

# NUTRI MEET

**Topic:** Nutri Meet - National Seminar

**Date:** Mar 25th, 2022

**Time:** 11.00 am

**Place:** Webinar Hall

**Report:** On 25th Mar 2022, Nutri Meet was organized by the Dept. of Food science and Technology, in association with Indian Dietetic Association (IDA), AP chapter, at Webinar Hall, SDMSMK. IDA, AP chapter was inaugurated by the Chief guest, **Dr. M. Raghavendra Rao**, Director of Medical Education, AP. The event was also graced by **Dr C Nageswara Rao**, President, Siddhartha Academy of General & Technical Education (SAGTE) and **sri N Lalitha Prasad**, Joint-secretary, SAGTE and Convener, SDMSMK. The Chief guest enlightened the students about the importance of diet in mitigating the exponential increase of lifestyle disorders like diabetes, hypertension and cancer. This was followed by National Seminar "Role of Nutrition to Enhance Immunity" by **Dr. J Lakshmi, Professor**, HOD and Associate Dean, Department of Food Science and Nutrition, College of Community Sciences, Acharya NG Ranga Agricultural University, Guntur. She emphasized the need to consume nutrient dense foods like wholesome grains, lentils, seasonal fruits and vegetables in order to enhance an individual's defense mechanism. This was followed by a talk "Obesity: Complications & Management", by **Dr. Lata Sashi**, Chief Nutritionist, Fernandez hospital, Hyderabad. She highlighted the study increase of supermarket and corporate culture in India, which in turn could lead to excessive consumption of processed Foods.

**Total participants:** 250 participants

