



**Workshop Organized by RVIM
on
Food & Nutrition for (MBA Batch 2023-25)
By
Ms. Deepika Vasudevan
Bengaluru**

Date: 20th September 2024	Venue: Seminar Hall
Time: 08:00 am to 10:00 am	Event : Workshop on Food and Nutrition
No. of Participants: 159 Section: A, B and C (MBA Batch 2023-25)	Event Coordinator: Asst. Professor Ankita Shrivastava

Objectives

- To impart knowledge on important nutrients for body, daily requirements of nutrients.
- To make participants aware about signs of different deficiencies of nutrients.
- To discuss, impact of junk food on Health and Do's and Don'ts to follow.

The flow of the Event

- Introduction and information of various types of nutrients.
- Signs of different deficiencies of nutrients and Do's and Don'ts to follow.

Outcome Achieved:

The session began with an explanation of the different types and classifications of nutrients, vitamins, and minerals. The resource person emphasized the importance of food in overall health and wellness, highlighting the concept of a balanced diet through the five main groups of essential foods.

The discussion then focused on the importance of breakfast in an individual's daily routine, with specific emphasis on maintaining appropriate levels of various nutrients in the diet. This was followed by an explanation of portion sizes and basic menu planning using raw foods, along with their nutritional value.

The resource person also explained the signs and symptoms exhibited by the body when it is deficient in specific nutrients, along with necessary precautions to prevent such deficiencies. The adverse effects of junk food consumption were discussed, including the impact of excessive sugar intake on the body and brain.

Further, the session highlighted the importance of green vegetables and fruits, explaining the role of micronutrients obtained from the consumption of a variety of fruits and vegetables. The discussion extended to the concept of oxidative stress, describing how an imbalance between free radicals and antioxidants affects the body.

The resource person elaborated on the free radical-antioxidant theory, covering sources of free radicals and

effective strategies to manage and prevent oxidative stress. The role of various vitamins in enhancing memory and cognitive function was also discussed.

The session included key guidelines to be monitored for maintaining a healthy diet, along with an overview of what a standard daily food intake plan should look like. The session concluded with practical do's and don'ts for leading a healthy lifestyle, contributing to improved physical fitness, mental well-being, and overall health.

Feedback & Coordinator Comment:

The session was informative and well-structured, offering practical insights into nutrition and healthy eating habits. The concepts were explained clearly, making them easy to understand and apply in daily life. The discussion effectively connected dietary choices with physical and mental well-being. Overall, the session was engaging and highly beneficial for promoting a healthy lifestyle.

Event Coordinators



Prof. Ankita Shrivastava



Director

Annexure 1	Brief profile of the speaker
Annexure 2	Attendees list
Annexure 3	Photo Gallery

Annexure 1

Brief Profile of the Resources Team

The Resource Team included:

Deepika, founder of NutriFuel. She is a Registered Dietitian & Internationally Accredited Olympics Sports Nutritionist who coaches National, international athletes and Olympians. She has obtained a distinction in Bachelor degree in Nutrition and Human Development and a Master's degree in Clinical & Sports Nutrition from Mount Carmel College, and further certified Sports Nutritionist from Sports Nutrition from International Olympics Committee, Sports Oracle, University of Sports Medicine & ASPEN. Has completed a specialisation in Diabetes care with a Diabetes Educator certification by an esteemed organisation National Diabetes Educator Program, Indian Academy of Diabetes, Indian College of Physicians & Dr. Mohan's Diabetes Education Academy. Having worked for years with more than 2500+ clients across Globe, whether they are from India, UK, Germany & US. She has a good grip of different cuisines, nutritional foods with different needs, different problems and diverse Lifestyle & food culture. She is currently Consultant to top Global companies like Hindustan UniLever.

