



**ADICHUNCHANAGIRI UNIVERSITY**  
**Adichunchanagiri Institute of Medical Sciences**

B.G. Nagara 571448

**Department of Biochemistry**

In association with

**Rotary Club, B G Nagara – RI District No-3190 & Integrated Child Development**

**Services (ICDS), Bellur**

**“NATIONAL NUTRITION WEEK – 2022”**

**Theme: Celebrate a World of Flavours**

**Extension activity for Anganwadi children**

**Summary**

Department of Biochemistry organized an extension activity for Anganwadi children of Bellur with the age less than 5 years as a part of “National Nutrition Week-2022” with the theme “Celebrate a World of Flavours” on 7<sup>th</sup> September 2022 between 11.00am to 2.30 pm. The target audience children from six Anganwadis of Bellur, their parents and Anganwadi staff.

**Dr. MG Shivaramu**, Principal, AIMS, Dean Health Sciences (Medical), ACU, **Rotarian BK Umesh**, Registrar & Finance officer, AIMS & President Rotary Club, B.G. Nagara, **Rotarian Manjgowda JK**, Patana Panchayati member, Bellur, **Mrs Divya KN**, Supervisor, ICDS, Bellur, **Rotarian Chandrashekar**, Principal of Adichunchanagiri College of Nursing and **Mr Besant Ravi alias Fighter Ravi** were the invited guests.

The programme was attended by Head of the Departments, Professors, Faculty of Pre and Paraclinical Departments, BSc MLT students, Bellur Anganwadi children, their parents and Anganwadi Staff.

**Dr Deepthi Upadhya**, Tutor, Dept of Biochemistry was the moderator of the Programme. Invocation song for the program was sung by Ms Nisarga K, MBBS, Phase I student.

**Dr Aliya Nusrath**, Prof & Head, Department of Biochemistry delivered the welcome address.

The Programme was inaugurated by ceremonial watering of Tulsi plant by dignitaries, Anganwadi children and the teaching faculty of the department.

**Dr. MG Shivaramu**, Principal, AIMS, Dean Health Sciences (Medical), ACU rendered the keynote address to participants on the importance of nutritious diet and motivated them towards the incorporation of nutritious food in their regular diet.

The Registrar also addressed the gathering and spoke a few words regarding the program. Vote of thanks was rendered by **Dr. Asharani N**, Professor, Department of Biochemistry to the audience.

The scientific session was conducted on two topics. **Dr. Rajeshwari A**, Associate Professor delivered an informational and interactive talk on 1<sup>st</sup> topic, “**Healthy food for healthy life**” to the children gathered. Followed by this, **B.Sc. MLT students** performed a skit addressing the significance of healthy diet and adverse effects of unhealthy diet. The 2<sup>nd</sup> topic for the session was rendered by **Dr Namitha D**, Asst Professor on “**Influence of bad food habits on health**” with lot of interactions with the children and followed by health check-up of the Anganwadi children.

The successful program was organised by **Dr Aliya Nusrath**, Organising Chairman, Prof & HOD, Dept. of Biochemistry and **Dr Rajeshwari A**, Organising Secretary, Assoc Prof, Dept of Biochemistry, **Rotarian Somashekar GN** and **Faculty of Department of Biochemistry**. Both the presentations were well appreciated by all and children enjoyed the entire programme.

At the end of the programme, protein rich snack, chikki, bananas and milk were distributed to all children and other people gathered for the program.



## GLIMPSES OF THE PROGRAM

 <p><b>ADICHUNCHANAGIRI UNIVERSITY</b>  <b>ADICHUNCHANAGIRI INSTITUTE OF MEDICAL SCIENCES</b>          B.G. Nagara - 571448, Nagamangala Taluk, Mandya District, Karnataka</p> <p><b>DEPARTMENT OF BIOCHEMISTRY</b>          In association with  <b>Rotary Club, BG Nagara - RI District No - 3190</b>  <b>Integrated Child Development Services (ICDS), Bellur</b>          Celebrates  <b>NATIONAL NUTRITION WEEK 2022</b>  <b>EXTENSION ACTIVITY FOR ANGANWADI CHILDREN</b></p>  <p style="text-align: center;"><b>Celebrate a World of Flavours</b></p> <p><small>Date: 27<sup>th</sup> September 2022   Time: 11:00 am to 1:00 pm          Venue: Lecture Hall -1, AIMS and Anganwadi, Bellur</small></p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2" style="text-align: center;">Programme Schedule</th> </tr> </thead> <tbody> <tr> <td>Moderation</td> <td>Dr. Deepthi Upadhyaya and Dr. Nikhil Gowda K. <small>Topic: Role of Chlorophyll in Plants, BG Nagara, Mandya, Karnataka</small></td> </tr> <tr> <td>Invocation</td> <td>Dr. N. Narayana K. <small>Head of Department, Biochemistry, BG Nagara</small></td> </tr> <tr> <td>Welcome Address</td> <td>Dr. Ailya Nasrath <small>Professor and Head, Dept. of Biochemistry, AIMS, BG Nagara</small></td> </tr> <tr> <td>Inauguration</td> <td>Lighting of Tathi plant</td> </tr> <tr> <td>Keynote Address</td> <td>Dr. M.G. Shivaram <small>Professor, AIMS, BG Nagara</small></td> </tr> <tr> <td>Vote of thanks</td> <td>Dr. Ashwani N <small>Professor, Dept. of Biochemistry, AIMS, BG Nagara</small></td> </tr> <tr> <td>Scientific Session</td> <td>Speakers: Dr. Rajeshwari A. <small>Assistant Professor, Dept. of Biochemistry, AIMS, BG Nagara</small></td> </tr> <tr> <td>Topic 1: Healthy food for healthy life</td> <td>B.Sc. MLT students</td> </tr> <tr> <td>Skit</td> <td>Speakers: Dr. Namitha D <small>Asst. Professor, Dept. of Biochemistry, AIMS, BG Nagara</small></td> </tr> <tr> <td>Topic 2: Influence of bad food habits on health</td> <td></td> </tr> <tr> <td colspan="2" style="text-align: center;">Open House discussion</td> </tr> <tr> <td colspan="2" style="text-align: center;"><i>All are Cordially Invited</i></td> </tr> </tbody> </table>	Programme Schedule		Moderation	Dr. Deepthi Upadhyaya and Dr. Nikhil Gowda K. <small>Topic: Role of Chlorophyll in Plants, BG Nagara, Mandya, Karnataka</small>	Invocation	Dr. N. Narayana K. <small>Head of Department, Biochemistry, BG Nagara</small>	Welcome Address	Dr. Ailya Nasrath <small>Professor and Head, Dept. of Biochemistry, AIMS, BG Nagara</small>	Inauguration	Lighting of Tathi plant	Keynote Address	Dr. M.G. Shivaram <small>Professor, AIMS, BG Nagara</small>	Vote of thanks	Dr. Ashwani N <small>Professor, Dept. of Biochemistry, AIMS, BG Nagara</small>	Scientific Session	Speakers: Dr. Rajeshwari A. <small>Assistant Professor, Dept. of Biochemistry, AIMS, BG Nagara</small>	Topic 1: Healthy food for healthy life	B.Sc. MLT students	Skit	Speakers: Dr. Namitha D <small>Asst. Professor, Dept. of Biochemistry, AIMS, BG Nagara</small>	Topic 2: Influence of bad food habits on health		Open House discussion		<i>All are Cordially Invited</i>	
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