

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**

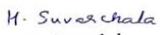
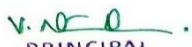
2024-2025

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

Affiliated to Adikavi Nannaya University
Jagannaickpur, Kakinada.

DEPARTMENT OF HOME SCIENCE

Activity Register 2024-2025

Date	28-09-2024
Conducted through (DRC/JKC/ELF/NCC/NSS/Department etc.,)	Department of Home Science
Nature of Activity (seminar/workshop/exten Lecture etc)	Awareness Programme
Title of the Activity	National Nutrition Week Celebrations
Name of the Department/ Committee	Department of Home Science
Details of Resource persons (Name, Designation etc.,)	Department Staff
No. of Staff and students participated	Staff: 33, Students: 54
Brief Report on the activity	The event aimed to instill the significance of balanced nutrition in daily life while encouraging practical steps toward a healthier lifestyle.
Name of the Lecturers who planned & conducted the activity	Department Staff
Signature of the Department In-charge/ Convener of the Committee	 M. Suvarchala Lecturer in Home Science A.S.D. Govt. DEGREE COLLEGE (W- KAKINADA)
Signature of the Principal	 PRINCIPAL A.S.D.GOV.T.DEGREE COLLEGE (W- AUTONOMOUS KAKINADA
Remarks	

W
23/1/24

From
Dr. M. Suvarchala
Lecturer In charge
Dept. of Home Science
Kakinada

To
The Principal
ASD Govt. Degree College for Women (A)
Kakinada

Respected Madam,

Sub: Dept. of Home Science- Permission to conduct Exhibition on "Nutritious Foods for Everyone" on 28-09-2024 -Regarding.

I submit that the Department of Home Science is planning to conduct Exhibition on "Nutritious Foods for Everyone" on 28-09-2024 at the Department of Home Science as a part of National Nutrition Month (September-2024) celebrations. In this connection, I request you to accord permission to conduct the exhibition and also for the participation of students and staff of the college.

Thanking You,

Yours faithfully,

M. Suvarchala

M. Suvarchala

Lecturer in H. S. Science
A.S.D. Govt. DEGREE COLLEGE (W)
KAKINADA

A.S.D. Government Degree College for Women (A) Kakinada



DEPARTMENT OF HOME SCIENCE

CIRCULAR

All the staff and students are hereby informed that the Department of Home Science is conducting Exhibition on **"Nutritious Food to Everyone"** on 28-09-2024 at Department of Home Science on the occasion of National Nutrition month September-2024. The staff and students of the college are requested to participate in this occasion and make the event grand success.

Vineeta
Principal 23/9/24

M. Suvachala
Department In charge
Lecturer in Home Science
A.S.D. Govt. DEGREE COLLEGE (W)
KAKINADA

III B.Com (EM)	II B.Com (EM)	I B.Com (EM)
III B.Com (General)	II B.Com (General)	I B.Com (General)
III B.Com (CA)	II B.Com (CA)	I B.Com (CA)
III B.A (HEP)	II B.A (HEP)	I B.A (HEP)
III B.A (THP)	II B.A (THP)	I B.A (THP)
III B.Sc (MPC)	II B.Sc (MPC)	I B.Sc (MPC)
III B.Sc (MPCs)	II B.Sc (MPCs)	I B.Sc (MPCs)
III B.Sc (CBZ)	II B.Sc (CBZ)	I B.Sc (CBZ)
III B.Sc (CBMB)	II B.Sc (CBMB)	I B.Sc (CBMB)
III B.Sc (HSC)	II B.Sc (HSC)	I B.Sc (HSC)
III B.Sc (AQT)	II B.Sc (AQT)	I B.Sc (AQT)
III B.Sc (Horti.)	II B.Sc (Horti.)	I B.Sc (Horti.)

