It was established in 1962 with the objective of emancipation and empowerment of women in higher education. The logo represents “Sthree Vidya Pravardhatam”, which means, ‘Women Education Shall Prosper’.

Initially, the college began with general UG Courses like B.A., and B.Sc. Later, B.Sc – Home Science in 1963, B.Com Courses in 1991 and B.Sc – Microbiology in 1998 was introduced. At present the college is offering B. A, B.Com and B.Sc. courses with various combinations. From the academic year 2023-24, the college is offering single major Honours courses in Mathematics, Physics, Chemistry, Computer Science Botany, Zoology, Home Science, Economics and Political Science. Apart from these, post-graduation courses are offered in Commerce, Telugu and Organic Chemistry. Around 1200 hundred students are pursuing their education in this college.

This is the only Government Degree College for Women in the entire coastal belt with an attached Hostel facility. The Staff work with dedication, commitment and cooperation. The college presented itself before the ‘NAAC’ in September 2018 and was reaccredited with ‘B’ grade. The college is conferred with Autonomous status for the second cycle

## ABOUT THE DEPARTMENT OF HOME SCIENCE

The Department of Home Science was established in the year 1962-63. Initially the department has offered the course in both Intermediate and Under Graduation levels. But now only UG course is offered. The curriculum was formulated to suit the needs of both urban as well as rural girl students. The department of Home Science has touched a significant milestone in 2023, by completing sixty glorious years of fruitful functioning and it is functioning with pronounced academic spirit, and extension might. From the academic year 2023-24, the department is offering B.Sc Honours in Home Science Faculty members of the department keep abreast of the latest developments in their respective field of study by attending Seminars, Workshops and Refresher courses. They act as

subject experts, resource persons, and consultants for various Government and Non-Government Organisations.

B.Sc. Home Science is a course that gives students exposure to real life situations and skills required to play their active role in building up of a healthy family and society as informed citizens. The course is designed to train the students to increase professional skills, develop insights into home and family living and enter a wide range of career options. Home Science offers a wide range of subjects at the UG level and also inculcates entrepreneurial skills among the students.

The Vision of the department is to impart knowledge, skills and competencies for the empowerment of girl students and thus contribute for a healthy family and society.

The alumni of the department are settled in versatile professions such as CDPOs, Extension Officers, Dieticians, Preschool Managers, Interior Designers, apparel designers, community coordinators for development programmes, Quality Control Officers in Food Industries etc. Some of the alumni have grown into entrepreneurs.

## THEME / OBJECTIVE OF THE PROGRAMME

The National Nutrition Mission 2023 or Rashtriya Poshan Maah is being celebrated during the month of September. Every year the Poshan Maah is celebrated under POSHAN Abhiyaan, which was launched in 2018. The objective of the Rashtriya Poshan Maah (RPM) is to ensure community mobilization and bolster people’s participation for addressing malnutrition amongst young children, and women and to ensure health and nutrition for everyone.

Millets are the only crop that will address important issues in the future like food, feed, fuel, malnutrition & health. Recognizing the importance of millets and creating a domestic and global demand along with providing nutritious food to the people, the Government of India lead the UN General Assembly (UNGA) resolution for declaring the year 2023 as “International Year of Millets”.

Millets are cereal crops and small seed grasses, which are widely used in African and Asian countries. Since ages, these small crops were used for human consumption as well as a fodder for animals. The energy, proteins, good fats, minerals

and vitamins that millets provide makes them a super food. Millets are rich in fiber, protein, vitamins, and minerals, making them an excellent addition to a healthy diet. Apart from being a rich source of nutrients, millets ensure food and nutrition security as they are tolerant to drought and extreme weather conditions.

In recognition of the importance of millets as a nutritious and sustainable food source, Food and Agriculture Organization (FAO) and the United Nations General Assembly has declared 2023 as the International Year of Millets. This initiative aims to raise awareness about the nutritional and ecological benefits of millets and promote their consumption worldwide.

