



REPORT

AWARENESS PROGRAMM

The department of Applied Nutrition & Public Health has held a Health & Nutrition Awareness week in different schools in Hyderabad to promote healthy lifestyle choices and help students to develop healthy habits.





PROGRAMM OBEJECTIVE:

To create awareness and educate the students regarding healthy lifestyle choices and habits.

HIGHLIGHTS of the program:

- ★ Twelve Awareness sessions were conducted in different schools of Hyderabad from 17th March to 23rd March.
- ★ Different charts and posters were prepared
- ★ Fun activities were conducted
- ★ The students demostrated and educated about how to obtain healthy lifestyle choices.



GROUP-1 REPORT

Date: 17-March-2023

TOPIC: Nutritional requirement during adolescence

NAMES: HAZAR,SRIVANI,SRAVANI,TEJA SRI,NIKITHA,ALIYA

SCHOOL Azaan International

VISITED: school,tolichowki,Hyd.

Target Classes: 6th,7th [45 strenght]

Students demonstrated the requirements of the nutrients which is essential for the growth during adolescence,RDA of nutrients and also about the deficiency, symptoms.

RESPONSE: Very much Interractive.



GROUP-2 REPORT

■ **Date:** 19-March-2023

■ **TOPIC:** Vitamins and minerals.
Their importance

■ **NAMES:** CH.SARITHA ,A.LAHARI
,K.LAVANYA,M.LAHARI

■ **SCHOOL VISITED:** Banjara hills high school,Hyd.

■ **Target Classes:** 6th,7th [45 strenght]

Students demonstrated the requirements of the vitamins and minerals in their daily life which is essential for the protection of body,RDA of vit & min and also about the deficiency, symptoms.

■ **RESPONSE:** Very much explorive .



GROUP-3 REPORT

Date: 19-March-2023

TOPIC: Food labels

NAMES: KOHIR SUPRIYA,PANDIT
SANDHYA,SHIREESHA,LIKITHA

SCHOOL VISITED: Govt.primary school,Hyd.

Target Classes: 5th,6th [55 strenght]

Students demonstrated about the undestanding of food labels that is printed on the edible food packets and sachets.

RESPONSE: VERY GOOD .



GROUP-4 REPORT

Date: 20-March-2023

TOPIC: Nutrition during adolescence

NAMES: P.VIJAYALAXMI,K.SANDHYA,
V.USHA

SCHOOL VISITED: ZPHS kompally,HYD.

Target Classes: 6TH,7 [35 strenght]

Students demonstrated about the NUTRITIONAL IMPORTANCE for growt and development of body during adolescence.

RESPONSE: VERY NICE.



GROUP-5 REPORT

Date: 20-March-2023

TOPIC: Myths on diet and nutritional
fake news.

NAMES: SRILAXMI, DIVYA, NAZMEEN,
SPOORTHI, AKHILA

SCHOOL

VISITED: SMART kidz patashala ,HYD.

Target Classes: 7th and 8th [55 strenght]

Students demonstrated about the myths rumours
that are spread about nutrition.

RESPONSE: BRILLIANT



GROUP-6 REPORT

Date: 20-March-2023

TOPIC: Vitamins, minerals and their Importance

NAMES: Sana begum, Vineeka, Vidyarani, Amulya, Ashwita

SCHOOL Govt. high school

VISITED: Borabanda, HYD.

Target Classes: 7th 8th 9th 10th

Students demonstrated about vit and minerals are important for the protection of body.

RESPONSE: FABULOUS



GROUP-7 REPORT

Date: 21-March-2023

TOPIC: Vitamins,minerals and their
Importance

NAMES: Kavyasri,thirumala,B.ashwini,
Pallavi,

**SCHOOL
VISITED:** Marvel school,shyamla,HYD.

Target Classes: 6th 7th 8th

Students demonstrated about vit and minerals are important for the protection of body.

RESPONSE: FABULOUS



GROUP-8 REPORT

■ **Date:** 20-March-2023

■ **TOPIC:** FOOD GROUPS

■ **NAMES:**premalatha,m.soumya,k.tejaswini,
N.ramitha,G.srilekha

■ **SCHOOL VISITED:** Govt.girls high schoolHYD.

■ **Target Classes:** 7th 8th

Students demonstrated about food groups and instructed how to divide the food plate.

■ **RESPONSE:**VERY GOOD



GROUP-9 REPORT

Date: 20-March-2023

TOPIC: EATING RIGHT

NAMES: NIKHAT shireen,sakeena,nida
fatima,Amena,Akhila

SCHOOL VISITED: Sri chaitanya techno schoo,lHYD.

Target Classes: 6th 7th 8th

Students demonstrated about food groups and instructed how to divide the food plate.

RESPONSE: PERFECT



GROUP-10 REPORT

Date: 22-March-2023

TOPIC: Nutritional requirement during adolescence

NAMES: Chidanandini, nissi, nandini, zareena, sahasra, yuthika

SCHOOL

VISITED: Govt. primary school, HYD.

Target Classes: 6th 7th

Students demonstrated about nutrients required during adolescence and RDA of nutrients

RESPONSE: MIND-BLOWING



GROUP-11 REPORT

■ **Date:** 23-March-2023

■ **TOPIC:** Food groups and their importance in diet.

■ **NAMES:** Naziya,manisha,nishath,amena
zainab,anjali

SCHOOL

■ **VISITED:** SRI SAI MODEL SCHOOL, HYD.

■ **Target Classes:** 6th 7th 8th

Students demonstrated about the food groups validation in daiy life and importance for healthy lifestyle.

■ **RESPONSE:** OUTSTANDING.



CONCLUSION

The purpose of this nutritional awareness program week has been conducted to spread the message and awareness regarding the Nutritional Health to lead healthy and prosperity life.

Special Thanks to:
DR.T.ANNIE SHERON
Head of department
**APP.NUTRITION AND PUBLIC
HEALTH**