II B.Sc (YHT) - (1511) I - Physics - 2

A.S.D.GOV.T. DEGREE COLLEGE FOR WOMEN (A), KAKINADA

LIST OF TEACHING STAFF 2023-2024

S.No	Name of the Employee	Designation	Signatures
1	Dr. V. Anantha Lakshmi	Principal	V. Anantha
2	Dr. P.Santhi	Lec. in English	P. Santhi
3	Dr. P. Sanjotha	Lec. in English	P. Sanjotha
4	Dr. D. Krishna Gayatri	Lec. in Telugu	D. Krishna
5	Dr. P. Nagamallika	Lec. in Telugu	P. Nagamallika
6	Dr. K. Syamala Devi	Lec. in Telugu	K. Syamala
7	A. Swathi	Lec. in Hindi	A. Swathi
8	Dr. K. Jhansi Lakshmi	Lec. in Chemistry	K. Jhansi
9	Dr. K. Anitha	Lec. in Chemistry	K. Anitha
10	P. Leena	Lec. in Chemistry	P. Leena
11	K.N.V.S.N. Eswari	Lec. in Botany	K.N.V.S.N. Eswari
12	Dr. M. Sulakshna	Lec. in Botany	M. Sulakshna
13	B. Suryanarayana Devara	Lec. in Physics	B. Suryanarayana
14	D. Jaya Sri	Lec. in Microbiology	D. Jaya Sri
15	M. Vasantha Lakshmi	Lec. In Zoology	M. Vasantha
16	S. Madhavi	Lec. In Zoology	S. Madhavi
17	M. Suvarchala	Lec. in Home Science	M. Suvarchala
18	Dr. K. Lavanya	Lec. In Home Science	K. Lavanya
19	Dr. G. Anitha	Lec. In Home Science	G. Anitha
20	Y. Sita Maha Lakshmi	Lec. In History	Y. Sita Maha
21	Dr. K. Yamuna	Lec. In Economics	K. Yamuna
22	G. Pavani Devi	Lec. In Economics	G. Pavani
23	N.N. Subrahmanyeswari	Lec. In Computer Science	N.N. Subrahmani
24	R.R.D. Sirisha	Lec. In Commerce	R. R.D. Sirisha
25	N.P.V.L. Devi	Lec. In Commerce	N.P.V.L. Devi
26	Dr. G. Sowjanya	Lec. In Commerce	G. Sowjanya
27	Lt. Dr. G. Pramilarani	Physical Director	G. Pramilarani

Contract Faculty/Guest Faculty

S.No.	Name of the employee	Designation	Signatures
1.	M.Subbalakshmi	C/F in Chemistry	M. Subba
2.	Smt.B.N.Prathyusha	C/F in English	B.N. Prathyusha
3.	K.N.B.Kumari	C/F in Commerce	K.N.B. Kumari
4.	K.kranthi	C/F in Physics	K. Kranthi
5.	L.Malleswari	C/F in Home Science	L. Malleswari
6.	Smt.D.V.S.Lakshmi	C/F in Physics	D.V.S. Lakshmi
7.	V.Venkata Ramana	JKC Mentor	V.V. Ramana
8.	G.Sridevi	G/F in Maths	G. Sridevi
9.	V.Geetha Satya Sri	G/F in Maths	V.G. Sri
10.	P.Bhuvaneswari Devi	Guest Lec in Politics	
11.	A.Sandhya	Guest Lec in Commerce	A. Sandhya
12.	R.Aruna Devi	Guest Lec in Sanskrit	R. Aruna Devi
13.	N.Veera Chanti	Guest Lec.in Zoology	N. Veera Chanti
14.	Kum.P.S.V.D.Ballabamma	Guest Lec.in Computer Application	P.S.V.D. Ballabamma
15.	G.Lakshmi Chandu	Guest Faculty in Botany & Horticulture	G. Lakshmi Chandu
16.	A.K.V.Acharyulu	Librarian	A.K.V. Acharyulu
17.	L.Bhanu Teja	Guest. Lec.in History	L. Bhanu Teja
18.	N.Pushpa	Guest. Lec.in Botany	N. Pushpa
19.	R.Venkata Sandhya	Guest Lec.in Aqua Culture Technology	R. Venkata Sandhya
20.	K.Surya Lakshmi	G/F in Computer Science	K.S. Lakshmi
21.	V.Srinivas	G/F in M.Com	V. Srinivas
22.	MD.Hazara Parveen	G/F in M.Com	M.D. Hazara Parveen
23.	V. Rama Tulasi	G/F in Comp Appli	V. Ramatulasi

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

Affiliated to Adikavi Nannaya University

Jagannaickpur, Kakinada.