India has witnessed an alarming rise in lifestyle diseases like diabetes mellitus, hypertension, cardiovascular diseases, Renal disorders etc., the major reasons being sedentary life style coupled with excessive consumption of processed foods. After the pandemic, people have realized the need for boosting the immunity levels and millets have become the healthy option. There is robust scientific evidence to suggest that consumption of millets reduces progression of prediabetes, results in better glycemic control, reduces body mass index (BMI), and mitigates atherosclerotic cardiovascular disease risk.

The theme of National Nutrition Month 2023 is “Healthy Diet Going Affordable for All” In view of this, A.S.D Government Degree College for Women (Autonomous), Kakinada is planned to create awareness on the health benefits of millets as well as introduce them to the innovative and also traditional recipes using millets which can be a healthy option for nutrient rich diet

## LIST OF COMPETITIONS

- Power Point Presentations
- Poster Presentation
- Short video of innovative millet recipes
- Innovative Millet Recipe Competition
- Millet Art
- Online Quiz on Food and Nutrition

## REGISTRATION FEE:

**Rs.50 per student (Only 5 students per college can participate in the programme)**


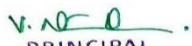
# A.S.D.GOVERNMENT DEGREE COLLEGE FOR WOMEN (A)

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Jagannaickpur, Kakinada.

## DEPARTMENT OF HOME SCIENCE

### Activity Register 2023-2024

<b>Date</b>	29-09-2023
<b>Conducted through (DRC/JKC/ELF/NCC/NSS/Department etc.,)</b>	Department of Home Science
<b>Nature of Activity (seminar/workshop/exten Lecture etc)</b>	Awareness Programme
<b>Title of the Activity</b>	National Nutrition Week Celebrations
<b>Name of the Department/ Committee</b>	Department of Home Science
<b>Details of Resource persons ( Name, Designation etc.,)</b>	Department Staff
<b>No. of Staff and students participated</b>	Staff: 33, Students: 54
<b>Brief Report on the activity</b>	National Nutrition Month 2023 at A.S.D Government Degree College for Women focused on addressing malnutrition and promoting health, particularly among women and children. Aligned with the International Year of Millets, the event emphasized millets as a sustainable, nutritious food to combat lifestyle diseases. A variety of activities, including PowerPoint presentations, millet recipe competitions, poster displays, and millet art, engaged students and the local community in promoting healthy eating habits. The program successfully raised awareness about the ecological and nutritional benefits of millets, encouraged healthy lifestyle changes, and highlighted their affordability as part of a sustainable diet for all.
<b>Name of the Lecturers who planned &amp; conducted the activity</b>	Department Staff
<b>Signature of the Department In-charge/ Convener of the Committee</b>	 M. Suvarchala Lecturer in H.rr Science A.S.D. Govt. DEGREE COLLEGE (W) KAKINADA
<b>Signature of the Principal</b>	 PRINCIPAL A.S.D.GOV.T.DEGREE COLLEGE (W) AUTONOMOUS KAKINADA
<b>Remarks</b>	

## Circular

All the department incharges are requested to encourage the students of your department to participate in state level "Nutrition week Celebrations 2023" on 29.09.2023.

Participation certificates will be given to all the participants. [ & ] prizes will be given for each competition. Please cooperate and make it a grand success.

H. Sureshchala

V. Ananta Reddy  
27/9/23

Note: There is Cookery Competition for the staff. Prizes will be given. Using Millets only.

