

Aurora's Degree & PG College

(ACCREDITED BY NAAC WITH 'B++' GRADE)

Chikkadpally, Hyderabad 500020

EVENT / ACTIVITY DETAILED REPORT

BALANCE DIET FOR TEACHING FRATERNITY

NAME OF THE EVENT / ACTIVITY	BALANCE DIET FOR TEACHING FRATERNITY
TYPE OR TITLE OF EVENT / ACTIVITY	Seminar
FACULTY INCHARGE	Ms.Chandrakala P
DEPARTMENT/CELL/COMMITTEE/CLUB	Women Empowerment Cell
DATE	14 th June, 2018
VENUE	Aurora's Degree & PG College
TARGET AUDIENCE	Faculty

Brief about the Event:

EVENT: TALK ON "BALANCE DIET FOR TEACHING FRATERNITY"

GUEST:Dr. Janaki Badugu

TIME: 10:30 am to 12:30 pm.

DATE: 14th June, 2018

VENUE: Aurora Auditorium

WOMEN EMPOWERMENT CELL of Aurora's Degree & PG College had organized a talk on 'Balanced Diet for teaching fraternity' on June 14th 2018 at Aurora Auditorium from 10:30 am to 12:30 pm. The talk was delivered by the renowned nutritionist Dr. Janaki Badugu.

The event commenced by welcoming of the guest by Ms. Chandrakala, Convener WEC. The profile of the guest was read by Ms. Sandhya Rani G, member WEC.

The guest for the event was Dr. Janaki Badugu who is a woman of substance, holding Ph. D. in Food and Nutrition, she is the founder, owner and consultant to 'Diaita' Eat right Clinic, having an experience of over 18 enriching years. She has conducted several programs on Diet and Nutrition in TV 9, Maatv, Zee telugu, Etv Abhiruchi, and Sakshiti.

The talk was focused on the dietary habits, the importance of five food groups and the common mistakes performed by individuals during the course of the day with regard to the eating habits.

The talk was coupled with some practical exercises that can be done without much effort. The guest was very patient with questions from the audience and stressed on the need for a balanced diet for a well-nourished person. The theme of the lecture was put in a nutshell in a simplistic manner which encapsulated the audience.

The session was very well appreciated and received by all the teaching fraternity of ADC. The session ended with a vote of thanks by Ms. Vasavilatha.