

## ANNUAL REPORT 2019-2020

### **GUEST LECTURES:**

1. **Adolescent Counselling** - Organised: On 29<sup>th</sup> September, 2019 for III semester BA/BSc by Mrs. Yallina Thomas, Counsellor BCWCC on the topic Adolescent Counselling.

**No. of Participants:** 22

2. **Hospital and Therapeutic Diets** by Dr Kavitha, the Chief Dietician of KIMS Hospital on 28<sup>th</sup> August, 2019 - III year BSc. Nutrition and Dietetics students.

**No. of Participants:** 27 + 02 Faculty

### **WORKSHOP:**

1. **Puppet making** - On January 29<sup>th</sup>, 2020, for Story Telling was conducted by Ms. Latha Sath Gopan for VI semester BA/BSc students.

**No. of Participants:** 18

### **SYMPOSIUM:**

1. **‘International Multidisciplinary Symposium Swastya’**- way to wellness on February 25, 2020 in collaboration with the departments of Physical Education and Psychology.

**No. of Participants:** 150

### **FIELD VISITS:**

1. **‘GKVK – Seri culture’**- The II Semester BA/BSc visited the Department of Sericulture, College of Agriculture, GKVK Bangalore on 17th February 2020.

**No. of Students:** 48

2. **‘Visit to Lalbagh’** - The IV Semester BA/BSc. students visited Lalbagh on 22nd January 2020 to study varieties of Flowers and Flower arrangements.

**No. of Students:** 20 + 01 Faculty

3. **‘Visit to Baptist Hospital’**: The III B.Sc. students of Nutrition and Dietetics on 28<sup>th</sup> February, 2020 to observe planning and preparation of therapeutic diet.

**No. of Students:** 27 students + 1 Faculty

4. **‘Visit to Design Quotient lab’** - On 12th February 2020 for IV Semester and VI Semester BA/BSc. visited the Design Quotient Lab, Indiranagar.

**No. of Students:** 40

5. **‘NGO-YWCA-** On 12<sup>th</sup> February, 2020 students of VI Semester BA/BSc. students visited an NGO - YWCA.

**No. of Students:** 18

6. **‘Visit to CFTRI’-** On 11th March 2020, for IV Semester and VI Semester NDCZ visited CFTRI- Mysore to study advanced techniques in food technology.

**No. of Students:** 42 + 1 Faculty

### **DEMONSTRATIONS:**

1. **Baking demonstration** - was conducted by Mrs. Sheryl for students of I Sem BA/BSc. on 27th August, 2019.

**No. of Participants:** 48

2. **Chocolate Éclair, Penne Pasta and Chocolate Lava Cake-** The Institute of Baking and Culinary Arts in collaboration with the Department conducted a demonstration for 40 PUC students on 7th September, 2019; and on 16th February 2020 for degree students.

**No. of Participants:** 50

3. **Parent Education Programme:** The program was conducted on 12th October, 2019 which was an Audio-Visual program organised by 3rd Semester BA/BSc students on the topics - Nutritional Requirements for Pre-schoolers, types of parenting, inculcating reading habits, habit formation; TV and media for parents; and creative activity demonstration for children.

**No. of Participants:** 25 Parents + 20 Students

4. **Sensory Testing: Sensory Testing Experiment** - Students participated in the experiment conducted by Global Consumers Private Limited for 2 weeks in August 2019.

**No. of Participants:** 10

### **AWARENESS PROGRAMME:**

1. **Breast Cancer Program** was conducted on 30th August, 2019 by the 3rd Semester NDCZ students for the students of III Semester BA/BSc., III Semester B.Com. A and B, and the VI Semester BA/BSc

**No. of Participants:** 150

2. **Importance of Personal Hygiene and measures to prevent spread of COVID-19** to Preschool students in Rajendra Nagar YWCA School to children by the VI Semester BA/ BSC students on 6<sup>th</sup> March, 2020.

**No. of Participants: 23**

3. **‘BATTLING LONELINESS’** in the Elderly, and Hygiene to be maintained for the prevention of COVID-19 and distribution of Face Masks by the BA/BSc. students on 6<sup>th</sup> March, 2020.

**No. of Participants: 11**

#### **INTERNSHIP:**

1. **‘KIMS HOSPITAL’** - In the month of December, 2019, students of final year Nutrition and Dietetics went for a 1-month internship to KIMS Hospital to get trained in planning and preparation of hospital diets and counselling of patients. Mentoring: The department faculty met their respective students regularly and had discussions.

**No. of Students: 6**



**‘International Multidisciplinary Symposium Swasthya’ – Way to Wellness**

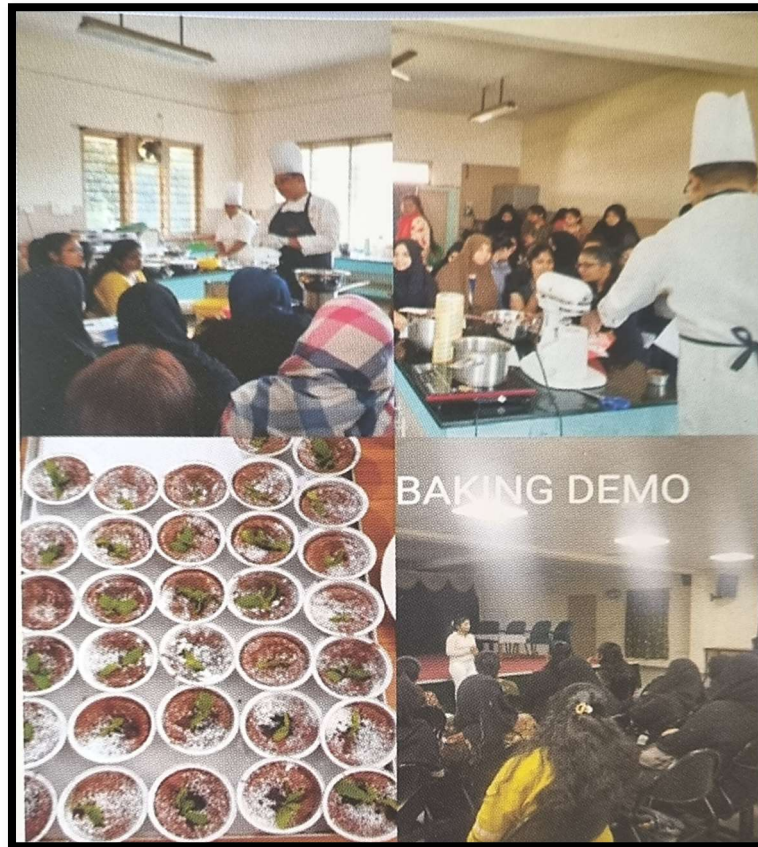


**III BA/B.Sc. Outreach program**



**Parent Education Program**





**I BA/B.Sc- Baking Demonstration**



**VI BA/B.Sc- Puppet Making**



**Visit to Design Quotient Lab**