1. N.N.S. Sowai  
27/9/23

2. Musuvudu  
27/9/2023

3. N. Prasa  
27/9/2023

**A.S.D.GOV.T.DEGREE COLLEGE WOMEN (A) KAKINADA  
LIST OF TEACHING STAFF**

S. No.	Name of the employee	Designation	Signatures
1	Dr.V.Anatha Lakshmi	Principal	
2	M.Suvarchala	Lec in Home Science	
3	P.Sanjatha	Lec in English	
4	Y.Swarna Sri	Lec in English	
5	Dr.P.Santhi	Lec in English	<i>P.Santhi</i>
6	Dr.D.Krishna Gayatri	Lecturer in Telugu	<i>D.Krishna Gayatri</i>
7	Dr.P.Nagamallika	Lecturer in Telugu	<i>P.Nagamallika</i>
8	Dr.K.Syamala Devi	Lecturer in Telugu	<i>K.Syamala Devi</i>
9	A.Swathi	Lecturer in Hindi	<i>A.Swathi</i>
10	P.Mallikarjuna Sarma	Lec. In Chemistry	
11	Dr.K.Jhansi Lakshmi	Lec. In Chemistry	<i>K.Jhansi Lakshmi</i>
12	Dr. K.Anitha	Lec. In Chemistry	
13	P.Leena	Lec.in Chemistry	<i>P.Leena</i>
14	K.N.V.S.N.Eswari	Lec.in Botany	<i>K.N.V.S.N.Eswari</i>
15	Dr.M.Sulakshana	Lec.in Botany	<i>M.Sulakshana</i>
16	K.Vekateswararao	Lec. In Physics	
17	B.Suryanarayana Devara	Lec. In Physics	<i>B.Suryanarayana Devara</i>
18	D.Jaya Sree	Lec. In Micro Biology	<i>D.Jaya Sree</i>
19	M.Vasatha Lakshmi	Lec. In Zoology	<i>M.Vasatha Lakshmi</i>
20	S.Madhavi	Lec. In Zoology	<i>S.Madhavi</i>
21	K.Lavanya	Lec. In H.Science	<i>K.Lavanya</i>
22	Dr. G.Anitha	Lec. In H.Science	<i>G.Anitha</i>
23	Y.Sita Maha lakshmi	Lec.in History	
24	Dr. K.Yamuna	Lec.in Economics	
25	G.Pavani Devi	Lec.in Economics	<i>G.Pavani Devi</i>

26. L. Malleswari

Lec. in Home Science

*L. Malleswari*

27. K. Sanyalakshmi

G/P. in Computer Science

*K. Sanyalakshmi*

28. Dr. R. Anand Devi

G/Fin Sanskrit

*Dr. R. Anand Devi*

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## **DEPARTMENT OF HOME SCIENCE**

1	10.00	Inviting the guests
2	10.05-10.15	Lighting the Lamp & Prayer
3	10.15 – 10.20	President Opening Remarks <b>Dr. V. Anantha Lakshmi</b> Principal
4	10.20-10.25	Vice president Remarks <b>Smt. M. Suvarchala</b> , Vice Principal
5	10.25-10.30	Welcome Address <b>Dr. G. Anitha</b> , Lecturer in Home Science
6	10.30-11.00	Address by the Chief Guest <b>B. Sreenivas</b> , Asst Food Controller, Kakinada Dt.,
7	11.10-11.10	Felicitation of the guests & Memento presentation
8	11.10 -11.15	President Closing Remarks
9	11.15 – 11.20	Vote of Thanks <b>Dr.K.Lavanya</b> , Lecturer in Home Science
10	11.20 -11.30	Break

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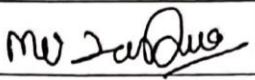
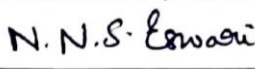


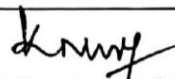

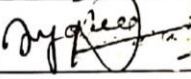
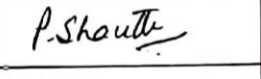
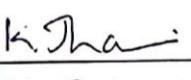
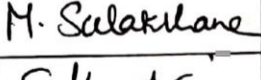
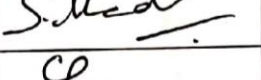


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## DEPARTMENT OF HOME SCIENCE

List of staff involved in conducting National Nutrition Month Celebrations

In view of the State level Nutrition Month Celebrations, the following committee members are deputed as evaluators/judges to evaluate various competitions which will be held on 29-09-2023.

