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Department of Botany. St. Bede's College, Shimla 

Intradepartmental Quiz

# Activity: Exhibition cum Sale of Nutritious Food (World Food Day Celebrations)

Date: October 17, 2023

### **Objective:**

- The primary objective of the event was to raise awareness about the importance of nutritious food.
- The event was also aimed at promoting healthy eating habits and it also emphasized the connection between diet and health.

## Description

On the occasion of World Food Day ,students of B.Sc Botany organized an Exhibition Cum Sale of Nutritious Food to raise awareness about the importance of nutritious and healthy food. The theme for the event was "Eat Right for a Future Bright" which focused on promoting the importance of dietary choices on the health and overall well-being. Food items like Protein Salad, Channa Chaat, Brown Bread Sandwiches, Ginger tea etc. were sold by the students.

## **Outcomes:**

The event raised awareness about nutritious food and provided a platform for understanding of the how dietary choices can impact the future of an individual. Students of B.Sc Botany gained hands-on experience and knowledge of healthy food preparation.



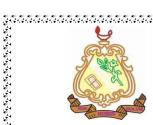
World food day celebration

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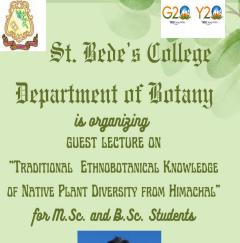
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Resource Person :Dr. Vaneet Jishtu (Scientist, HFRI) Date: 29th November, 2023 Time: 10:00 a.m. Venue: Auditorium













Department of Botany, St. Bede's College, Shimla the session highlighted the significance of maintaining biodiversity and exploring opportunities for incorporating campus flora into teaching and research endeavors. Resource persons for the activity were Dr. Preeti Kaundal and Dr. Kusum from Department of Botany.

### **Outcomes:**

- Faculty members gained a deeper understanding of the diverse plant life present on the campus.
- Faculty members became more aware of the importance of preserving and protecting the variety of plant species to support sustainability.



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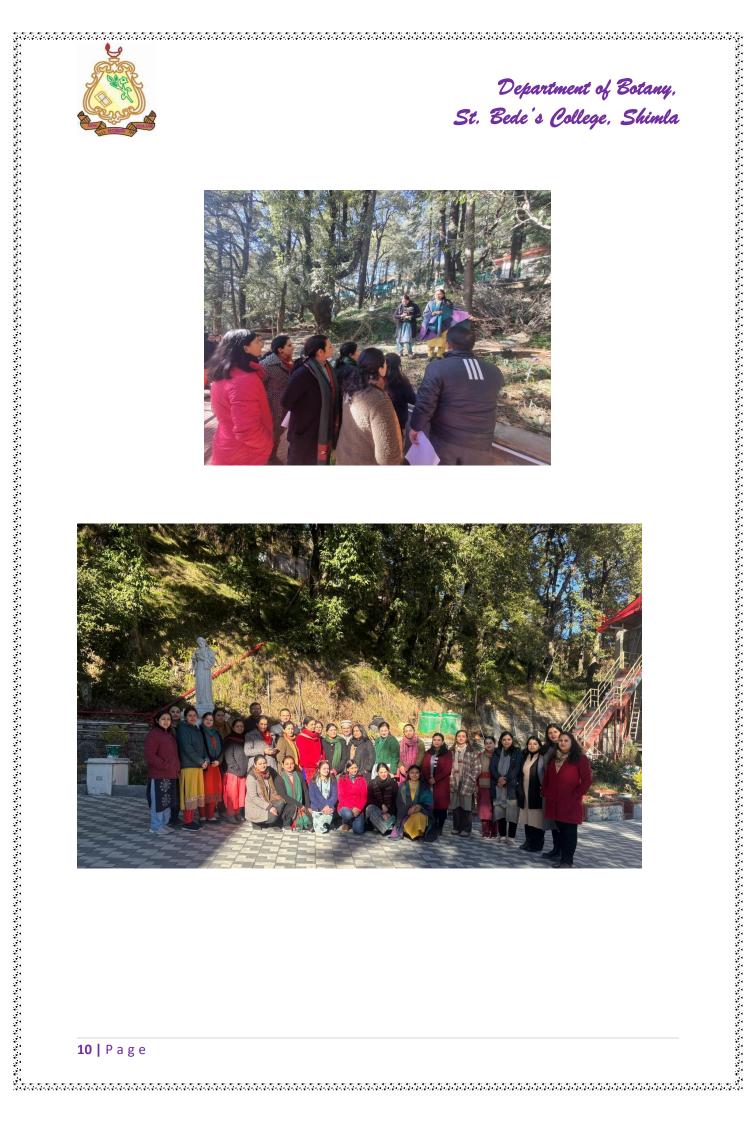




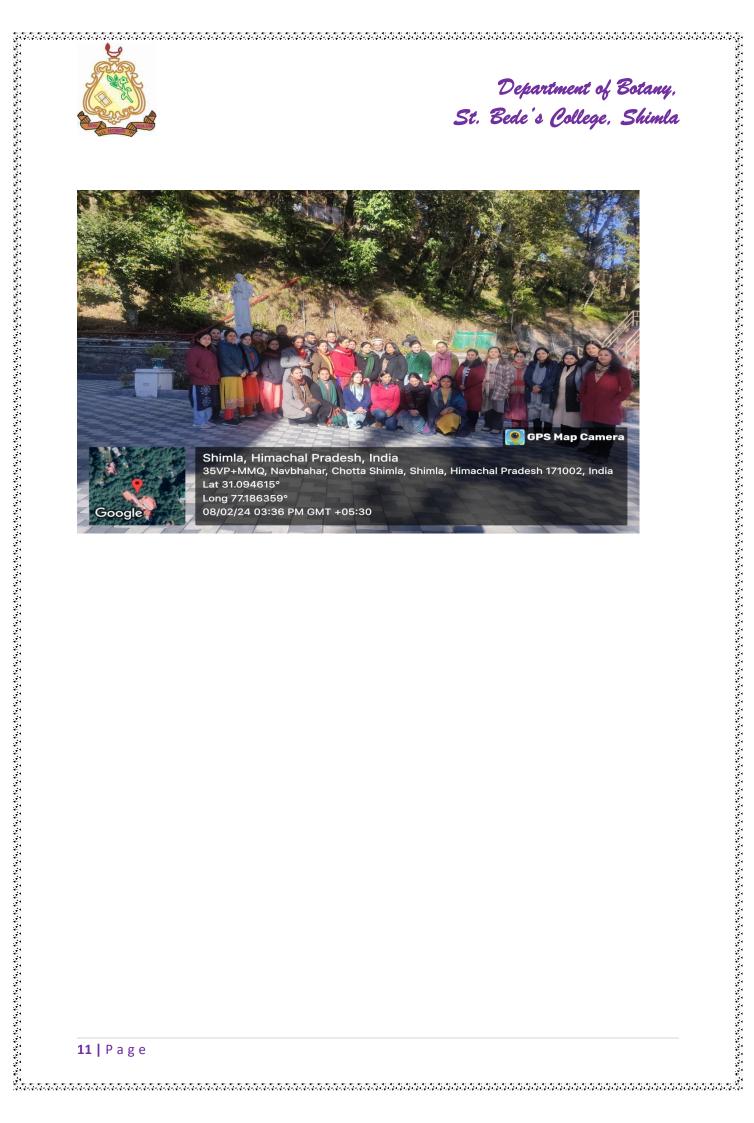












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