Annexure 2

Attendees list

S.No.	Reg.No.	First name
1	Surname	First name
2	RVIM23MBA112	Saumya Sanchita
3	RVIM23MBA028	Y.Veda Reddy
4	RVIM23MBA084	Tulsi R Koradiya
5	RVIM23MBA075	P V Yaswanthreddy
6	RVIM23MBA148	Sharathkumar S
7	RVIM23MBA005	Apeksha Siddannavar
8	RVIM23MBA042	Prajwal S Patil
9	RVIM23MBA160	Pavan
10	RVIM23MBA012	Hrishikesh Dabade
11	RVIM23MBA144	Karthik H N
12	RVIM23MBA046	Spoorthi Ganapati Naik
13	RVIM23MBA032	Pooja.R.Belakere
14	RVIM23MBA031	Keerthana Prabhu B
15	RVIM23MBA177	Amogh G
16	RVIM23MBA156	Fouziya Banu
17	RVIM23MBA049	Supritha T
18	RVIM23MBA141	Arpita Deshpandae
19	RVIM23MBA095	Aishwarya D W
20	RVIM23MBA045	Faizan Khan
21	RVIM23MBA083	Syed Muzammil Asfan
22	RVIM23MBA018	Prathvi Annappa Hegde
23	rvim23mba180	Ashriitha P
24	RVIM23MBA139	Swathi
25	RVIM23MBA130	Sowjanya
26	RVIM23MBA173	Sanjay Kumar
27	RVIM23MBA052	Amrutha B G
28	RVIM23MBA152	Rakshitha P
29	RVIM23MBA100	Yashwanth Gowda B A
30	RVIM23MBA145	Megha Santosh Angadi
31	RVIM23MBA039	Vindhya Rajendra Hegde
32	RVIM23MBA047	Mark Dakshin Kennedy
33	RVIM23MBA014	Mohith M
34	RVIM23MBA123	Likhith El
35	RVIM23MBA020	Sadana V
36	RVIM23MBA061	Adithya.N.Shetty
37	RVIM23MBA142	Sujay Dutta
38	RVIM23MBA067	Hrithik .N
39	RVIM23MBA108	Karthik G R
40	RVIM23MBA121	Bgs Mayur Shankar
41	RVIM23MBA077	Priyanka.R
42	RVIM23MBA066	Harshad Narayana.M.S
43	RVIM23MBA070	Lakshmi Muvvala
44	RVIM23MBA146	Veeresh Gorawar
45	RVIM23MBA063	Bhargavi.C
46	RVIM23MBA055	Karthik S
47	RVIM23MBA029	Roshan.S
48	RVIM23MBA009	Dinesh .M
49	RVIM23MBA038	Aishwarya Narayanan
50	RVIM23MBA080	Shilpa R
51	RVIM23MBA094	Narayana R Pujari
52	RVIM23MBA118	Pruthvija T H
53	RVIM23MBA015	Namratha M K
54	RVIM23MBA044	Reshmi S
55	RVIM23MBA105	Pranam
56	RVIM23MBA060	Neha Chougale
57	RVIM23MBA062	Akshay Kumar S
58	RVIM23MBA090	Venkatesh Gouripur
59	RVIM23MBA081	Sudeep Tholar
60	RVIM23MBA040	Vishal Dhage

