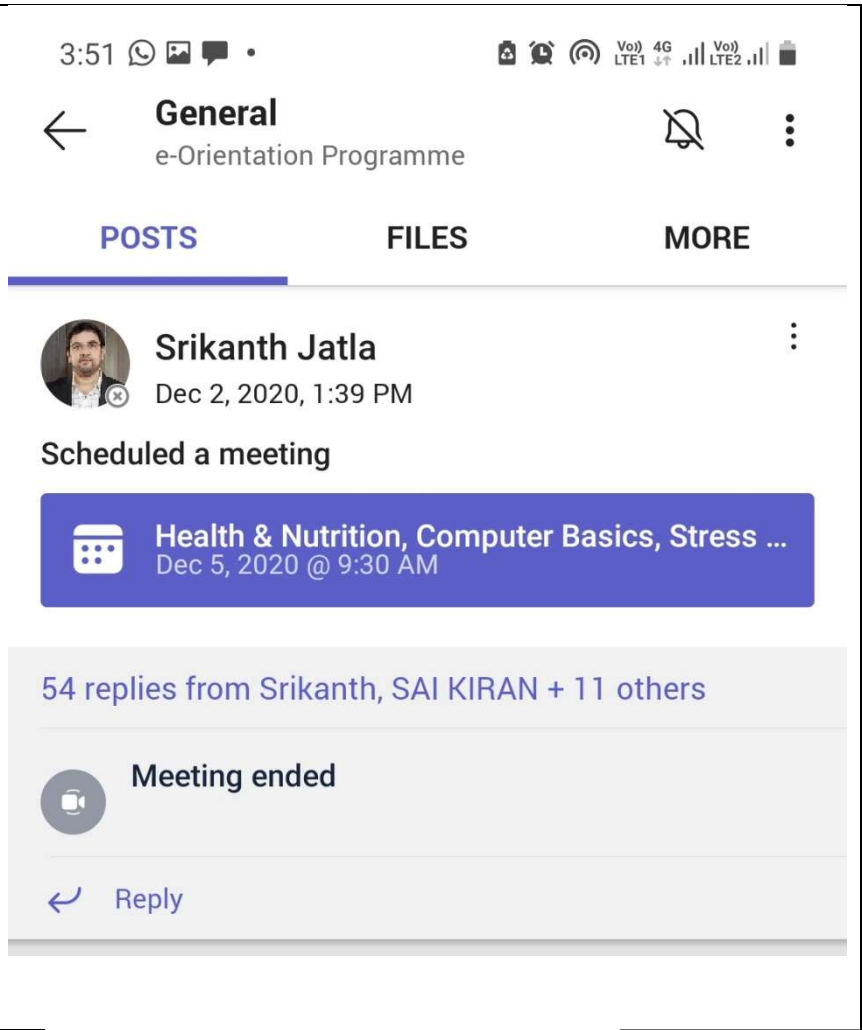


## ACTIVITY REPORT

Name of the Activity	HEALTH AND NUTRITION	
Type of Activity	LIFE SKILL	
Duration of the Scheme	02-12-2020 to 05-12-2020	As per the time-table slot
Details of Participants	347 B.Tech first year students	
Coordinator(s)	<b>Faculty Coordinators:</b> Dr. M. C. AJAY KUMAR Ms. A. DURGA PAVANI	<b>Organizing Committee:</b> Hods of all the departments
Organizing Dept./Support System	Department of Humanities & Applied Sciences	
In Association with ( <i>if any</i> )	IQAC Cell	
Details of Resource Persons ( <i>if any</i> )	Dr.Vasundara Padma, Nutritionist, Apollo hospital, Vizag, Andrapradesh.	
Description <i>(min. 100 words, include objective, outcome, etc.)</i>	<p>Dr Vasundhara Padma, Nutritionist, Apollo Hospital, Vishakhapatnam, spoke about the importance of maintaining a balanced diet in order to be fit and healthy, develop immunity, and avoid lifestyle diseases. Presenting a food pyramid, she highlighted how the inclusion of healthy carbohydrates like oatmeal, brown rice and whole wheat bread can help prevent Type 2 diabetes and heart diseases. She also said that not all fats should be avoided as some of them like olives, nuts, seeds, sunflower, peanuts and salmon can control cholesterol and prevent heart diseases. Fruits and vegetables reduce chances of a stroke and prevent cancer, lower blood pressure and prevent intestinal disorders. Fish is an important source of protein and Omega -3, which prevent heart disease. Dairy products should be taken in moderation. Red meats and processed meats should be consumed very sparingly, she said. Refined grains, sugary drinks, sweets and salt should be avoided.</p> <p>An interactive session followed in which participants came up with queries regarding their health and diet issues. A discussion on fad diets followed.</p>	

Photos  
(paste min. 3 best quality photos)



Digital Signature:

Designation: Professor

Department/Support System: Humanities and Applied Sciences

Director

## ACTIVITY REPORT

Name of the Activity	YOGA	
Type of Activity	LIFE SKILL	
Duration of the Scheme	02-12-2020 to 05-12-2020	As per the time-table slot
Details of Participants	347 B.Tech first year students	
Coordinator(s)	<b>Faculty Coordinators:</b> Dr. M. C. AJAY KUMAR Ms. A. DURGA PAVANI	<b>Organizing Committee:</b> Hods of all the departments
Organizing Dept./Support System	Department of Humanities & Applied Sciences	
In Association with (if any)	IQAC Cell	
Details of Resource Persons (if any)	Ms. G. Amruthavani, Yoga Instructor, Ramnathapur, Hyderabad	
Description <i>(min. 100 words, include objective, outcome, etc.)</i>	<p>G. Amrutha Vani, Yoga Instructor from Ramanthapur, gave a talk on the importance of yoga and its relevance for physical and mental health. A few minutes of yoga can be a great way to get rid of stress that we face in our daily lives. Yoga postures, Pranayama and meditation are effective techniques to release stress.</p> <p>Warming up and stretching were followed by various asanas and exercises for reducing joint pain and enhancing the flexibility of the back. Students and faculty were asked to try out postures of Padmasana, Sukhasana, Tadasana, Bhujangasana, Shavasana , and so on.</p> <p>The session concluded with an interactive session in which all queries were answered. Ms Amrutha motivated the audience to make yoga an integral part of their lives by extending the practice beyond the mat.</p>	

Photos  
(paste min. 3 best quality photos)



**Srikanth Jatla**

Dec 2, 2020, 1:37 PM



Scheduled a meeting



**Yoga, Motivational Talk on Success, Physics**  
Dec 4, 2020 @ 9:30 AM

51 replies from Srikanth, TEJASWINI + 8 others



Meeting ended



Reply



Digital Signature:

Designation: Professor

Department/Support System: Humanities and Applied Sciences

Director