DEPARTMENT OF HOME SCIENCE

List of students involved in conducting National Nutrition Month Celebrations

S. No	Name of the poster/Recipe	Name of the students	Class
1	Poster On My plate for the Day	B. Prasanna	III H.Sc
		K.Ganga Lakshmi	III H.Sc
2	Poster on Goodness of greens	K. Mercy Joy	III H.Sc
		S. Sravani	III H.Sc
	Theme of Nutrition	A. Karuna Kumari	III H.Sc
3	Poster on Vitamin A deficiency	P. Pavani	II H.Sc
		V. Janaki	II H.Sc
4	Poster on Iron Deficiency	Geethanjali	II Chemistry
		Ramyra	II Zoology
5	Poster on Iodine Deficiency	M. Sreeja	II H.Sc
		S. Jayanthi	II Botany
6	Poster on Diabetes Mellitus	D. Usha	II H.Sc
		P. Srija	II H.Sc
7	Poster on Obesity	S. Jayanthi	II Botany
		DBD. Hima Mala	II Botany
8	Poster on Hypertension	P. Sanjana	II H.Sc
		K. Mounika	II H.Sc
9	Display of Ragi Porridge, Jonna Kichidi	B. Rajeswari	II H.Sc
		S. Srilatha	II H.Sc
10	Display of Oats Upma, Flaxseed laddu	B. Veeralakshmi	II H.Sc
		S. Sowmya	II H.Sc
11	Display of Korra Payasam, Drumstick leaves powder	G. Rekha Devi	II H.Sc
		M. Srija	II H.Sc
12	Assessment of Height	SK. Nisha	II H.Sc
		D. Mounika	II H.Sc
13	Assessment of Weight	Anjali	II Botany
		Sharmila	II Botany
14	Ideal body weight calculation	J. Devisri	II Chemistry
		Priyanka	II Chemistry
15	BMI Calculation	K. Shravya	II H.Sc
		P. Sravani Chandrika	II H.Sc
16	Distribution of Folders, receipts	Chakravani	II Botany
		Divya	II H.Sc
17	Collection of teachers Feedback	G. Supriya	II Botany
		D. Divya Kalyani	II Botany
18	Collection of students Feedback	P.Neha	II Botany
		M. Sujatha	II Botany

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

Affiliated to Adikavi Nannaya University

Jagannaickpur, Kakinada.

DEPARTMENT OF HOME SCIENCE

Report

Despite India's rich and diverse food culture, the country faces significant nutrition challenges, including both undernutrition and obesity, which create serious public health issues. Many traditional recipes and local foods are often overlooked, negatively impacting people's health. To address this, the Ministry of Health and Family Welfare selects a specific theme each year to guide and raise awareness about the importance of nutrition for the public. This year's theme, "**Nutritious Diets for Everyone**" emphasizes the need for diets that meet the nutritional requirements of individuals at all stages of life.

As part of National Nutrition Week/Month, an exhibition was organized on September 28, 2024, at the Department of Home Science, A.S.D Government Degree College for Women (A), Kakinada to raise awareness on importance of nutrition among teaching and non-teaching staff, as well as students, about the importance of a balanced diet for different age groups, the prevalence of nutritional deficiencies in India, and lifestyle diseases. Students from I, II, and III B.Sc Home Science actively participated in planning, implementing, and executing the exhibition.

