


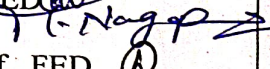




PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY
DEPARTMENT OF FRESHMAN ENGINEERING

SUMMARY REPORT ON EVENT ORGANIZED

ACADEMIC YEAR : 2025-2026

Date of Event organized & Time	07 - 08 - 2025 (1. 30 PM - 2. 30 PM)
Name of the course	STUDENT INDUCTION PROGRAM
Title of the Program	Session on Nutrition Awareness and preparation for "Andhra Ruchulu" – Nutrition Fest.
Resource person	Dr. T. Preethi Rangamani Dr. S. Lakshmi Tulasi
Brief Report on the Event	As part of the Student Induction Programme at PVPSIT, Dr. T. Preethi Rangamani and Dr. S. Lakshmi Tulasi conducted a session introducing the upcoming Nutrition Fest. They highlighted the importance of balanced nutrition in maintaining health, enhancing academic performance, and preventing lifestyle-related issues. The speakers encouraged students to actively participate in the fest, which will feature various activities and a special segment, "Andhra Ruchulu," celebrating traditional cuisine. The session generated enthusiasm among students, motivating them to adopt healthy eating habits while engaging in cultural appreciation.
Year/Semester	I YEAR / I SEM
No. of the participants	All I B. Tech. students present during the Induction program.
Consolidated Feedback	Good
Suggestions if any	---
Name of the Co-ordinators/ Signature of the Co-ordinators	Dr. A. Purnachandra Rao, Assoc. Prof., FED  Dr. P. Pavani, Assoc. Prof., FED  Dr. SK. Rehana, Asst. Prof., FED Dr. P. Lakshmi Lavanya, Asst. Prof., FED  Mr. M. Naga Prasad, Asst. Prof., FED.  Dr. G. Raghavendra Ganesh, Asst. Prof., FED 
Signature of the HOD	 Head

PRASAD V POTLURI SIDDHARTHA INSTITUTE OF TECHNOLOGY
(Autonomous) Kanuru, Vijayawada
Freshman Engineering Department

About the Topic/ Activity: Session on Nutrition Awareness and “Andhra Ruchulu”

Lecture delivered by:

- Dr. T. Preethi Rangamani
- Dr. S. Lakshmi Tulasi

As part of the Student Induction Programme at PVPSIT, a special session on the Nutrition Fest was conducted to raise awareness among first-year B. Tech. students about the importance of balanced nutrition and healthy lifestyle practices.

Highlights of the Session:

Dr. T. Preethi Rangamani and Dr. S. Lakshmi Tulasi addressed the gathering, emphasizing that good nutrition plays a vital role in physical health, academic performance, and overall well-being. The session introduced the concept of the Nutrition Fest, which is aimed at educating students on healthy eating habits, dietary balance, and the prevention of lifestyle-related health issues.

The speakers announced that a Nutrition Fest would be organized on campus and encouraged students to actively participate in various activities. A special focus was placed on “Andhra Ruchulu”, a traditional food segment, where students would get the opportunity to explore and present authentic local cuisine.

The session highlighted how participation in the fest would allow students to:

- Understand the importance of a balanced diet.
- Learn about nutritional requirements for young adults.
- Explore healthy food practices that boost energy and concentration.
- Raise awareness about malnutrition, obesity, and lifestyle-related health challenges.
- Celebrate traditional food culture through events like *Andhra Ruchulu*.

