

**GDC, Rajampeta**  
**Department of Zoology**  
**Activities 2024-25**

<b>1. Name of the Activity</b>	<b>Food Exhibition</b>
<b>2. Name of the Lecturer</b>	<b>Dr. N. Chandra Mohan &amp; B. Sujatha</b>
<b>3. Date</b>	<b>06-10-2024</b>
<b>4. Number of students participated</b>	<b>10</b>
<b>5. Number of faculty involved</b>	<b>10</b>
<b>6. Aim &amp; Objectives –</b> <ul style="list-style-type: none"> <li>• To know the Nutritional values of different type of food items</li> <li>• To aware the students about the preparation of nutritious food.</li> <li>• To encourage the students to participate in the different types of activities at college.</li> </ul>	
<b>7. <u>Brief Report :</u></b> <ul style="list-style-type: none"> <li>➤ Nutrition begins with food. Nutrition is the process by which the body nourishes itself by transforming food into energy and body tissues. The term <i>nutrition</i> can also refer to the quality of someone's food choices, or diet. Food provides essential substances called nutrients. There are two major classes of nutrients in food: macronutrients and micronutrients. Macronutrients are carbohydrates, protein, and fat. They supply energy (in the form of calories) and serve as the building blocks for muscles and tissues. Micronutrients are individual vitamins and minerals. They are divided into four categories: Water-soluble vitamins, Fat-soluble Vitamins, Macrominerals, and trace minerals. Water is an important component of nutrition. A healthy diet includes a lot of natural foods. Lack of nutrients in food causes many nutritional disorders. To avoid the Nutritional disorders and aware the students on nutritional food, Faculty of Zoology has organized Food Exhibition (Nutritional) on <b>06-09-2024</b> on view of National Nutrition Week (September 1–7). The National Nutrition Week is a global healthcare event focussed on nutrition. The theme for 2024 is "Nutritious Diets for Everyone". The Ministry of Women and Child Development (MWCD) and the Food and Nutrition Board (FNB) lead the event. The first National Nutrition Week campaign launched by American Diabetes Association (ADA) in the year 1973. In India, it is observed for the first week of September every year since 1982. Ten students has prepared different nutritious food items and exhibited in the Dept. Of Zoology lab. Smt. B. Sujatha, lecturer in Zoology, Dr. K. Shanthilatha, lecturer in Physics, Smt. V. Parvathi, Lecturer in Hindi and N.B. Sivarami Reddy, Lecturer in Physics acted as a judges.</li> <li>➤ Ist place goes to S.Naziya, I year Major Mathes (Highly mixed nutritious food), 2<sup>nd</sup> place goes to T. Mounika, III BZC (Ragi laddu) and 3<sup>rd</sup> place goes to D. Sravani, II year Major Botany( Ragi ambali).</li> <li>➤ Faculty of Zoology Donated the prizes to the winners.</li> </ul>	

- Dr. B. Purushotham, Principal said the nutritional food values to the students.
- Dr. B. Adinarayana, HOD of Botany, Dr. N. Chandra Mohan and B. Sujatha faculty of Zoology, S. Bhaskar Rao, Lecturer in Botany, S.M. Basha, Lecturer in Physics and other faculty members, students were participated in this programme.



- **Staff appreciated the students for preparing nutritional food**



**Judges testing the Nutritional values of the food items**



S. Naziya, I year Major Matheslst place



T. Mounika, III BZC, 2<sup>nd</sup> place



D. Sravani, II year Major Botany, 3<sup>rd</sup> place

**Donating prizes to the winners**

**Sign. Of the lecturer-**

**Dr. N. Chandra Mohan**