The III B.Sc students created a poster on the theme "Nutritious Diets for Everyone" and explained its significance to the audience. Another poster was made on the "My Plate for the Day" concept from NIN, Hyderabad, which highlighted the food group requirements for each age group, along with the benefits of eating greens.

II B.Sc Home Science students prepared posters on micronutrient deficiencies such as Vitamin A, Iron, and Iodine to raise awareness. They displayed sources of micronutrient-rich foods and recommended daily allowances for various age groups.

Students from Botany, Zoology, and Chemistry also contributed by creating posters on lifestyle diseases like obesity, diabetes, and hypertension, suggesting dietary lifestyle modifications. A few students showcased low-cost, nutritious foods along with their nutrient composition for every 100 grams.

Nutritional anthropometry was conducted for teaching staff to assess individual nutritional status through height and weight measurements. Students calculated the ideal body weight and Body Mass Index (BMI). Based on these assessments, they raised awareness about issues related to underweight and obesity among staff members. Additionally, Nutri Chat materials were distributed to staff members.

Furthermore, folders with Nutri Tips were circulated to staff to inform them about selecting the right foods, cooking practices, and the nutritional importance of various foods. Feedback was collected from staff and students to evaluate the program.

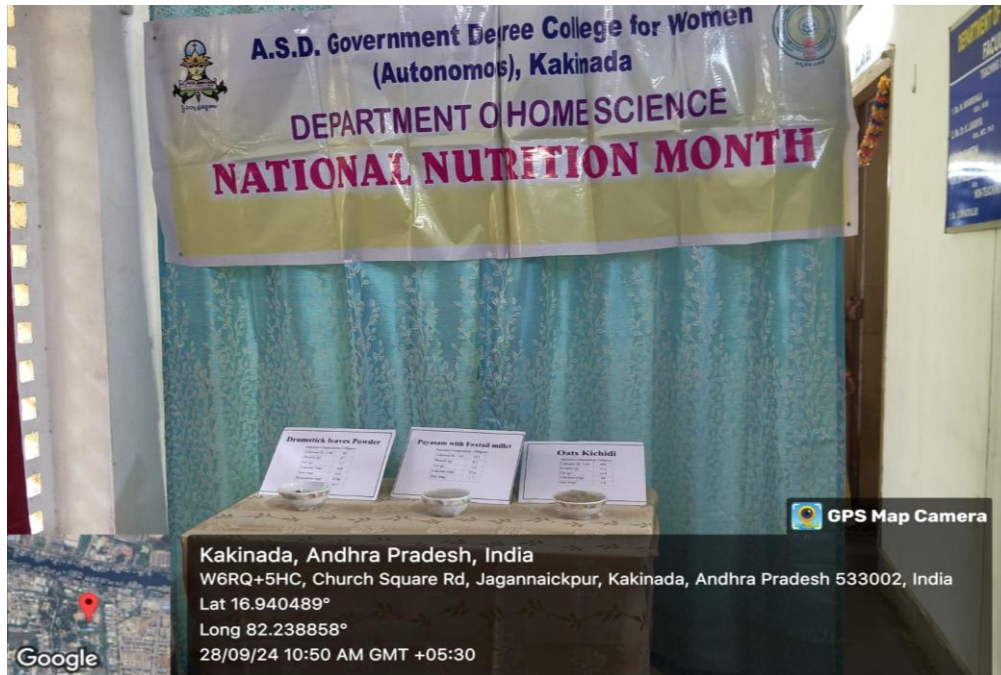


Plate 1: Department of Home Science Conducted National Nutrition week celebrations



Plate 2: Creating Awareness on Iodine Deficiency to the Principal and staff



Plate 3: Creating Awareness on Vitamin A Deficiency to the Principal and staff



Plate 4: Creating Awareness on Iron Deficiency to the Principal and staff



Plate 5: Students Creating Awareness on Balanced Diet to the staff members



Plate 6: Students Creating Awareness on Nutritious recipes to peer group

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

Affiliated to Adikavi Nannaya University
Jagannaickpur, Kakinada.