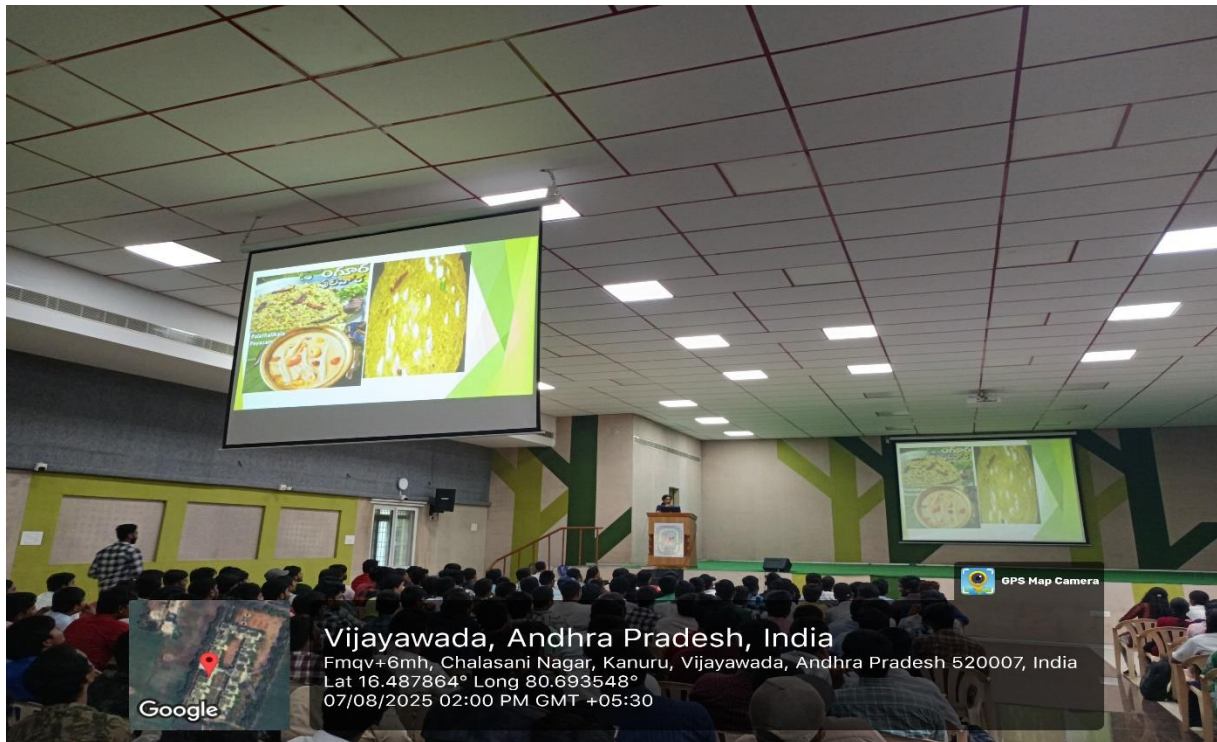
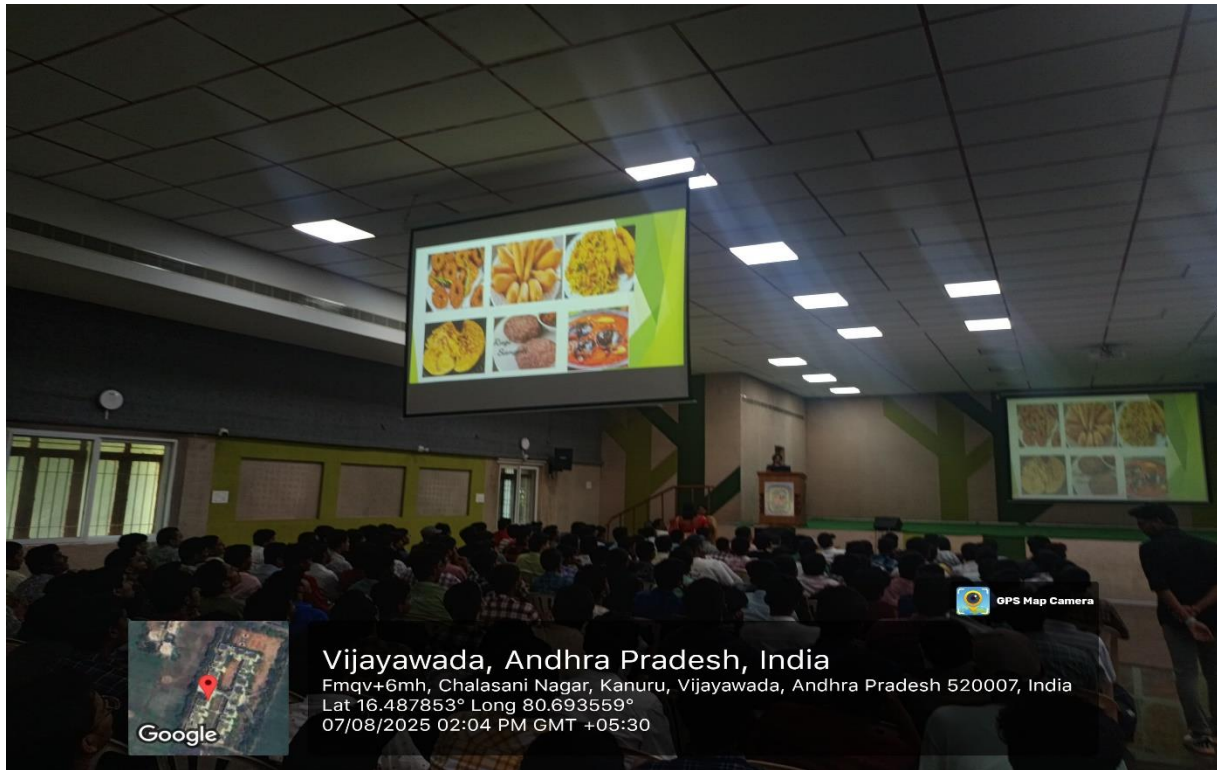
Student Engagement