S. No	Name of the evaluator	Type of competition	Title Theme	Signature of the evaluator
1	Smt. M.Vasantha Lakshmi, Lec. In Zoology	PowerPoint presentation	Role of Millets for ensuring Health and Nutritional Security in India	
2	Smt.N.N.S.Eswari, Lec. in Computer Science			
3	Sr. B. Suryanarayana Devara, Lec. in Physics	Short video	Millet based innovative recipes	
4	Ms. G. Pavani Devi, Lec. in Economics			
5	Dr.K. Anitha, Lec. in Chemistry	Poster Presentation	Millets as super foods	
6	Smt. KNVSN Eswari, Lec. in Botany			
7	Ms. A. Swathi, Lec. in Hindi			
8	Smt.D.Jayasree Lec. in Microbiology	Recipe Competition	Innovative Millet Recipes	
9	Dr.P.Shanthi, Lec. in English			
10	Dr. K. Jhansi Lakshmi, Lec. in Chemistry			
11	Dr. M. Sulakshana, Lec. in Botany	Millet Art	Rangoli theme with millets	
12	Smt. S. Madhavi, Lec. in Zoology			
13	Ms. G. Pavani Devi, Lec. in Economics	Quiz Competition	Basics of Foods and Nutrition	
14	Staff, Home Science			

V. Ananta Lal  
PRINCIPAL 27/9/23



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## **DEPARTMENT OF HOME SCIENCE**

### **Report**

#### **Introduction**

National Nutrition Month (Rashtriya Poshan Maah) 2023 was celebrated during the month of September under the POSHAN Abhiyaan, which was launched in 2018. This year, the focus was on addressing malnutrition and promoting health and nutrition, especially among women and children. A.S.D Government Degree College for Women (Autonomous), Kakinada, organized district level workshop to create awareness about healthy eating practices, with a special emphasis on the benefits of millets as a superfood. The theme for 2023, “**Healthy Diet Going Affordable for All,**” was well-aligned with the celebration of the International Year of Millets, declared by the United Nations General Assembly (UNGA).

The program highlighted the importance of millets as a sustainable and nutritious food source, especially in the context of rising lifestyle diseases like diabetes, hypertension, and cardiovascular conditions. Millets were showcased as a healthy alternative to processed foods, and their inclusion in the diet was advocated for their ecological and nutritional benefits.

#### **Objectives of the Program**

1. To promote student community participation in addressing malnutrition.
2. To create awareness about the nutritional and ecological benefits of millets.
3. To introduce innovative and traditional millet-based recipes.
4. To encourage healthy eating habits and lifestyle changes to combat lifestyle diseases.
5. To foster creative engagement through various competitions.

#### **Program Highlights**

The celebration at A.S.D Government Degree College for Women included a variety of competitions to engage students and the participants from various colleges in understanding the importance of a nutrition in daily life. Prizes were awarded to the winners. The key events included:

##### **1. PowerPoint Presentations**

- Participants prepared detailed PowerPoint presentations on the health benefits of millets, their nutritional composition, and their role in combating malnutrition and lifestyle diseases.
- Presentations also included innovative ideas for promoting millet consumption in daily diets and their significance in the context of global food security.

##### **2. Poster Presentation**

- Students designed creative posters that visually represented the importance of healthy eating habits, with a focus on the role of millets.
- The posters highlighted traditional and modern uses of millets, their adaptability to adverse climatic conditions, and their potential to address global hunger.

### **3. Short Video of Innovative Millet Recipes**

- Participants showcased their culinary skills by preparing innovative recipes using millets and documenting the process through short videos.
- The videos demonstrated how millets could be incorporated into everyday meals in both traditional and modern ways, making them appealing and accessible.

### **4. Innovative Millet Recipe Competition**

- This competition allowed participants to present unique millet-based recipes.
- Dishes included millet-based porridges, desserts, snacks, and main courses, blending tradition with innovation to create nutrient-rich options for all age groups.