DEPARTMENT OF HOME SCIENCE

Restrict salt intake

- High salt intake makes you highly vulnerable to Hypertension (High Blood Pressure), which is a risk factor for Heart disease.
- Daily intake of salt should be less than 5g.
- Minimise the usage of high salt foods like papad, pickles, chutneys, ketchup, sauce, bakery items, biscuits, cookies, chips, cheese, tinned meats/fish and other processed foods.
- Use only Iodized salt. It helps in the prevention of several iodine deficiency disorders including goitre.

Fats and oils

- Minimise the use of visible fats like ghee, oils, butter and vanaspati (Hydrogenated Vegetable Oils) Such visible fats are calorie-rich and are required in little amounts.
- Restrict your visible fat intake to less than 0.5 kilogram per person per month. Keep changing your edible oils. Don't depend only on one source.
- Excess intake of fats and oils may lead to overweight and obesity.
- Include foods rich in *alpha-linolenic* acid in your diet. Foods like fish, flax seeds, green leafy vegetables are rich sources of alpha linolenic acid. Such foods help prevent heart disease.

Overweight and obesity

- Take Physical Exercises regularly to remain fit. At least 40 minutes of Outdoor Physical Activity Everyday is highly recommended.
- Both fasting and feasting are deleterious to health. Plan to reduce weight gradually, if required.
- Balanced diet and daily physical exercises help to maintain good health.
- Restrict the intake of sugar rich foods/ fats/ oils and alcoholic beverages to maintain ideal body weight.

Cooking Right: Some tips

- To minimise vitamin loss and to preserve nutrients during cooking, follow these tips:
 - i. Before cooking, do not wash food grains repeatedly.
 - ii. Do not wash vegetables after cutting.
 - iii. Do not soak the cut vegetables in water for long periods.
 - iv. Do not discard the excess water left over after cooking. Use it to make tasty sauce/ broth or use just enough water for cooking.
 - v. Cook food in vessels covered with lids.
 - vi. Prefer pressure/steam cooking to deep frying/ roasting.
- Encourage consumption of sprouted/ fermented foods.
- Avoid using baking soda for cooking pulses and vegetables
- Do not re-heat the left over oil repeatedly. Re-heating renders it unhealthy.

TASTY BITES - TIPS ON NUTRITION



స్త్రీ విద్యా ప్రపథ్తాం

Developed by

DEPARTMENT OF HOME SCIENCE
A.S.D. GOVERNMENT DEGREE COLLEGE FOR
WOMEN (A), KAKINADA

(Source: NIN, Hyderabad)

Choose Right

- Choose a variety of foods in amounts appropriate for age, gender, physiological status and physical activity.
- Use a combination of whole grains, grams and greens. Include jaggery/ sugar and cooking oils to bridge the calorie gap.
- Prefer fresh locally available vegetables and fruits in plenty.
- Include in the diets, foods of animal origin such as milk, eggs and meat particularly for pregnant and lactating women and children.
- Adults should choose low-fat, protein-rich foods such as lean meat, fish, pulses and low-fat milk.
- Develop healthy eating habits and exercise regularly and keep moving as much as you can to avoid sedentary lifestyle.

Only Clean and Fresh

- Always buy foods which are clean and fresh
- Wash vegetables and fruits thoroughly before use. Store food properly. Let not microbes, rodents or insects spoil your food
- Refrigerate perishable food items.
- Keep the cooking/ food storage areas clean and germ-free. Prioritise personal hygiene.
- Clean utensils used for cooking/eating thoroughly.

Know your processed foods. Read nutrition labels well

- Prefer traditional home-made foods.
- Avoid replacing meal with snack foods.
- Limit the consumption of sugary/ salty foods and other unhealthy processed items rich in additives & chemicals.
- Prefer fortified processed foods.
- Always read food labels (given on containers) regarding nutrient content/ shelf life/ additives present.