The session was interactive, with students expressing keen interest in both the health awareness aspects and the cultural element of the upcoming fest. The idea of showcasing local cuisine generated enthusiasm, fostering both nutritional awareness and cultural pride.

Outcomes

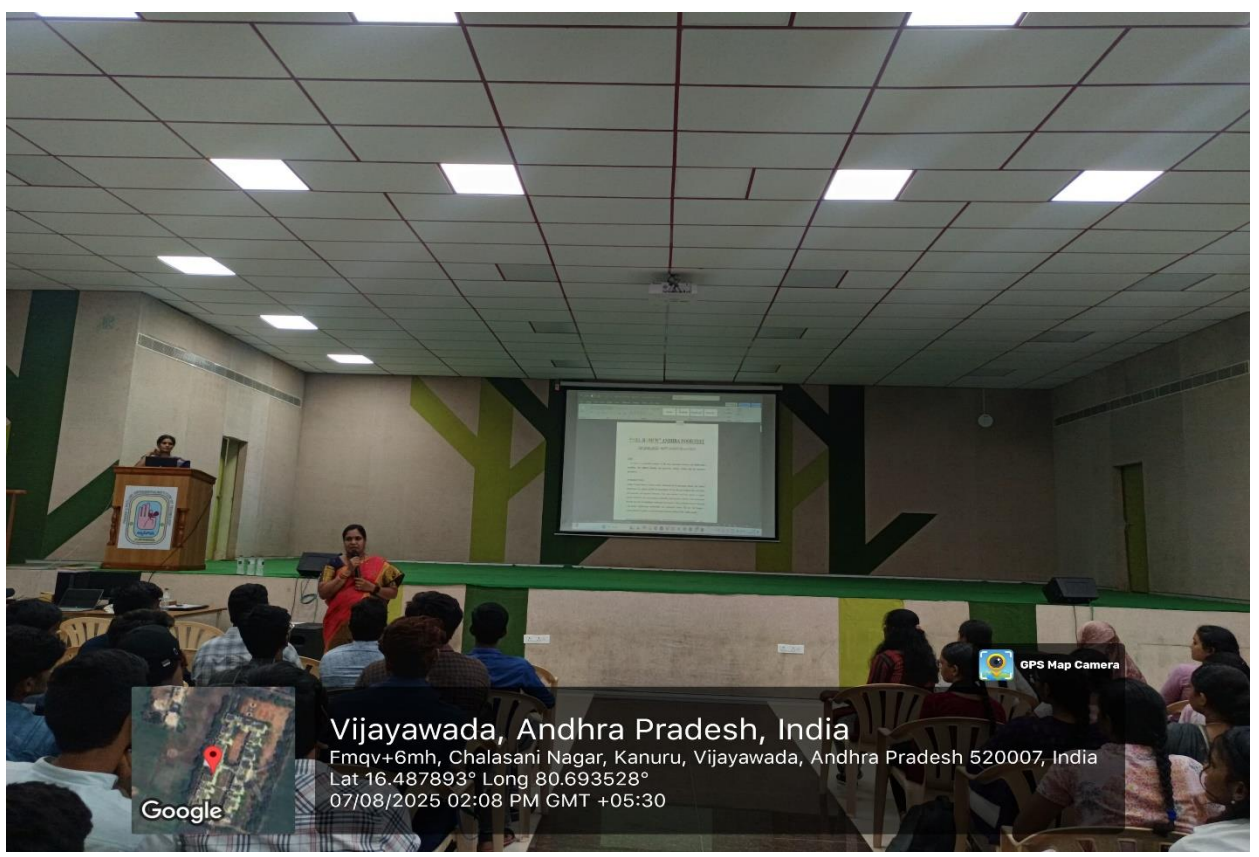
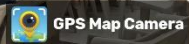
- Students gained knowledge of the link between nutrition, health, and academic performance.
- The announcement of the Nutrition Fest created excitement and motivated students to take part in its activities.
- Interest in Andhra Ruchulu highlighted students' eagerness to blend cultural appreciation with health awareness.







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