### **5. Millet Art**

- Students displayed their creativity through millet art, where they used millet grains to create artistic designs and patterns.
- This activity emphasized the cultural and aesthetic value of millets alongside their nutritional benefits.

### **6. Online Quiz on Food and Nutrition**

- An online quiz was conducted to test participants' knowledge about food, nutrition, and the benefits of millets.
- The quiz covered topics such as the nutritional composition of millets, their health benefits, and their significance in combating global malnutrition.

### **Impact of the Program**

The celebration of National Nutrition Month 2023 at A.S.D Government Degree College for Women created a significant impact on students and the local community. The program successfully:

- Increased awareness about the health benefits of millets and their potential role in addressing malnutrition and lifestyle diseases.
- Encouraged participants to adopt a healthy diet by incorporating millets into their daily meals.
- Highlighted the affordability and accessibility of millets as a dietary staple, aligning with the theme of making healthy diets affordable for all.
- Fostered creativity and innovation among participants through competitions that blended nutrition with culture and art.

### **Conclusion**

The National Nutrition Month 2023 celebrations were a resounding success, emphasizing the need for a healthy and sustainable diet to ensure better health outcomes. By focusing on millets as a superfood, the program aligned with the global initiative of the International Year of Millets and underscored the importance of affordable and nutritious food choices. The active participation and enthusiasm displayed by the students and community members at A.S.D Government Degree College for Women exemplified the spirit of Rashtriya Poshan Maah in promoting health and nutrition for all.



**Plate 1: Inaugural session Conducted National Nutrition week celebrations**



**Plate 2: Evaluation of Rangoli Art by the staff members**



**Plate 3: Evaluation of Poster presentations by the staff members**



**Plate 4: Evaluation of Millet based recipes by the staff members**



**Plate 5: Evaluation of PowerPoint Presentations by the staff members**



**Plate 6: Felicitation to B. Srinivas Garu, Assistant Food Controller, Kakinada**

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## DEPARTMENT OF HOME SCIENCE

List of students participated from other colleges and parent college

S.No	Name of the student	Class	Name of the College	Amount Paid	Contact Number	Signature
1.	K. Shanmukheshwari	I-EST	V.S.L. Womens college	50	9676189365	
2.	Varsha Kumari	"	"	"	9030687639	
3.	Ch. Surekha	"	"	"	9010741536	
4.	G. Neelima	"	"	"	7095315969	
5.	K. Haripriya	"	"	"	6304066591	
6.	B. Scharishma	"	"	"	8074615539	
7.	G. Srivenki	staff	"	"	9491267727	
8.	B. cherishma	II-BBC	Aditya (w) Degree college	"	7609038784	B. Cherishma
9.	D. Sai # tonmai	"	"	₹100/-	9182813020	P. Sai Tonmai
10.	G. Ankitka	III BBC	"	50/-	7702810877	G. Ankitka
11.	T. Revathi	III BBC	"	"	7997206577	T. Revathi
12.	Kum. P. VENKATALAKSHMI	STAFF	" Kakinada	"	8096454261	P. Venkata Lakshmi

No	Name of the student	Class	Name of the College	Amount Paid	Contact Number	Signature
13.	K. Hemalatha	1 <sup>st</sup> BSC Degree	ASD Womens (A)	-	996332637	K. H. Latha
14.	G. Devi	1 <sup>st</sup> BSC	ASD womens (A)	-	9951875316	G. Devi
15.	U. Manohari	1 <sup>st</sup> BSC	ASD Womens (A)	-	6302422586	U. Manohari
16.	K. Lakshmi Amrutha vaishini	II <sup>nd</sup> BSC	PR (Govt) Degree college	50	8074430498	K. Lakshmi
17	M. Kameshwari	"	"	100/-	7569932484	M. Kameswari
18	V. Ganesh	"	"	50/-	6305843651	V. Ganesh
19	P. Deepthi Anusha	II <sup>nd</sup> BSC	"	50/-	7382468889	P. Deepthi
20	Ch. Anitha	"	"	"	9704968784	Ch. Anitha
21	V. Amrutha vaishini	"	"	"	9441563381	V. Amrutha
22	M.V.S. Vijayashree	"	"	"	6305102371	M. Vijayashree
23	B. Vasun	"	"	"	8639595508	B. Vasun
24	G. Sandhya	II <sup>nd</sup> BSC	Tuni (Govt) Degree college	50/-	8297404063	G. Sandhya
25	G. Gayathri	"	"	"	8008299276	G. Gayathri
26	P. Indhu	"	"	"	8374476558	P. Indhu
27	M. Shankari	"	"	"	9515347218	M. Shankari
28	K. Lakshman	"	"	"	8328698113	K. Lakshman

