

RayatShikshanSanstha's
YashavantraoChavan Institute of Science, Satara(Autonomous)

Department of Food Processing and Packaging
Extension Activity on Eat Right India Movement

Report 2021-2022

Date: 05/03/2022

Objective: The goal was to build healthy habits in students of right food choices. The activity helped to create awareness on healthy and balanced diet among student.

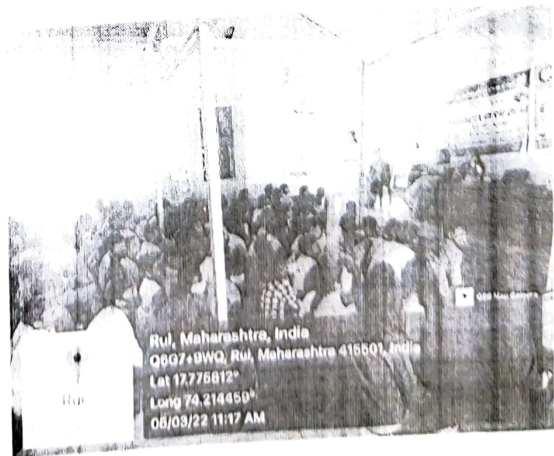
The Department of Food Processing and Packaging has organized Extension activity - Eat Right India Movement on Saturday, 5th March 2022 at New English School Rui village, Tal-Koregaon, Satara-Maharashtra. 135 students joined the activity from school (Class V to IX). From department 2nd & 3rd year students & 5 faculty members participated in the activity. Mr. Dure P. R, Ms. S. D. Shinde, Ms. S. S. Kadam, Ms. M. B. Deshmukh & Ms. G. M. Kulkarni interpreted objectives, methodology of Eat Right India Movement. The faculty gave the information about different activities of Eat Right India Movement initiative by FSSAI under this campaign to the students & also guided 3 hotels & 5 retailers' stores under food safety awareness camp. This extension activity was run under the guidance of Mrs. V. S. Patil (Co-ordinator of the department). We explain different unhealthy habits of diet due to lack of proper knowledge of right food choices through students. Mr. Dure P. R. did counselling of students on different issues due to imbalanced diet and habits. It also aims to engage and enable students to improve their health and well-being by making the right food choices during interactive session students asked some queries like role oil and fats in our diet, anaemia its relation with iron intake in our diet etc.

Outcome: The activity was a success in developing awareness to improve public health and combat negative nutritional trends to fight lifestyle diseases among students. Most of the students appreciated the scheme.

Dals

Co-ordinator
Food Processing & Packaging
Y.C.I.S. Satara.

Extension Activity on Eat Right India Movement



Extension Activity on Food Safety Awareness Camp

