

**ONE DAY SEMINAR CUM WORKSHOP ON  
'KNOW YOUR NUTRITIONAL STATUS'**

**11 February 2016**

**A REPORT**

**INTRODUCTION**

The Department of Bio-chemistry of St. Philomena's college (Autonomous), Mysuru conducted a one-day seminar cum workshop on 11<sup>th</sup> February 2016 on the topic 'Know your nutritional status' in the college campus.

The topic of the seminar has been selected to stress upon the importance of right nutritional choices which if managed well will help prevent many disorders associated with lifestyle.

**OBJECTIVES**

- ❖ To create a platform for students to understand the concept of nutrition
- ❖ To understand the role played by designer foods and challenges faced by the youth of today in making right nutritional choices.
- ❖ To empower students to understand their nutritional status by calculating their own basal metabolic rate, Body mass index, Activity factor and other nutritional calculations.

**PROCEEDINGS**

**THE INAUGURAL SESSION**

The programme of the inaugural session began at 9.30 AM with an introduction given by Miss Sherin D' Souza, Bt B Mb student who was also the Master of ceremonies for the entire day's proceedings. The session was formally inaugurated by Dr. Sushma Appaiah, Nutrition counsellor and speaker of the session, Rev. Fr. Leslie Moras, Rector/ Manager of the college, Prof. Alphonsus D'Souza, HOD of Chemistry & Bio-Chemistry, and Mrs. Lydiya Vandana, Organizing secretary of the seminar by watering the plant.



Mrs. Lydiya Vandana welcomed the guests and the gathering. Rev Fr Leslie Moras, while delivering his presidential address spoke about the importance of balanced diet and spoke about the initiatives taken in the college to promote courses related to nutrition.



**KEY NOTE ADDRESS:**

Dr Sushma Appaiah, Nutrition counsellor & founder of Golz was the key resource person and delivered key note address. While delivering her talk Dr Sushma introduced the students to various designed food products which are popular among the youngsters.

To mention a few: she spoke about Ready to eat foods, ready to cook variety, various soft drinks, chocolates and pastries which though easily available fail to meet the nutritional requirements of the body.



She spoke about various challenges faced by the youth of this generation and their implications on the person's health. She attributed them to be reason for the onset of major health concerns like weight management (underweight/obesity), anemia, Hormonal imbalance and early onset of life style disorders.





Dr Sushma then explained the importance of balanced diet and how a well balanced food containing right amount of carbohydrate, protein, fats, water and micro nutrients help in preventing the health problems. Dr Sushma gave insights to students in making the right choices among the variety of choices available. To mention a few choosing whole grains vs processed grains, choosing wine and fruit juices against alcohol and traditional breakfast over ready breakfast cereals. She concluded the session by stressing on using food as medicine in order to achieve and maintain sound health.

## **TECHNICAL SESSION -2**

A dramatic increase in the prevalence of overweight and obesity among all the Age groups have occurred in last 2-3 decades. About 30-50% of adult Indians are either overweight or obese. Overweight and obese individuals are at an enhanced risk of co-morbidities including type 2 diabetes, fatty liver disease, gallstones, high blood cholesterol and triglycerides, orthopedic disorders (Osteoarthritis), hypertension and other cardiovascular diseases, certain cancers and psycho-social problems. The imbalance between the energy intake and energy out put leads to excess accumulation of fat in various parts of the body.

The technical session aimed at empowering the students to know their body type and how to combat with obesity related issues. All the participants were given with a questionnaire which had to be filled with personal details, family background and dietary habits of the participants. The feedback forms were collected back and all the participants were given with personal data sheets which included several

parameters like height, weight, hip- line and waist-line measurement in centimeter which would be used to calculate the two important parameters BMI (Body mass index) and BMR (basal metabolic rate)



### **Body mass index or BMI**

Dr Sushma explained that desirable body weights are weight for height ratios of young adults at their best physical performance, which estimates total body mass and correlates highly with the amount of body fat. The most commonly used ratio is the body mass index or BMI. It is computed by dividing the weight in kilograms by the square of the height in meters [BMI = weight (kg) ÷ Height (M) <sup>2</sup>].

The ideal ranges of weights for a given height are as follows

WHO	Asian	Classification
>18.50	>17.50	Underweight
18.50 – 24.99	17.50 – 22.99	Normal weight
25.00 – 29.99	23.00 – 27.99	Over weight
30.00	28.00 & above	Obese

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BMI is the basis to calculate the nutrients requirements considering age and activities taken. As provided by WHO, is useful for categorizing persons as normal (ideal), undernourished and overweight or obese.

Out of the 50 students present at the workshop 50% of them had BMI in the range of 17.50 to 22.99 and have normal weight. 25% of the students were underweight and the rest were over weight.

In the later part of the workshop Dr Sushma explained the concept of BMR and its significance. Basal Metabolic rate is the minimum amount of energy required by the body to live without any activities. This value added with the activity factor and the energy required to metabolize the food gives the exact calorie requirement for sustenance. Dr Sushma explained that by managing this calorie requirement one can maintain the weight.

### **VALEDICTORY**

The valedictory session began at 4.00PM Dr Sushma Appaiah, Nutrition counsellor and CEO of GOLZ was the chief guest for the session. Rev Fr Leslie Moras, Principal presided over. There was a feedback session in which two participants gave their feedback about the seminar .Nimesha B Sc II semester Bio-Chemistry student and Tausif Pasha of B.Sc IV semester Food science & Nutrition gave their feedback regarding the workshop.

Rev Fr Leslie Moras, Rector of the college in his presidential address gave the concluding remarks of the day-long seminar proceedings stressing on the importance of having more of this type of seminars in order to create awareness



among all. Dr Alphosus D'Souza HOD of Chemistry & Bio-chemistry Department Proposed the vote of thanks. He thanked each and everyone who was directly and indirectly involved in the smooth conduct of the seminar, Participants were distributed the certificates, with this the seminar was concluded.

