



SUMATHI REDDY
INSTITUTE OF TECHNOLOGY FOR WOMEN

L e a r n i n g a t i t s b e s t

Affiliated to JNTUH - Approved by AICTE

No. SRITW/SKILLS/2020

Date: 18.09.2020

CIRCULAR

All the students are hereby informed that a one-day career guidance program on **Food and Nutrition During the Times of Covid-19(Online)** will be organized on 23.09.2020. Interested students can enroll their names with the Co-Ordinator Mrs.Sharvani, Assistant Professor, Department of ECE.

For further information, you can refer brochure and program schedule displayed on the notice board.

The session link will be shared by the coordinator *before a meeting* takes place.

Rijan

Principal

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Sumathi Reddy Institute of Technology for Women
Ananthasagar (V), Hasanparthy (M)
WARANGAL - 506 371 (TS)

To be read in all classrooms

Copy to :

1. All HODs (CSE, ECE, EEE and H&SC)
2. Administrative Officer.
3. Exam Branch
4. All notice boards



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Food and Nutrition During the Times of Covid-19

Resource Person:
Dr. Swapna

Venue:

Seminar Hall

Time:

10:00am – 4:00pm

Note:

-No registration
Fee

Date:23.09.2020



Key Points:

- Balanced Diet.
- Immune-Boosting Foods.
- Adequate Fiber.
- Limit Processed Foods.
- Food Safety.
- Limit Alcohol and Caffeine.
- Mind-Body Connection.

Organized by
Department of Electronics and Communication Engineering



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Program Schedule:

Date/Day	Session Time	Topic for Discussion	Speaker Name
23/09/2020	10:00am - 10:50am	Understanding Nutritional Needs During the Pandemic.	Dr.SWAPNA Psychologist
	10:50am – 11:30am	Key Nutrients for Immune Support.	
	11:30am – 11:40am	Break	
	11:40am – 12:30pm	Building a Balanced and Nutrient-Dense Plate.	
	12:30pm - 1:30pm	LUNCH	
	1:30pm - 02:10pm	-Meal Planning and Preparation. - Managing Stress and Emotional Eating.	Dr.SWAPNA Psychologist
	2:10pm – 3:00pm	Addressing Dietary Restrictions and Allergies.	
	3:00pm – 3:45pm	Food Safety and Hygiene During Covid-19.	
	3:45pm – 4:00pm	Closing Remarks	

Resource Person Details: Dr. Swapna, Psychologist, Warangal,Telangana.

swapna.psych2002@gmail.com



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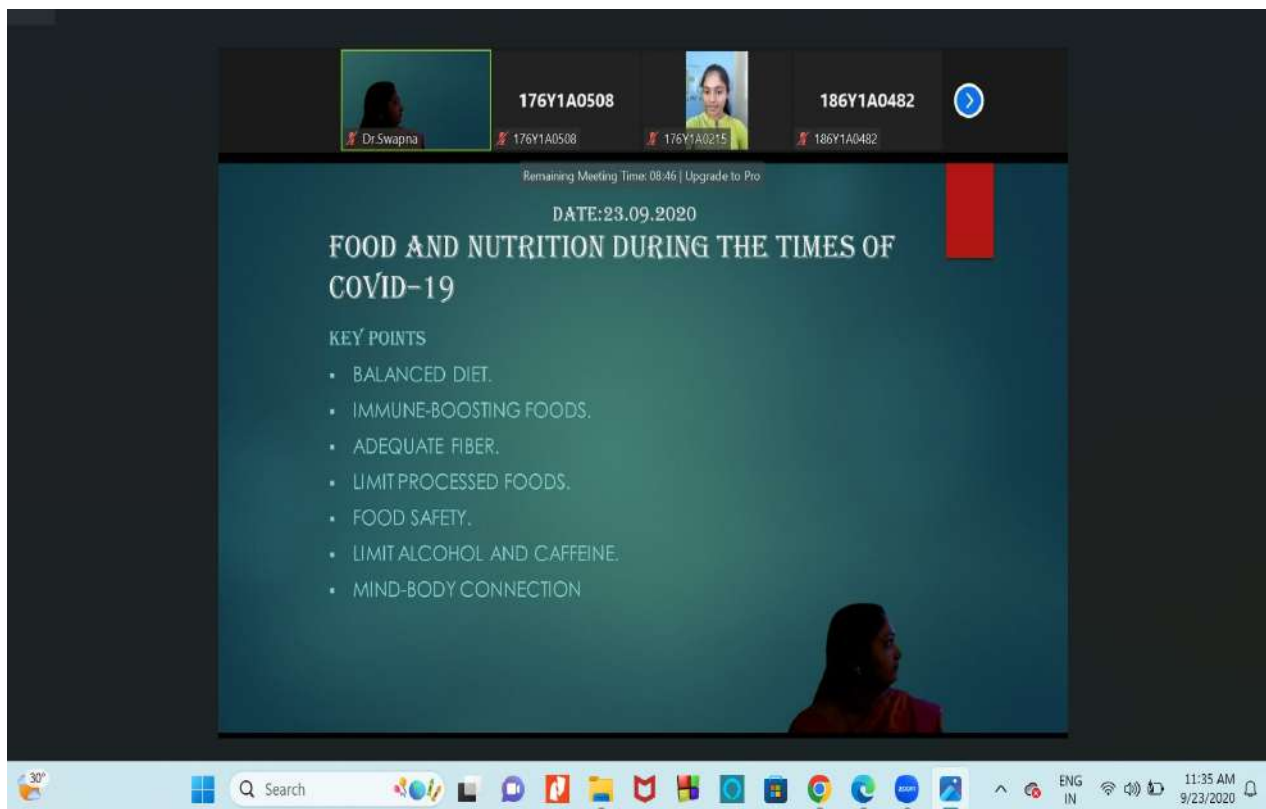
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REPORT OF THE PROGRAM



