

## **GUEST LECTURE**

### **“EAT RIGHT AND BE NUTRITIONALLY AWARE”**

**15<sup>th</sup> December, 2022**

**Organized by: Department of Zoology**

On 15.12.2022 the Department of Zoology organized a Guest Lecture on “Eat Right and be Nutritionally aware” at UG Seminar Hall. Ms. T. Vani, Nutritionist, Fitzone Combo of Aerobics & Diet, Vijayawada delivered a Lecture for our CBZ Students.

#### **OBJECTIVE:**

To create adequate awareness on Food Nutritive values and Food Habits, eating practices among College Students. And aim to promote proper essential dietary change, for obtaining the appropriate and necessary Nutrition to remain healthy, physically prepared to lead a Healthy life.

The following topics were covered during the Lecuture:

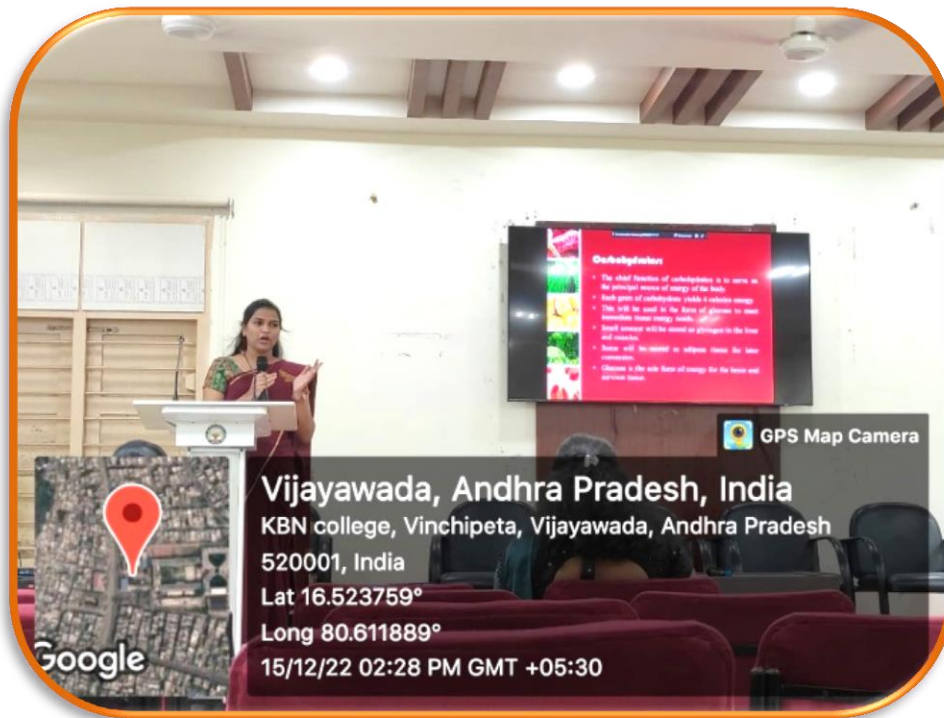
- Importance of Balanced Diet
- Different types of Nurtients available in Foods: for example: Carbohydrates, Protiens, Fats, Vitamins, Minerals, and consuming of water.
- Importance of Nutrition among Adolecent age groups.
- Calicum and Vitamin D rich in Foods, Potassium rich in Foods
- Protien rich in Foods, Vitamin B12 rich in Foods
- Branches of Food science and Nutrition.

#### **OUTCOME:**

Through the Guest Lecture we are able to present a clear picture on valuable Nutrients contained foods which helps in improving Healthy diet among College Students. As a result participants understood that body maintenance,

growth, reproduction, health, and disease prevention will be based on proper Healthy lifestyle.

Finally the programme was concluded with a vote of Thanks by Ms. G. Krupa Jayasri, Head Dept. of Zoology, Ms. M. Sahithi, Lecturer, Students of Final year & Second Year from CBZ sections participated in the Programme.



**Ms. T. Vani, Nutritionist, Fitzone Combo of Aerobics & Diet, Vijayawada addressing the gathering**



**Feliciation to the Resoure Person by Department Staff Members**