Nutrition for mother and child

- Pregnancy demands increased intake of quality foods. Eat healthy foods more frequently.
- Prioritise whole grains, sprouted grams and fermented foods.
- Include milk/meat/eggs in daily diet.
- Eat plenty of fresh fruits and vegetables during pregnancy. They are good sources of essential vitamins & minerals.
- After 14 /16 weeks of pregnancy, start taking iron, folate and calcium supplements. Continue taking them even while breastfeeding the baby.
- Consume folate-rich foods like green leafy vegetables, legumes, nuts and liver (organ meat) as these foods help in increasing the birth weight of the baby and in the prevention of congenital abnormalities.

Breast milk and supplementary foods

- Initiate breastfeeding within one hour of birth and feed colostrum (the first milk) to the baby without fail.
- Exclusive Breastfeeding for first six months is a healthy practice.
- In addition to breastfeeding, start feeding semi-solid, nutrient-dense foods after six months of birth.
- Mothers need to eat more, both during pregnancy and lactation, to meet the increased demand for nutrients, especially calories.

Rainbow on the plate

- Eat about 450 g of fruits & vegetables every day. Include green leafy vegetables and other seasonal fruits and vegetables liberally.
- Regular intake of fresh fruits and vegetables (treasure trove of nutrients) help in the prevention of cancers.
- Grow nutritious vegetables and fruits in your kitchen garden to ensure steady supply of these wonder foods.
- Encourage children to eat more fruits and vegetables every day as snacks and desserts. Well cooked green leafy vegetables and soft cooked fruits can also form a part of the infant's diet.

A.S.D. Govt. Degree college for Women (A), Kakinada

Department of Home Science

Feed Back Form from Staff Members

S. No	Name of the Lecturer/Visitor	Department	Feed Back	Signature
1.	V. Anantha Lakshmi	Principleman	Very useful activity for both staff & students	V. Anantha Lakshmi
2.	S. Madhuri	Lec in Zoology	very good activity	S. Madhuri
3.	K. Suryalakshmi	G/F in Co.	Very good activity, Good Explain and.	K. Suryalakshmi
4.	V. Rama Tulasi	G/F in Comp. App.	Very Important & good activity.	V. Rama Tulasi
5.	A. Jaya Lakshmi	G/F in Comp Science	Very good.	A. Jaya Lakshmi
6.	N. Sowari	Lec. in Comp. Science	Useful activity	N. Sowari
7.	Dr. M. Subalakshmi	Lec in Botany	Need of an hour, Very useful activity	M. Subalakshmi
8.	M. Vasanth Lakshmi	lec. in Zoology	Very Very good efforts by the Dept.	M. Vasanth Lakshmi
9.	D.V.S. LAKSHMI	C/F in Physics	Very good initiation by the Dept. & very enthusiastic student participation	D.V.S. LAKSHMI
10.	V. Srinivas	G/F- Commerce	Awe some display of products	V. Srinivas
11.	A. Swathi	lec in Hml	- Very good	A. Swathi
12.	R. Anoushi	G/F in Sanskrit	very useful activity. very good.	R. Anoushi

S. No	Name of the Lecturer/Visitor	Department	Feed Back	Signature
13	R. Venkata Sandhya	Zoology	Very informative	R. Lullye
14	V. V. yellow	Zoology	Usefull Information.	V. V. yellow
15	N. Pushpa	Botany	Excellent Exhibition & very need useful	N. Pushpa
16	G. Chandini	Horticulture	Very informative & Excellent Exhibition	G. Chandini
17	K. N. B. Kumari	Commerce	Excellent Exhibition	K. N. B. Kumari
18	A. Sandhya	Commerce	Excellent exhibition	A. Sandhya
19	MD. H. Pawan	Commerce	" "	MD. H. Pawan
20	DR G. Sowjanya	Commerce	very informative & useful to life	DR G. Sowjanya
21	Y. Site Mahalakshmi	History	Excellent Exhibition	Y. Site Mahalakshmi 28/9/2024
22	A. B. Sri Devase	Physi	outstanding Exhibition - Keep up	A. B. Sri Devase 28/9/24
23	R. Sivakumar	Office	outstanding exhibi	R. Sivakumar 28/9/24
24	A. K. V. Subashini	Librarian	Excellent Exhibition	A. K. V. Subashini 28/9/24
25	M. Subhadra	Chemistry	Excellent	M. Subhadra 28/9/2024
26	Capt DR G. Aramila Rani	Physical Education	Excellent	Capt DR G. Aramila Rani 28/9/2024
27	G. Pawan Devi	Lectin Economics	Very Informative & well organised	G. Pawan Devi 28/9/24

