

|| Jai Sri Gurudev ||



Adichunchanagiri University
Faculty of Medical and Allied Health Sciences
Adichunchanagiri Institute of Medical Sciences



B.G. Nagara 571448, Nagamangala Taluk, Mandya District, Karnataka

Dept. of Biochemistry

Extension Activity Report

Date: 25th September 2024

Venue: Govt. Higher Primary School, Bommanahalli, Nagamangala Taluk, Mandya District

Organized by: Department of Biochemistry in association with Department of Community Medicine, AIMS, BG Nagara, and Rotary Club, BG Nagara (RI District No – 3192)

Theme: "Beyond the Table"

Occasion: National Nutrition Month – 2024

Beneficiaries: 60 students, 8 teachers

In celebration of National Nutrition Month 2024, the Department of Biochemistry, in association with the Department of Community Medicine, AIMS BG Nagara, and Rotary Club, BG Nagara, organized an extension activity at Govt. Higher Primary School, Bommanahalli. The program aimed at educating school children about nutrition and healthy eating under the theme “**Beyond the Table**,” addressing both mental and physical nourishment through balanced diets.

The event commenced with the traditional lighting of the lamp by the dignitaries. Ms. Asfiya, a B.Sc. MLT student from AIMS, rendered an invocation song, setting a serene tone for the event. Following this, Mr. Somashekar GN, Assistant Professor, Department of Biochemistry, welcomed the attendees with a heartfelt speech. The awareness sessions comprised insightful presentations:

1. “**Nourish Your Body, Feed Your Mind**” by **Dr. Rajeshwari A**, Associate Professor, Dept. of Biochemistry, focused on the connection between nutrition and cognitive health.
2. “**Unhealthy Diet, Unhealthy Life: A Closer Look**” by **Dr. Namitha D**, Associate Professor, Dept. of Biochemistry, highlighted the adverse effects of poor dietary choices.

A **role play** performed by **6th Semester B.Sc. MLT students** creatively demonstrated the benefits of consuming fresh fruits and vegetables while emphasizing the health risks of junk food. This interactive performance captivated the students, effectively reinforcing the day’s key messages.

The event was attended by the students, Head Master, and teachers of Govt. Higher Primary School, alongside faculty members from the Departments of Biochemistry and Community Medicine, AIMS BG Nagara.

The vote of thanks was delivered by Dr. Raghavendra S K, Associate Professor and HOD, Department of Community Medicine. The program, organized under the leadership of Dr. Asharani N (Organizing Chairperson, Prof & HOD, Dept. of Biochemistry) and Dr. Rajeshwari A (Organizing Secretary, Assoc. Prof, Dept. of Biochemistry), was appreciated by all attendees for its valuable contribution to the students’ understanding of nutrition. At the conclusion of the program, the students were treated to healthy food items sponsored by the Department of Biochemistry and Rotarian Manjeggowda J K, further reinforcing the event's theme. The extension activity was a great success, with positive feedback from all participants. It successfully raised awareness about the importance of healthy eating among young students, leaving a lasting impression on their nutritional choices.

Outcomes: The program has laid the foundation for long-term behavioral changes in students’ dietary habits. By combining education with engaging activities and practical examples, the children were motivated to adopt healthier lifestyles, which could lead to improved health outcomes in the future.



Inauguration by dignitaries



Welcome address by Mr. Somashekar G N



Presentation by Dr Rajeshwari A



Presentation by Dr Namitha D



Role play by 6th Sem BSC MLT Students



Role play Team



Vote of Thanks by Dr. Raghavendra S K



Distribution of nutritious refreshments to participants



Organizing team with beneficiaries



Organizing and role play team with staff of school

ADICHUNAGIRI UNIVERSITY
 FACULTY OF MEDICAL & ALLIED HEALTH SCIENCES
Adichunchanagiri Institute of Medical Sciences
 B G Nagara - 571416, Nagamangala Taluk, Mandya District, Karnataka

Department of Biochemistry
 Department of Community Medicine and
 Rotary club, Bc Nagara -81 District No - 3190

Celebrates
NATIONAL NUTRITION MONTH 2024

Theme: "Beyond the Table"

Date: 25th September 2024 | Time: 10:30 am to 1:00 pm
 Venue: Govt. Higher Primary School, Bonamahal, Nagamangala Taluk, Mandya District

Organizing Chairman: **Dr. Asharani N**
 Prof. and Head, Dept. of Biochemistry

Organizing Secretary: **Dr. Rajeshwari A**
 Associate Professor, Dept. of Biochemistry

With Best Wishes
 Dr. H G Shivaramu, Prof. and Head, Dept. Health Science/MLT, AHS
 Dr. Alka Nazareth, Vice-Principal, AHS, Prof. of Biochemistry, AHS

Programme schedule		
10:30am - 10:35am	Moderation	Ms. Verma S C Treas. Dept. of Biochemistry AHS, Bc Nagara
10:35am - 10:40am	Invocation	Ms. Aafya 6th Sem. MLT student
10:40am - 10:45am	Welcome Address	Mr. Somashekar G N Assistant Professor Dept. of Biochemistry AHS, Bc Nagara
Scientific Session		
10:45am - 11:10am	Topic 1: "Nourish Your Body, Feed Your Mind"	Speaker: Dr. Rajeshwari A Associate Professor Dept. of Biochemistry AHS, Bc Nagara
11:15am - 11:30am	Skit	B.Sc. MLT students
11:35am - 12:00pm	Topic 2: "Healthy Diet, Unhealthy Life: A Closer Look"	Speaker: Dr. Namitha D Associate Professor, Dept. of Biochemistry AHS, Bc Nagara
12:00pm - 12:10pm	Vote of thanks	Dr. Raghavendra S K Associate Professor and HOD Dept. of Community Medicine AHS, Bc Nagara
Distribution of Nutritive refreshments to the students		

All are cordially invited

www.aiahs.edu.in | www.apaiahs.edu.in