S.No	Name of the student	Class	Name of the College	Amount Paid	Contact Number	Signature
29	D. Chandra shekhar	11 <sup>th</sup> BZC	"	"	8074855790	D. Chandra shekhar
30	D. Sivan Remamurthi	Staff	GDCC(A), Tuni	"	9866478992	D. Sivan Remamurthi
31	P. Pavathi	Staff	GDCC(A); Tuni	"	9553130621	P. Pavathi
32	J. SriLatha	11-MPC	Gr. Degree (pithapuram)	"	9177283584	J. SriLatha
33	M. Jyothi	11-MPC	"	"	9000669308	M. Jyothi
34	P. Mahalakshmi	11-BZC	"	"	8374003853	P. Mahalakshmi
35	E. Sonika	11BZC	"	"	8179242271	E. Sonika
36	K. Sangeetha	"	"	"	8341504696	K. Sangeetha
37	N. Satya Durga	"	"	"	7386696756	N. Satya Durga
38	V. Lavanya	"	"	"	7095609317	V. Lavanya
39	B. Harthi	"	"	"	9010639066	B. Harthi
40	U. Sunitha	"	"	"	7981006093	U. Sunitha
41	M. Thanusha	11BZC	"	"	8008464264	M. Thanusha
42	K. Praisy	11BZC	"	"	9866279423	K. Praisy
43	Gr. Durga Hema Malini	11C2B	Asd. Govt degree College	"		
44						



# రాష్ట్ర స్థాయి పోషకాహార మహోత్సవం

(ఎ.జనసేన ప్రతినిధి, కాకినాడ): అన్నవరం సత్యవతిదేవి మహిళా ఆటనమోన్ డిగ్రీ కళాశాల కాకినాడ నందు హోమ్ సైన్స్ డిపార్ట్మెంట్ వారు రాష్ట్రస్థాయి పోషకాహార మహోత్సవం మిల్లెట్ థీ సూపర్ ఫుడ్ అనే థీమ్ తో నిర్వహించారు. ఈ కార్యక్రమంలో కళాశాల ప్రిన్సిపల్ వి.అనంతలక్ష్మి వారు మాట్లాడుతు ఈ ఇయర్ ఇంటర్నేషనల్ ఇయర్ ఆఫ్ మిల్లెట్స్ కావున ఈ థీమ్ తీసుకున్నాం అని తెలిపారు. స్టాఫ్ మరియు స్టూడెంట్స్ లో మిల్లెట్స్ పై అవగాహన ఎంతో అవసరం అని ప్రస్తుతం సమాజంలో ఉన్న లైఫ్ ఫైల్ దారిన పడకుండా ఉండాలంటే చిరుధాన్యాలు తీస్కోవడం చాలా అవసరం అని తెలిపారు. ఈ కార్యక్రమంలో ముఖ్య అతిథిగా పాల్గొన్న కాకినాడ అసిస్టెంట్ ఫుడ్ కంట్రోలర్ బి. శ్రీనివాస్ మిల్లెట్స్ యొక్క ప్రాముఖ్యత తో పాటు నేడు సమాజంలో కల్తీ అయిన ఆహార పదార్థాలు వలన మనకు కలుగుతున్న ఆనారోగ్యాలు ప్రమాదాల గురించి వివరించారు. మనము ఇంట్లో అరోగ్యంగా వండుకుని తినటం వాలన మనం అరోగ్యంగా ఉండగలం అని తెలిపారు. కార్యక్రమం కన్వీనర్ డా. జి. అనిత కార్యక్రమం ప్రాముఖ్యత వివరించారు. న్యూఢిల్లీషన్ మంత్ కామ్ పిటిషన్ లో భాగంగా పవర్ పాయింట్ ప్రెజంటేషన్, వీడియో మేకింగ్, క్విజ్, పోస్టర్ ప్రెజంటేషన్, మిల్లెట్ ఆర్ట్, కుకింగ్ కాంపిటీషన్, నిరవహించడం జరిగింది. కాకినాడ, కోనసీమ, తూర్పు గోదావరి జిల్లాలకు చెందిన వివిధ కళాశాలకు చెందిన 90 మంది విద్యార్థిని విద్యార్థులు పాల్గొన్నారు. ఈ కార్యక్రమంలో కళాశాల ప్రిన్సిపల్ డా వి అనంతలక్ష్మి, సువర్చల, హోమ్స్యూస్ సిబ్బంది డా జి అనిత, డా కె లావణ్య, ఎల్. మల్లేశ్వరి, ఐ క్యూ ఏ సి కోఆర్డినేటర్ వసంతలక్ష్మి, కళాశాల సిబ్బంది, విద్యార్థులు పాల్గొన్నారు.



