



IEEE - MVSR STUDENT BRANCH

Student Branch Code: 12161, School Code: 41329276



A Guest lecture on Nutrition for Working Women and Adolescent Children

IEEE MVSR Women in Engineering Affinity Group in collaboration with WPC and ICC has organized a Guest lecture on nutrition for working women and adolescent children on the 31st January 2020.

The main motto of organizing an event is to let all the students and professionals know how their diet is to be and importance of nutrition in day to day life.

Student Branch Mentor:

Dr. Atul Negi,
Professor,
School of CIS,
University of Hyderabad.

Student Branch Advisor:

Mr. V. Ashwini Kumar,
Head of the Department,
Information Technology,
MVSR Engineering College.

Student Branch Counsellor:

Dr. D. Hari Krishna,
Assoc. Professor, EEE Dept.,
MVSR Engineering College.

Student Branch Executive Committee

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Ms. K. Akshitha - Vice Chair
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Mr. V. Vineeth - Treasurer

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Ms. B. Nikita Reddy - Joint Secretary
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WIE Student Branch Advisor:

Dr. G. Kanaka Durga,
Principal & Professor,
MVSR Engineering College.

PES Advisor:

Dr. D. Hari Krishna,
Assoc. Professor, EEE Dept.,
MVSR Engineering College.

CS Student Branch Advisor:

Mrs. B. Saritha,
Assoc. Professor, CSE Dept.,
MVSR Engineering College.

CASS Student Branch Advisor:

Mrs. S. Aruna,
Asst. Professor, ECE Dept.,
MVSR Engineering College.

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Mr. Ch. Jinesh - Publicity Committee
Mr. M.V.S.S.R. Sahith - Membership Committee
Mr. Hemish & Mr. Y SaiSameer - Design Committee
Mr. M. Sri Sai Teja - Program Committee

Event details:

Date : 31th January 2020.

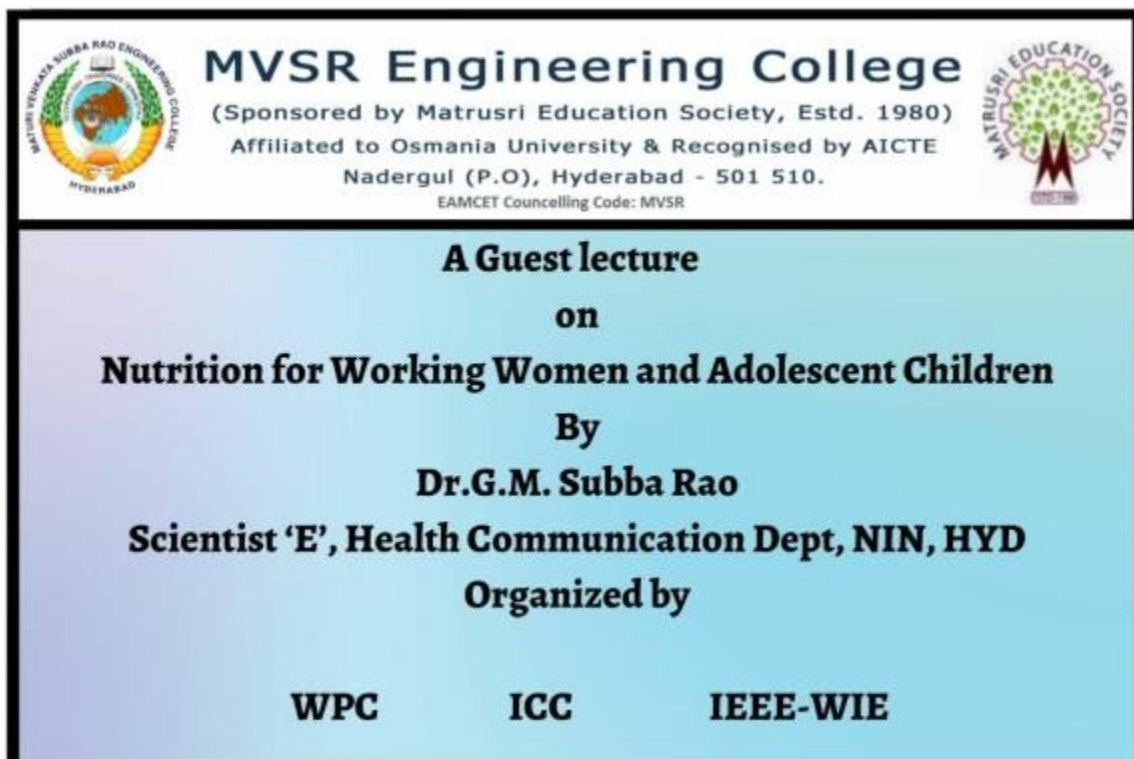
Time : 2:00 pm - 4:30 pm.

Venue: Civil Conference Hall

IEEE MVSR SB has taken an initiative to organize a guest lecture on nutrition for working women and adolescent children by Dr. G. M. Subba Rao, Scientist 'E', Health communication dept, NIN, HYD

The initiation was taken by Ms. Pratyusha, Chairperson WIE, IEEE MVSR SB. The team volunteers organized and implemented the event successfully under the guidance of WIE Advisor and our Principal Dr. G. Kanaka Durga.

The session started with a warm welcome from the speaker who explained us the importance of eating right and staying fit. He also explained how every single item that is consumed by us has an effect on our body.



The poster features the logos of MVSRR Engineering College and Matrusri Education Society at the top. The text in the center reads: 'A Guest lecture on Nutrition for Working Women and Adolescent Children By Dr.G.M. Subba Rao Scientist 'E', Health Communication Dept, NIN, HYD Organized by WPC ICC IEEE-WIE'.

Poster of the workshop organized by IEEE-WIE in collaboration with WPC and ICC

All the students were extremely active, enthusiastic in trying to understand the science behind food. The session was moved further towards the topic of Body Mass Index(BMI), which helped the students understand the biology and math behind our weight management.



Dr. G. M. Subba Rao addressing about food and nutrition.

The session further moved forward as our guest started bursting the myths related to fast weight loss techniques and is fasting really helpful and also how it can show impact on the body in the coming years. Our guest had finally concluded the take-over weight loss by suggesting how it is important to eat healthy and work out.





The event was concluded by presenting a sapling to our guest by our Principal and WIE Advisor Dr. G. Kanaka Durga and thanked the guest for his interesting and informative session.

Reported by:
IEEE MVSR SB.