

Event Report
National Nutrition Week (1st - 7th September)
7th September 2021

Women Empowerment Cell, GITAM, Visakhapatnam, commemorated National nutrition Week on 7th September 2021, for the Female staff (Teaching & Non-Teaching) and Research Scholars of GITAM, Visakhapatnam campus. The event was a blend of interaction with the Guest Speaker, Dr Manasa, Nutritionist, and Nutritious Food Competition. For the competition, the participants were required to prepare a nutritious meal at home suitable for one of the criteria mentioned in the brochure and present at the venue.

The event began at 9:30 am at KRC Auditorium, with a talk by Dr Manasa Lakshmi, Nutritionist, GIMSR, Visakhapatnam. The talk ended with an interaction with the Guest Speaker at 10:45 am. This was followed by a competition where 16 participants presented their food items, along with recipes, at KRC Annexure. The invited judges, Dr Deepthi, Senior Nutrition Consultant, Starlite Hospitals, Visakhapatnam, and Mr Rupesh, Executive Chef, GITAM, interacted with the participants with respect to the food items. The event closed with a presentation of prizes to the winners, 8 in total (2 winners per prescribed category)

a) **'Title of the Programme':** Nutrition Week: “Feeding Smart right from the Start” Competition

b) **'Brief Writeup':**

Women Empowerment Cell, GITAM, Visakhapatnam, commemorated National nutrition Week on 7th September 2021, for the Female staff (Teaching & Non-Teaching) and Research Scholars of GITAM, Visakhapatnam campus. The event was a blend of interaction with the Guest Speaker, Dr Manasa, Nutritionist, and Nutritious Food Competition. For the competition, the participants were required to prepare a nutritious meal at home suitable for one of the criteria mentioned in the brochure and present at the venue. The event began at 9:30 am at KRC Auditorium, with a talk by Dr Manasa Lakshmi, Nutritionist, GIMSR, Visakhapatnam. The talk ended with an interaction with the Guest Speaker at 10:45 am. This was followed by a competition where 16 participants presented their food items, along with recipes, at KRC Annexure. The invited judges, Dr Deepthi, Senior Nutrition Consultant, Starlite Hospitals, Visakhapatnam, and Mr Rupesh, Executive Chef, GITAM, interacted with the participants with respect to the food items. The event closed with a presentation of prizes to the winners, 8 in total (2 winners per prescribed category)

c) **Images of the Brochure/leaflet etc., Photographs of the programme**

GITAM
(DEEMED TO BE UNIVERSITY)
VISAKHAPATNAM • HYDERABAD • BENGALURU

**COMMEMORATING
NUTRITION WEEK**
(September 1 - 7)

**Feeding Smart
Right from the Start**

7th September 2021 (Tuesday)
9:30 am - 11:30 am

An exclusive event/competition for the Women of GITAM, Visakhapatnam campus
(Teachers, Research Scholars, Non-Teaching staff)

Venue: KRC Auditorium - Interaction with the Nutritionist
KRC Annexure - Food Display & Judgement

Max no. of Competitors: 20

Prepare a nutritious meal at home for any of the categories, keeping in mind
nutritional benefits, time required for preparation, taste etc.

Category 1: 6 months - 12 years
Category 2: 13 years - 22 years
Category 3: 23 years - 45 years
Category 4: 46 years & above

Winners: 2 winners from each category

Guess what! All recipes will be compiled & published online on WEC website.
More details in the registration form...!

REGISTER HERE







List of Participants/Registrations:

Email Address	Name	You are..	Employee ID / Registration Number	Contact No. (Whatsapp)	Name of the Institute	Category for which you will prepare a food item: (choose one)	Name of the Recipe
						
stasil@gitam.edu	Talasila SriLakshmi	Faculty	2546	8712771998	GIS	Criteria 4: 46 years & above)	Laddu
mkadupug@gitam.edu	Malathi Kadupugotla	Non-Teaching Staff	7695	9951890453	GITAM School of Gandhian Studies	Criteria 3: 23 years - 45 years)	Pesarattu or Egg role
lvellank@gitam.edu	Dr. V. Lakshmi Narasamma	Faculty	2514	9848244710	GIS, GITAM	Criteria 2:13 years - 22 years)	Korea biyyam bissibela
kmajji@gitam.edu	Dr. M. KIRANMAI REDDY	Faculty	2335	9966026489	Institute of Science		
skarri2@gitam.edu	Dr K V Santhee Devi	Faculty	2336	8978417569	GIS	Criteria 4: 46 years & above)	Pumpkin seeds laddoo
sduvvuri@gitam.edu	Dr.D.Suryakala	Faculty	4090	9490131914	GIS	Criteria 2:13 years - 22 years)	Semiya carrot kheer

rkollu@gitam.edu	Kollu.ramya	Non-Teaching Staff	6534	8497943459	CATS		
ppushpan@gitam.edu	Dr.Pushia KP	Faculty	500741	9496495101	GITAM school of Gandhian Studies	Criteria 3: 23 years - 45 years)	Brown Rice with Dal
vkp@gitam.edu	Dr. K. Vijaya Rachel	Faculty	4020	9866007005	GIS	Criteria 2: 13 years - 22 years)	
amamilla@gitam.edu	Mamillapalli Anitha	Faculty	4065	9000936926	GIS		
kmukkavi@gitam.edu	Kameswari V R Mukkavilli	Faculty	2550	9490387744	Gitam Institute of Science	Criteria 1: 6 months - 12 years)	Dry fruits laddu
lpalla@gitam.edu	Smt. P. Leela Rani	Non-Teaching Staff	7164	8520020186	GITAM Institute of Technology	Criteria 3: 23 years - 45 years)	Protein Laddu
kvarada@gitam.edu	Sai Kumari Varada	Non-Teaching Staff	500199	9398480717	GITAM Institute of Science	Criteria 3: 23 years - 45 years)	
vpeddire@gitam.edu	Dr.P. Vidyullatha	Faculty	4236	9848085867	GITAM Institute of Sciences	Criteria 1: 6 months - 12 years	Millet kheer
sbotta@gitam.edu	B. Sudha Sai	Faculty	2441	9490876515	GSGS	Criteria 4: 46 years & above)	Vegetable Oats Cutlet
sbaggam@gitam.edu	SPANDAN A BAGGAM	Faculty	2650	9490461596	GIS	Criteria 1: 6 months - 12 years	Ragi chapat chat
rsamyukt@gitam.edu	S.Roshini	Non-Teaching Staff	8025	9866650736	GIS	Criteria 2: 13 years - 22 years)	Tikki
rpedired@gitam.edu	Renuka	Faculty	3082	9490386554	Gim	Criteria 3: 23 years - 45 years)	Egg millet dosa