S. No	Name of the Lecturer/Visitor	Department	Feed Back	Signature
28	P. Ballabamba	Computer Application	Very helpful to us	
29	R. Veera Veni	Computer Science	Very helpful	R. Veeraveni
30	K. Syamale devi	Telugu	Very informative program	
31	G. Srideri	mathematics	very helpful information	
32	Dr. K. YAMUNA	Economics	very useful information	K. Yamuna
33	V. Geetha	Mathematics	very useful.	V. Geetha

M. Sivarajulu
Lecturer in H.N Science
A.S.D. Govt. DEGREE COLLEGE (W)
- WAKINADA -

A.S.D. Govt. Degree college for Women (A), Kakinada

Department of Home Science

Feed Back Form from Students

S. No	Name of the Student	Class	Feed Back	Signature
1	Malladi priyanka	2 nd B.com(G)	Health benefits improvement	priyanka
2	J. Jahnavi	2 nd B.com(G)	Health benefits improvement	Jahnavi
3	A. udaya Bhanu	2 nd B.com(G)	Health benefits improvement	A. Bhanu
4	L. Pavithra	2 nd B.com(G)	Health benefits improvement	L. Pavithra
5	D. Sravanthi	2 nd B.com(G)	health benefits improvement	D. Sravanthi
6	R. Goutha lakshmi	2 nd B.com(G)	wight loss and Grain products and nutrients	R. Goutha lakshmi
7	P. Ganga	I nd B.com(G)	health benefits importance	P. Ganga
8	D. Vijaya kumari	II nd B.com(G)	Health benefit improvement	D. Vijaya kumari
9	D. Akshaya	II B.com(G)	Health benefit improvement	D. Akshaya.
10	U.V.L.L. Durga Ganga	II B.com(G)	Health benefit improvement	U.V.L.L. Durga Ganga
11	P. Ramya	II B.com(G)	Health benefit improvement	P. Ramya
12	P. Anubha	II B.com(G)	Health benefit improvement	P. Anubha.

S. No	Name of the Lecturer/Visitor	Department	Feed Back	Signature
25	Sk. Nazir nisha	Home science	Health Benifits Improvment	Sk. Nazir nisha
26	D. Moumika	HOME SCIENCE	Good activity	D. Moumika
27	K. Shanya Kumari	Home science	conducted well with useful displays and activities	K. Shanya.
28	P. Savani Chandika	Home Science	Good activity	P. Savani
29	P. Sanjana	Home Science	Good activity	P. Sanjan
30	V. P. R. Priyanka	Chemistry	Good & useful activity.	V. P. R. Priyanka.
31	J. DEVI SRI	Chemistry	Good activity	J. Devi sri
32	M. Sharmila	Botany	very good activity and activity	M. Sharmila
33	N. Anjali	Botany	good activity	N. Anjali
34	M. Kumalatha	Home Science.	good activity.	M. Kumalatha.
35	V. Nandini	Home Science	good activity	V. Nandini
36	S. Srilatha	Home science	good activity	S. Srilatha
37	P. Srija	Home science	Good activity	P. Srija
38	D. Usha	Home Science	Good activity	D. Usha
39	S. Sowmya	Home Science	Good activity	S. Sowmya