## సదస్సులో మాట్లాడుతున్న అసిస్టెంట్ ఫుడ్ కంట్రోలర్ శ్రీనివాస్ ఇంట్లో వండిన పదార్థాలే తినండి

సాంఘమూర్తినగర్, స్కూలుటూడె: హోటళ్లు, పాస్టెఫుడ్ కేంద్రాల్లో లభించే ఆహార పదార్థాల కన్నా ఇంట్లో తయారుచేసుకున్న పదార్థాలనే తినాలని అసిస్టెంట్ ఫుడ్ కంట్రోలర్ బి.శ్రీనివాస్ సూచించారు. స్థానిక అన్నవరం సత్యవతిదేవి ప్రభుత్వ మహిళా డిగ్రీ కళాశాలలో మిల్లెట్ - డి సూపర్ ఫుడ్స్ అంశంపై శుక్రవారం విద్యార్థినులకు నిర్వహించిన అవగాహన సదస్సులో ఆయన మాట్లాడారు. సమాజంలో కల్తీ ఆహార పదార్థాలతో కలుగుతున్న ఆనారోగ్యాలు, ప్రమాదాల గురించి ఆయన ఉదాహరణలతో చెప్పారు. కన్వీనర్ డాక్టర్ జి.అనిత కార్యక్రమం ప్రాముఖ్యతను వివరించారు. పవర్ పాయింట్ ప్రెజంటేషన్, వీడియో మేకింగ్, క్విజ్, పోస్టర్ ప్రెజంటేషన్, మిల్లెట్ ఆర్ట్ తదితర అంశాల్లో పోటీలు నిర్వహించారు. కాకినాడ, కోనసీమ, తూర్పుగోదావరి జిల్లాలకు చెందిన వివిధ కళాశాలల నుంచి విద్యార్థినిలు విద్యార్థులు పాల్గొన్నారు. రాష్ట్రస్థాయి పోషకాహార మాసోత్సవాల్లో భాగంగా కళాశాల హోమ్ సైన్స్ విభాగం ఆధ్వర్యంలో జరిగిన కార్యక్రమంలో ప్రిన్సిపల్ డాక్టర్ వి.అనంతలక్ష్మి, వైస్ ప్రిన్సిపల్ ఎం.సువర్చల, డాక్టర్ కె.లావణ్య, ఎల్.మల్లేశ్వరి, ఐక్యూఏసి కోఆర్డినేటర్ వసంతలక్ష్మి, సిబ్బంది పాల్గొన్నారు.