S.No.	Reg.No.	First name
61	RVIM23MBA008	Dhruthi B
62	RVIM23MBA115	Suhas K R
63	RVIM23MBA041	Chirag S M
64	RVIM23MBA136	Ajeya.K
65	RVIM23MBA054	Purvi Vyas
66	RVIM23MBA051	Shivaraj Jagapur
67	RVIM23MBA069	Kishor
68	RVIM23MBA157	Akshaykumar Pol
69	RVIM23MBA163	Manoj M
70	RVIM23MBA098	Mohamed Tahir
71	RVIM23MBA165	Rajashree S S
72	RVIM23MBA150	Sujan
73	RVIM23MBA033	Gajendra G.S
74	RVIM23MBA022	Shetty Sajjan Sadashiva
75	RVIM23MBA071	Md Ismail Hussain
76	RVIM23MBA138	Varun.R
77	RVIM23MBA153	Nandisha V
78	RVIM23MBA096	Varsha Sharada Y
79	RVIM23MBA002	Abhishek S K
80	RVIM23MBA101	N Vinay Kumar Reddy
81	RVIM23MBA013	Karthik.N.P
82	RVIM23MBA159	Syed Usman Ghani
83	RVIM23MBA057	Chaitra M S
84	RVIM23MBA125	Raksha.R
85	RVIM23MBA169	Bhagya Lakshmi P R
86	RVIM23MBA104	Namitha
87	RVIM23MBA114	Prashant Pawar
88	RVIM23MBA124	Pragati Raj
89	RVIM23MBA089	Bellary Gayathri
90	RVIM23MBA004	Anjali
91	RVIM23MBA149	Sahana Madhukar Kokkalaki
92	RVIM23MBA048	Arun Kumar M
93	rvim23mba179	Shashank S M
94	RVIM23MBA171	Pradnya P Naik
95	RVIM23MBA085	Priyadarshan.D.Shenvi
96	RVIM23MBA087	Manjunath.D.Neelgund
97	RVIM23MBA122	Karthik Hatwar G
98	RVIM23MBA133	Vithesh S Suvarna
99	RVIM23MBA147	Kavya M P
100	RVIM23MBA035	Samarth Ganapati Aithal
101	RVIM23MBA154	N Rudraprasad
102	RVIM23MBA076	P.Uttara
103	RVIM23MBA132	V Rashmi
104	RVIM23MBA021	Sannidhi S Shetty
105	RVIM23MBA016	Neha Prasad
106	RVIM23MBA143	Shrinidhi V
107	RVIM23MBA170	Charupriya C
108	RVIM23MBA010	Harshith G
109	RVIM23MBA086	Ramya Vishwanath Acharya
110	RVIM23MBA176	Sumanth S A
111	RVIM23MBA006	Bishan Bopanna K B
112	RVIM23MBA037	Surajsing A Jayaramanavar
113	RVIM23MBA053	V Varaprasad
114	RVIM23MBA158	A C Harsha
115	RVIM23MBA162	Vinay R
116	RVIM23MBA161	Mamatha S
117	RVIM23MBA078	Sadwi P Shetty
118	RVIM23MBA140	Rakesh Gowda
119	RVIM23MBA023	Page 5 of 7 Sneha Fatima Dsouza

S.No.	Reg.No.	First name
120	RVIM23MBA110	Shivanand Medar
121	RVIM23MBA097	Narendra
122	RVIM23MBA117	Thanuj A Murthy
123	RVIM23MBA003	Adhvi S U
124	RVIM23MBA064	Chaitanya S
125	RVIM23MBA174	Abhishek?G S
126	RVIM23MBA113	Kavya D
127	RVIM23MBA167	Rutuja Pawar
128	RVIM23MBA082	Sushmitha
129	RVIM23MBA019	S.Saikiran
130	RVIM23MBA025	Suvin V Suvarna
131	RVIM23MBA134	Sarvashri.R.Gaonkar
132	RVIM23MBA168	Tejishree G P
133	RVIM23MBA093	Shivshankar Kamble
134	RVIM23MBA111	Indresh N
135	RVIM23MBA092	Samarth. N.D
136	RVIM23MBA103	Vaishnavi N Dixith
137	RVIM23MBA131	Sujayeendra Vittal
138	RVIM23MBA088	B.N.Satya Praneeth
139	RVIM23MBA137	Harshith.P
140	RVIM23MBA119	Puneeth Ym
141	RVIM23MBA106	P S Keerthy
142	RVIM23MBA065	Dushyanth.N
143	RVIM23MBA059	B R Gagan
144	RVIM23MBA135	Maryam Fathima
145	RVIM23MBA011	Hithen.A.S
146	RVIM23MBA024	Sushantha Shetty
147	RVIM23MBA107	Arun Biradar
148	RVIM23MBA129	Shree Prasad Mullur
149	RVIM23MBA172	Aishwarya T S
150	RVIM23MBA068	Karthik Kamath
151	RVIM23MBA058	Kushal Vedanandagouda Patil
152	RVIM23MBA027	Medha.B
153	RVIM23MBA034	Pramath Gopal Hegde
154	RVIM23MBA043	Niranjan Hebbar M
155	RVIM23MBA050	Sadiya Khudeja
156	RVIM23MBA030	Sayed Awaise
157	RVIM23MBA120	Shreya S H
158	RVIM23MBA017	Pavithra G

Annexure 3
Photo Gallery

