



# K.S. INSTITUTE OF TECHNOLOGY

## National Service Scheme

### ರಾಷ್ಟ್ರೀಯ ಸೇವಾ ಯೋಜನೆ

# 14, Raghuvanahalli, Kanakapura Main Road, Bengaluru - 560 109.



**KSIT**  
K S INSTITUTE OF TECHNOLOGY

**Nutritional Diet awareness: 14:09:2019**

#### Overview:

**Nutrition is the process of consuming, absorbing, and using nutrients needed by the body for growth, development, and maintenance of life.**

To receive adequate, appropriate nutrition, people need to consume a healthy diet, which consists of a variety of nutrients—the substances in foods that nourish the body. A healthy diet enables people to maintain a desirable body weight and composition (the percentage of fat and muscle in the body) and to do their daily physical and mental activities.

If people consume too much food, obesity may result. If they consume large amounts of certain nutrients, usually vitamins or minerals, harmful effects (toxicity) may occur. If people do not consume enough nutrients, under nutrition may develop, resulting in a nutritional deficiency disorder.

Susceptibility to various problems change as people age. Each person's risk factors are unique. A thorough understanding of what they are is necessary to adequately reduce those risks .so **NSS KSIT** student branch in collaboration with VHD Central institute of home science,Bengaluru conducted “**Nutritional Awareness** ”program on 14<sup>th</sup> November 2019. The main objective of this event was to provide good health to the fellow KSIT members.

100 students along with staff members actively participated in this event. Faculty members of VHD Central institute of home science diagnosed problems of the students,staff & provided beneficiary advices regarding their health.

NSS volunteers served as a helping hand to the doctors by assisting them in the service. NSS KSIT sincerely thank VHD Central institute of home science for their support.

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Student's interaction with doctors



Faculty interaction with doctors

CHOWDAPPA.M.R  
NSS Programme officer

Dr.K.V.A BALAJI  
PRINCIPAL