

Adichunchanagiri Institute of Medical Sciences

B.G.Nagara 571448

Dept. of Biochemistry

Summary of Jnana Vignana Mela

Adichunchanagiri Samsthana Matt organizes Jnana Vijnana Mela every year, to create awareness about health, sanitation, technology, ongoing research in agriculture to the rural community. The entire educational institutes under this trust participate in the exhibition.

Our department took part in the Scientific Exhibition on 19th and 20th Feb 2015 with the theme- **Importance of Nutrition in Health and Disease**.

1st year MBBS students of 2014-15 batch displayed the models and charts prepared by themselves under the guidelines of faculty on various topics such as Food Pyramid, Balanced Diet, Diabetic Diet, Malnutrition, Obesity, Vitamin A and Vitamin D. The students explained to the public and students of various schools and colleges on the significance of balanced diet in maintaining proper health with the help of these models and charts. They also stressed on the nutritive value of locally available foods, physical activity and also educated them to use these foods in their regular diet and to incorporate physical activity as a part of their routine.

Student volunteers for the Mela

SI No	Name of the Student	Model / Chart
1.	Subash Chandra M R V. Harsha Jayaram Varun D	Food Pyramid Model Diabetic Diet Chart
2.	Prashanth G S Shyamanth M Santhosh Mihira K L	Balanced Diet Model Other types of Diet Model
3.	Charishma M V Vidhyashree N S Nidhishree H C	Vitamin A Chart Vitamin D Chart

4.	Prithvi Priya Prasad Bhavyashree	Malnutrition Model/ Chart
5.	Shreyas H Bhat Nandish A L Yashas P	Obesity Model/ Chart