



R.L. JALAPPA COLLEGE OF PHARMACY

SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION AND RESEARCH

(A Deemed to be University Declared under Section 3 of UGC Act 1958)

Tamaka, Kolar 563103, Karnataka, India E mail -rljcop@sduaher.ac.in

No. SDUAHER/KLR/RLJCOP/NSS /011 /2024-25

DATE: 28-02-2025

Sl. No.	Event Report
1	Name & Level of Event NSS Activity- Nutrition Day
2	Background / Introduction The National Service Scheme (NSS) unit of RLJCOP organized "Nutrition Day" on 24 th February 2025 to promote awareness about the significance of proper nutrition and healthy eating habits. The event aimed to educate students and faculty about the role of balanced diets in maintaining good health and preventing nutritional deficiencies. It emphasized the importance of incorporating essential nutrients into daily meals and encouraged participants to adopt healthier dietary choices. The activity also included interactive sessions, discussions on sustainable food habits, and demonstrations of nutritious recipes to highlight the benefits of consuming a well-balanced diet. Through this initiative, the NSS unit aimed to foster a culture of health-consciousness and well-being among students and faculty members.
3	Venue : R L Jalappa College of Pharmacy, SDUAHER, Tamaka, Kolar- 563103
4	Sponsors NSS Unit, SDUAHER
5	Inauguration The event commenced at 12:00 PM with an introduction to its purpose and objectives, followed by the formation of groups for activities.
6	Speakers / Judges / Chairman / Panel Team The following members were addressed to the Event 1. Dr. Muninarayana C, Registrar, SDUAHER 2. Dr. Aravind Natarajan, Dean, FAH&BS, SDUAHER 3. Dr. Ashok Kumar B S, Principal, RLJCOP, SDUAHER 4. Mr. A.V Sumanth, Asst. Professor, Dept. of Speech Pathology and Audiology, NSS Coordinator, SDUAHER 5. Mr. Yateesh A, IMP & AS, General Manager, SDUAHER 6. Mr. Kishore Raj, Purchase Officer, SDUAHER 7. Dr. Anitha A, Prof. & HoD of General Medicine, SDUAHER- Judge 8. Dr. Soundrya S , CND, SDUAHER- Judge





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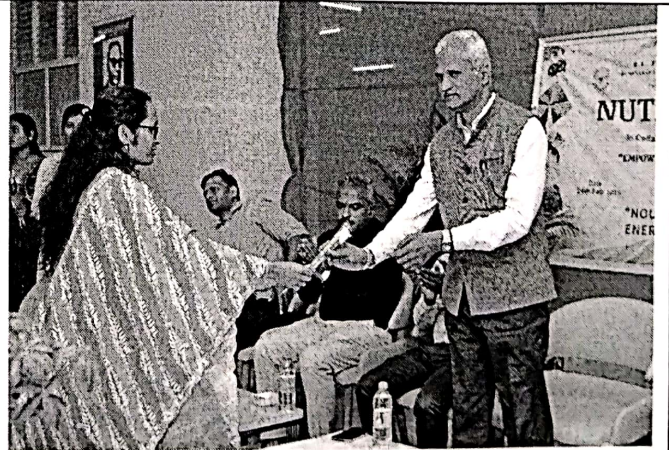
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7	Participants & Delegates in Number Delegates –8 ,Students – 46, Teaching Faculties -6, Non-teaching staff-15 Total=75
8	Awards / Prices The winners of the "Best Out of Waste" activity were as follows: 1st Prize: Dharshan and Team 2nd Prize: Kusuma and Team 3rd Prize: Chethan and Team The prizes were announced by Judge Dr. Anitha A, Prof. & HoD of General Medicine, SDUAHER
9	Valedictory The event concluded at 3:00 pm with closing remarks from the judges and dignitaries, who praised the enthusiasm and knowledge of the participants. The event successfully highlighted the significance of nutrition and encouraged healthier lifestyle choices among students and faculty
10	Any Other Information The event promoted teamwork and health-consciousness, inspiring students to implement the knowledge gained into their daily lives. Participants showed great interest in learning about nutritious diets, emphasizing the need for sustainable and mindful eating habits.



