



Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem - 533437

Date: 17/8/2018

Surampalem.

To

The principal,
Aditya college of Engineering and Technology,
Surampalem.

Sub: - Requesting permission for conducting a program "AYUSH- health & nutrition" in our campus.

Respected Sir,

We are the members of health club in order to improve health of students and faculty, we plan to conduct a programme AYUSH- Health & Nutrition on 18/8/2018 Now I am requesting permission to conduct this program by the expert in seminar hall and also required to allocate required budget.


Budget proposal for conducting program

S.No	Particular of Event	Amount in Rs.
1	Travel (by car)	2000/-
2	miscellaneous	1000/-
Total Amount		3000/-

I request you to sanction an amount of Rs 3000 /- (three thousand rupees only) for smooth conducting of the event.

Thanking you sir,


Convener
(Health Club)


Principal
PRINCIPAL
Aditya College of
Engineering & Technology
SURAMPALAM- 533 437


PRINCIPAL
Aditya College of
Engineering & Technology
SURAMPALAM- 533 437



Aditya College of Engineering & Technology

Aditya Nagar, ADB Road, Surampalem - 533437

Date: 17/8/2018

CIRCULAR

It is informed to all the students that there will be a programme "AYUSH- Health & Nutrition" on 18/8/2018 from 11:00 am to 1:00 pm in our campus to improve health and creating healthy environment.

In this connection, all the interested students and staff are invited to participate in the programme.

copy to

IQAC

Dept HOD's

Office

Health club committee

Principal

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Aditya College of
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SURAMPALEM- 533 437

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Aditya Nagar, ADB Road, Surampalem 533437.



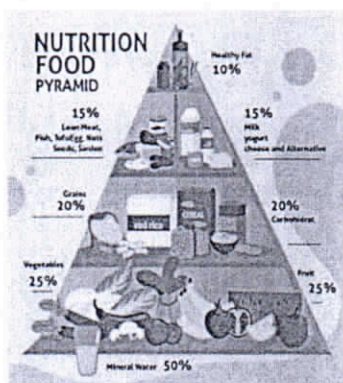
A program on

"AYUSH- health and Nutrition"

On 18-8-2018

By

Dr. Ch. Sai Lakshmi



Organised by




PRINCIPAL
Aditya College of
Engineering & Technology
SURAMPALAM- 533 437

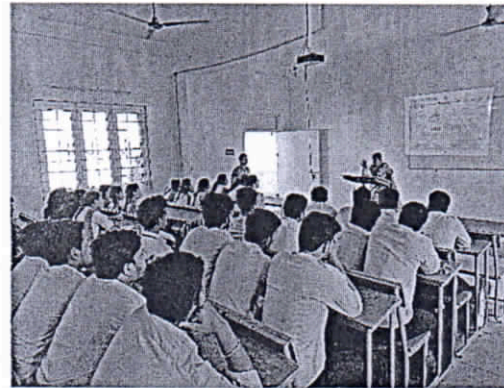


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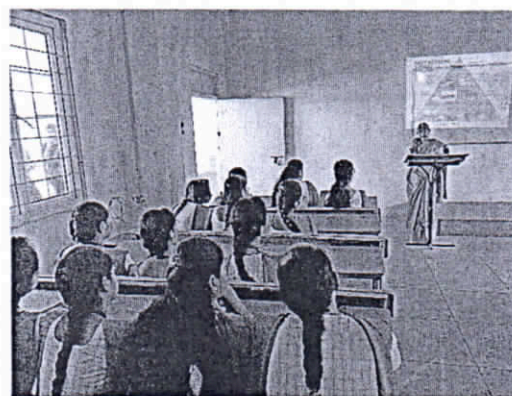
Aditya Nagar, ADB Road, Surampalem - 533437

Event name: AYUSH- Health & Nutrition

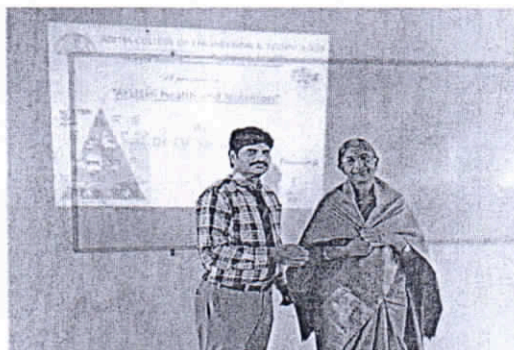
Date: 18/8/2018



Handling session to guest



Guest giving information about nutrition's and its role in good health



Felicitation to the guest


PRINCIPAL
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SURAMPALAM- 533 437



Event name: AYUSH- Health & Nutrition

Date: 18/8/2018

A REPORT ON "AYUSH-Health & Nutrition"

Speaker of the event: Smt. Dr. Ch.Sailakshmi garu,

Venue: Seminar Hall - Visveswaraya Bhavan.

Date: 18/8/2018

No of Students attended: 139

Health club committee conducted AYUSH- Health & Nutrition programme in our campus. The resource person explained about various nutrition's and its importance to our health.

The main objectives of this session:

- ✓ To create awareness on nutrition's to the students.
- ✓ To creating healthy environment in the campus.
- ✓ To create awareness on how nutrition improves our health.

In this program 139 students have participated and the speaker explained, Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

Healthy children learn better. People with adequate nutrition are more productive and can create opportunities to gradually break the cycles of poverty and hunger.

Malnutrition, in every form, presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low- and middle-income countries.

Finally, the speaker suggested the students to take nutritional food in their daily diet for to enhance good health.

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Date: 9/7/2018

Surampalem.

To

The principal,
Aditya.college of Engineering and Technology,
Surampalem.

