

One day Interactive session
Nutrition : “Exploring the New Horizons”



Mahajana Education Society (R.)

Education to Excel

SBRR Mahajana First Grade College (Autonomous)

Jayalakshmipuram, Mysuru - 570012

Affiliated to University of Mysore & Accredited with 'A' Grade by NAAC
College with Potential for Excellence

An IQAC Initiative

Department of Biochemistry

organises a

Interactive session

on

Nutrition: Exploring the New Horizons

Resource Person:

Dr. Sudha Sairam

Assistant Professor

Department of Nutrition and Dietetics

JSS AHER, MG Road, Mysore

Date: 17.12.2022

Time: 11.30 AM

Venue : AVC-II

**Faculties & Students of all the streams are
Cordially Invited**

HoD & Staff

Dept. of Biochemistry

Dr. S R Ramesh

CEO & Academic Advisor

Dr. B.R. Jayakumari

Principal

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SBRR Mahajana First Grade College (Autonomous)
Jayalakshmpuram, Mysore - 570 012 Karnataka, INDIA
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DATE: 17/12/2022

A Report on
Interactive session on "Nutrition: Exploring the New Horizons"

The Department of Biochemistry and IQAC organized an interactive session on **17th December 2022** on 'Nutrition: Exploring the New Horizons' in SBRR Mahajana First Grade College (A), in Jayalakshmpuram, Mysuru in AVC II at 11.30 am



The chief guest and resource person of the session was Dr. Sudha Sairam, Assistant professor, Department of Nutrition and Dietetics, JSS AHER, MG road, Mysuru.

Our respected Principal Dr B.R. Jayakumari, Respected CEO and Academic advisor Dr .S.R Ramesh , SBRR MFGC (A) Mysore, Ms Ramya.V, HoD, Department of Biochemistry shared the Diaz. Faculties and students were present off the Diaz.

The program was initiated at 11.30 am with the welcome address by Miss Bhavani of V sem B.Sc BtBM followed by the Introduction of Resource person was given by Miss Swathi S Nair of V sem B.Sc BtBM.

The special lecture given by Dr Sudha Sairam focused on Nutrition and how it is exploring the new horizons. The speaker started the session by briefing up about nutrition, nutritional components and their composition. She emphasized that importance of nutrients is not only in growth, development & energy supplement but also in maintaining overall mental & physical health

The session highlights follows as:-


- Types of nutrients, Balance diet and its importance.
- Concept of nutrition, it's components and its role in health
- She emphasised the importance of balanced diet in preventing many diseases and also to some extent being curative for few diseases.
- She briefed on how nutrients responsible for satisfactory sleep.
- She quoted that Proper nutrition offers one of the most effective and least costly ways to decrease the burden of many diseases and their associated risk factors, including obesity
- She also emphasised the role of carbohydrate and protein in growth and development and its vital functions.
- She expanded research will allow us to better understand and minimize unfavorable impacts of both reduced and elevated nutrient intakes on disease progression and overall health.
- She discussed how proteins catalyze virtually all chemical reactions in the body, regulate gene expression, comprise the major structural elements of all cells, regulate the immune system, and form the major constituents of muscle.
- Highlighted how fiber is a carbohydrate that aids in digestion, helps you feel full, and keeps blood cholesterol levels in check.
- She also address that Knowledge about adequate nutrition also has an important role in reducing or ending global and domestic food insecurity through direct and purposeful agricultural practices.

The speaker concluded the talk saying that dieting without proper knowledge & guidance will not gain benefit rather it will pay way to many other secondary problems, so planning a proper diet plan & following a balanced diet under proper guidance can keep us far from diseases. At the end, the session was open for discussion, during which students actively interacted with the resource person.

The talk was very interactive and informative. Around 83 students participated and were benefited through this session.

The guest expressed her gratitude for giving an opportunity to deliver a lecture and for organising this programme. Finally the programme was wined up around 1.30 PM by rendering vote of thanks by Miss Subiksha of V sem BtBM.

The entire programme was hosted by Smt. P. Radhika, Assistant professor, Department of Biochemistry SBRR Mahajana First Grade College (A), Jayalakshmpuram, Mysuru.


Head of the Department of Biochemistry
SBRR Mahajana First Grade College
(Autonomous)
Jayalakshmpuram, Mysuru-570 012

DG
SAAC
Coordinator


PRINCIPAL
Smt. Bhagyalakshamma Rattihalli Rama
Mahajana First Grade College (Autonom
Jayalakshmpuram, Mysuru-570 012

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