"This is the photo of all the dignitaries seated during the Nutrition Day inauguration."



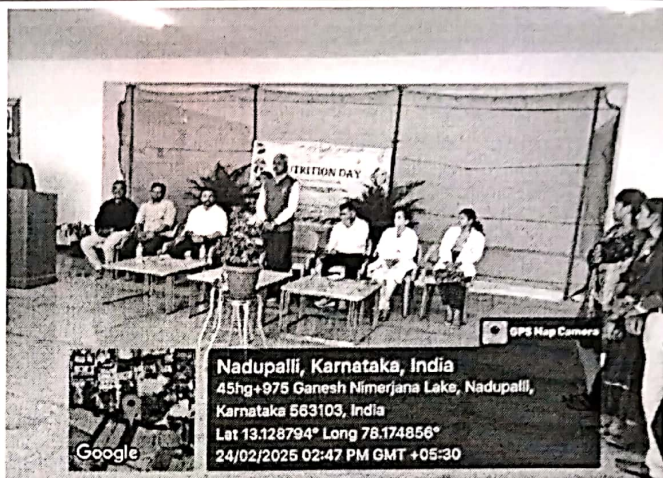
Welcoming guests by Chaithanya A, Asst. Professor, RLJ COP, SDUAHER



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The dignitaries and participants watering a plant as part of the event's eco-friendly initiative.



Dr. Muninarayana C has addressed the gathering



Dr. Ashok Kumar B S has addressed the gathering



Recipes prepared by students



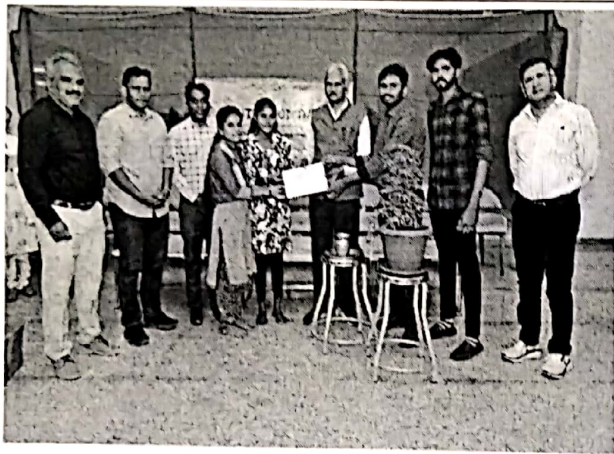
"Judges evaluating the dishes"



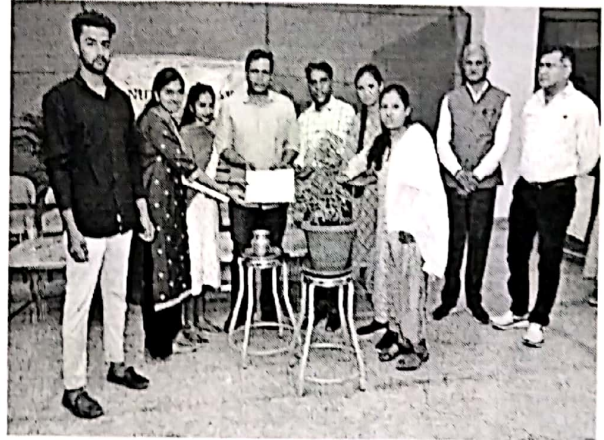
"Judges evaluating the dishes"



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"Dr. Muninarayana C, Registrar, SDUAHER, presenting a certificate to the 1st prize-winning students



"Mr. Kishore Raj, Purchase Officer, SDUAHER, presenting the certificate to the 2nd prize-winning students."



"Mr. Yateesh A, IMP & AS, General Manager, SDUAHER presenting the certificate to the 3rd prize-winning students."



"Dr. Muninarayana C, Registrar, SDUAHER, presenting certificates to judges Dr. Anitha."



"Dr. Muninarayana C, Registrar, SDUAHER, presenting certificates to judges Dr. Soundarya"

Principal

PRINCIPAL
R.L. JALAPPA COLLEGE OF PHARMACY
SDUAHER, TAMAKA, KOLAR