S. No	Name of the Lecturer/Visitor	Department	Feed Back	Signature
10	Gr. Rekha Devi			
11.	S. Jayanthi	Home science	Health benefits improvement	Gr. Rekha Devi
12.	D.B.D. Himamala	I Ind B.Sc Botany	Very good information & more knowledge gain	S. Jayanthi
13.	P.P.L. Prasanna	II B.Sc Botany	Excellent information & very useful link	D.B.D. Himamala
14.	K. Swarnopa Rani	III B.Sc Botany	Gained more information, health benefits	P.P.L. Prasanna
15.	T. Salya Sri	III B.A (HEP)	very important using	K. Swarnopa Rani
16.	D. Sailaja	"	"	T. Salya Sri
17.	Gr. Jyothi	IV B.A (HEP)	"	D. Sailaja
18.	R. Nirmala	"	"	Gr. Jyothi
19.	B. Lalitha	III BSc (MPCs)	Gain more information for health	R. Nirmala
20.	D. Divya Sri	"	Gain more information for health	B. Lalitha
21.	J. Tharu Sri	III BSc (MPCs)	Gain more information for health	D. Divya Sri
22.	S. Asha Jyothi	II B.Sc (MPCs)	Gain more information	J. Tharu Sri
23.	J. Naga Praya Jyothika	III B.Sc (MPCs)	Gain more information	S. Asha Jyothi
24.	L. Archana	IV B.Sc (Zoology)	gain more information / good	J. Naga Praya Jyothika

H. Swarnabala
Lecturer in Home Science
A.S.D. Govt. DEGREE COLLEGE (W)
KANNARA

సంబంధ పదేళ్ల 2047 గామ సబ పోషకాహార మాసోత్సవాలు - 2024



కాకినాడ

స్థానిక జగన్నాథపురం లోని అన్నవరం సత్యవతి దేవి మహిళా డిగ్రీ కళాశాలలో జాతీయ పోషకాహార మాసోత్సవాలలో భాగంగా డిపార్ట్మెంట్ ఆఫ్ హెల్త్ సైన్స్ వారు గురువారం న ఎగ్జిబిషన్ నిర్వహించారు. మినిస్ట్రీ ఆఫ్ హెల్త్ అండ్ ఫ్యామిలీ వెల్ఫేర్ వారు నిర్దేశించిన “నూట్రీషియస్ ఫుడ్ ఫర్ ఎట్రీవన్” అనే థీమ్ అనుసరించి సమతుల్య ఆహారం, పోషకాహార లోపాలు , లైఫ్ స్టైల్ డిసిజెస్ పై అవగాహన కల్పించారు. పోస్టర్స్ ప్రదర్శనతోపాటు రోజువారీ తీసుకోవలసిన పోషకాల మోతాదులను, సులభంగా లభ్యమై తక్కువ ఖర్చుతో ఎక్కువ పోషక విలువలు కలిగిన ఆహార పదార్థాలు తయారు చేసి వాటి పోషకాహార ప్రాముఖ్యతను వివరించారు. అధ్యాపకురాలు డా.జి . అనిత పర్యవేక్షణలో సందర్శకుల పోషక స్థాయి అంచనా వేసి వారికి తగు సూచనలు అందించారు. ఈ ప్రదర్శనను కళాశాల ప్రిన్సిపల్ డా. వి . ఆనంత లక్ష్మి, వైస్ ప్రిన్సిపల్ డా. యం . సువర్చల, ఐ క్యూ ఏ సి కొఆర్డినేటర్ ఎం . వసంత లక్ష్మి ప్రారంభించారు . ఈ కార్యక్రమంలో హెల్త్ సైన్స్ అధ్యాపకులు డా. కె. లావణ్య, ఎల్. మల్లేశ్వరి, ఇతర విభాగాల అధ్యాపకులు, బోధనేతర సిబ్బంది మరియు విద్యార్థినులు పాల్గొన్నారు