Sub: - Requesting permission for conducting a program "SWASTH- importance of hygienic food." in our campus.

Respected Sir,

We are the members of health club in order to improve health of students and faculty, we plan to conduct a programme SWASTH - importance of hygienic food on 11/7/2018 Now I am requesting permission to conduct this program by the expert in seminar hall and also required to allocate required budget.

Budget proposal for conducting program

S.No	Particular of Event	Amount in Rs.
1	Travel (by car)	2500/-
2	miscellaneous	1500/-
Total Amount		4000/-

I request you to sanction an amount of Rs 4000 /- (four thousand rupees only) for smooth conducting of the event.

Thanking you sir,


Convener

(Health Club)


Principal

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Date: 10/7/2018

CIRCULAR

It is informed to all the students that there will be a programme "SWASTH - importance of hygienic food" on 11/7/2018 from 02:00 Pm to 04:00 pm in our campus to improve every individual health.

In this connection, all the interested students and staff are invited to participate in the programme.

copy to

IQAC

Dept HOD's

Office

Health club committee

Principal

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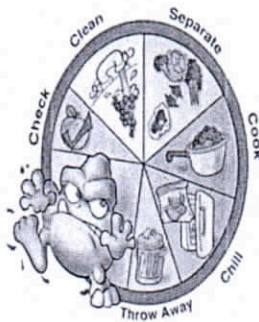
A program on

"SWASTH- importance of hygienic food"

On 11-7-2018

By

Dr. Veda Priya Gummadi



Organised by



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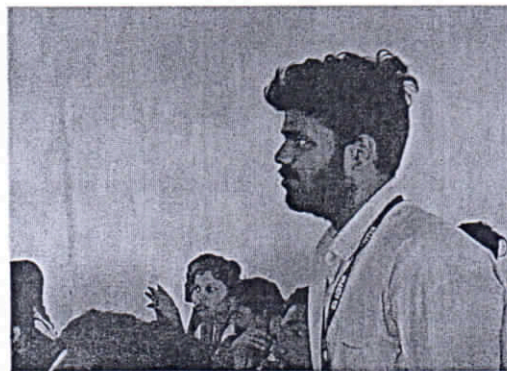
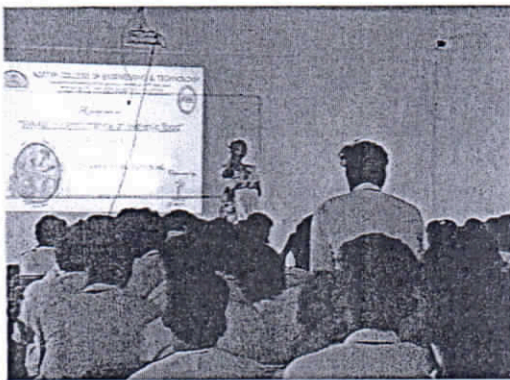
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Event name: SWASTH - importance of hygienic food

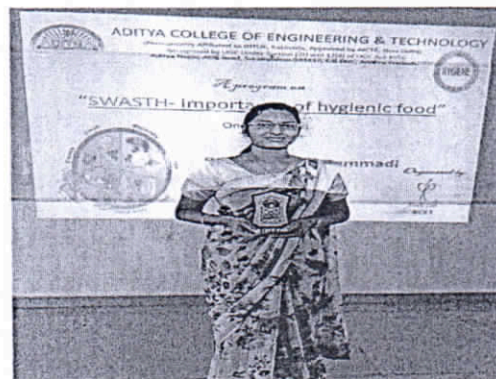
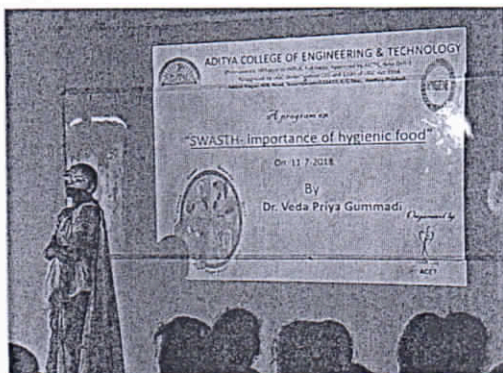
Date: 11/7/2018



Inviting Guest of Honor



Interaction with students



Guest memento Presentation


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Event name: SWASTH - importance of hygienic food

Date: 11/7/2018

A REPORT ON "SWASTH- importance of hygienic food"

Speaker of the event: Smt Dr. Veda Priya Gummadi garu,

Venue: Seminar Hall - Visveswaraya Bhavan.

Date: 11/7/2018

No of Students attended: 152

Health club committee conducted SWASTH- importance of hygienic food programme in campus. The resource person explained about hygienic foods how it influences on our health.

The main objectives of this session:

- ✓ To create awareness on hygienic foods to the students.
- ✓ To creating hygienic environment in the campus.
- ✓ To create awareness how hygiene improves our health.

In this program 152 students have participated and the speaker explained food safety and hygiene are of utmost importance as it helps to guard the health of consumers from food-borne illnesses and food poisoning. Sickness occurs when food becomes contaminated by bacteria, viruses, and other germs, making those people unwell who consume the contaminated food.

Finally, he concluded how do you keep food hygienic?

There are 4 basic steps to food safety at home, these are known as the four C's:

- cleaning - making sure your hands, surfaces and equipment are clean before, during and after cooking
- cooking - making sure food is cooked throughout to kill harmful bacteria
- chilling - making sure foods are stored at the correct temperature to prevent growth of harmful bacteria
- avoiding cross-contamination - preventing the spread of bacteria to surfaces and ready to eat food.

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