



College of Arts,
Science &
Commerce (Autonomous)

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

Department of Biochemistry – Food Technology & Nutraceuticals

- A. Title of the Workshop/Activity:** Biohacking to Longevity: Sahi Poshan Desh Roshan
- B. Background:** National Poshan Maah is being celebrated during the month of September every year under POSHAN Abhiyaan (PM's Overarching Scheme for Holistic Nourishment) and 1st week of the month is celebrated as Nutrition week. This talk was organized in association with Gender Sensitization Cell.
- C. Aims/Objectives:** The talk aimed to give inputs about the significance
- Healthy eating habits
 - Physical activities
 - To prevent the lifestyle diseases
 - Maintaining the overall well-being.
- D. Location:** SIES College Auditorium
- E. Target audience/participants with expected number:** 52 Students
- F. Date of the activity:** 26th September 2023
- G. Name of Resource Persons:** Ms. Sukhada Bhatte
- H. Outcome/Feedback:** The talk was insightful by Ms. Sukhada Bhatte. Significances and measures of healthy eating habits to follow daily in busy schedules of students and teachers. She emphasized community meals, seasonal and local food. She also deciphered various myths about food categories and emphasized on balanced diet.
- I. Annexures:**
- Photographs (Geotagged)
 - List of Participants

Report Prepared by: Kanika Gangapuram

Kanika Gangapuram
03/10/23



Kanika

Signature of HOD

Department: Department of Biochemistry – Food Technology & Nutraceuticals

Annexures
Photographs



SIES
RISE WITH EDUCATION



Report Prepared by: Kanika Gangapuram

Kanika Gangapuram
09/26/23

Signature of BOD
Department: Department of Biochemistry - Food Technology & Nutraceuticals

SIES College of Arts, Science and Commerce (Autonomous)
Sion West
Department of Biochemistry – Food Technology & Nutraceuticals
Attendance Sheet

“Biohacking to Longevity – Sahi Poshan Desh Roshan”

Date: 26.09.23

Timing: 11:00 am

| Sr. No | Name | Class | E-Mail | Sign. |
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“Biohacking to Longevity – Sahi Poshan Desh Roshan”

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| Sr. No | Name | Class | E-Mail | Sign. |
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