A one day career guidance program has been taken by Dr.Swapna Psychologist, Warangal on 23.09.2020

SRITW conducted a program on '**Food and Nutrition During the Times of Covid-19**' by Dr. SWAPNA, Psychologist at SRITW Seminar Hall.

During the Covid-19 pandemic, maintaining a balanced and nutritious diet is essential for supporting your immune system, overall health, and well-being. Prioritizing nutrient-rich foods, staying hydrated, and making mindful food choices can contribute to your resilience and ability to navigate these challenging times. If you have specific dietary concerns or health conditions, it's recommended to consult with a registered dietitian or healthcare provider for personalized guidance.



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Objectives of the program:

- Ensure Adequate Nutrient Intake
- Support Immune Function
- Promote Hygiene and Food Safety Practices
- Encourage Home Cooking and Meal Planning
- Promote Mental Health through Nutrition

Outcomes:

After completion of the program, the student should be able to

- Improved Immune Function
- Enhanced Resilience to Illness
- Improved Mental Health
- Maintained Energy Levels



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**LIST OF STUDENTS ENROLLED FOR FOOD AND
NUTRITION DURING THE TIMES OF COVID-19**

DATE:23-09-2020

S.NO	ROLL NUMBER	NAME
1	176Y1A0486	SRI VENNELA ALLADURGAM
2	176Y1A0489	TAMKINATH FATHIMA
3	176Y1A0490	THIPPANI KAVYA
4	176Y1A0491	VADLAKONDA ROSHINI
5	176Y1A0492	VUYYALA RUCHITHA
6	176Y1A0493	YADAGIRI ANJALI
7	176Y1A0494	YALLAMPALLI POOJA SRI
8	176Y1A0495	YAMSANI SAISRUTHI
9	176Y1A0496	YELPULA NEELIMA
10	186Y5A0406	GUDIKANDULA PREETHI
11	186Y5A0407	JANGAM RASHMA
12	186Y5A0408	KADARI NETHRA
13	186Y5A0409	KATKURI DEEPIKA
14	186Y5A0410	KONDABOINA VENNELA
15	186Y5A0411	KOTHA PRANAYA
16	186Y5A0412	KOTHAKONDA PRIYADARSHINI
17	186Y5A0413	PINNINTI HIMABINDU
18	176Y1A0503	AKULA SRIVALLI
19	176Y1A0504	ALIMILLA HIMABINDU
20	176Y1A0505	ALUGOJU SUSHMA
21	176Y1A0506	ANDIGE CHANDANA
22	176Y1A0507	ANGIREKULA SADHVIKA
23	176Y1A0508	APPALA SHWETHA
24	176Y1A0509	ARIGOPPULA PREETHI
25	176Y1A0510	ATUFA TAZEEN UL MOQEETH
26	176Y1A0511	BAIRI SRAVANI
27	176Y1A0513	BEERAM SINDOORI
28	176Y1A0514	BHUKYA RAJESHWARI
29	176Y1A0515	BODDULA PRAVALIKA
30	176Y1A0517	BONALA RUCHITHA
31	176Y1A0518	BOOTLA SAHITYA
32	176Y1A0520	CHILUKAMARI SATHVIKA
33	176Y1A0521	CHITTIMALLA PRANATHI
34	176Y1A0523	DARSHANALA VARSHA
35	176Y1A0527	DITTAKAVI VAISHNAVI
36	176Y1A0528	DUVVASI SAHITHI
37	176Y1A0419	CHIDURALA AKARSHA
38	176Y1A0420	CHIRRA NAVYA
39	176Y1A0422	CHITTAREDDY ROSHINI
40	176Y1A0423	DODDA MANIDEEPIKA
41	176Y1A0427	EJJAGIRI ROSHINI
42	176Y1A0428	ESLAVATH MOUNIKA
43	176Y1A0429	GEEKURU HYNDHAVI

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S.NO	ROLL NUMBER	NAME
44	176Y1A0430	GELLU ANUSHA
45	176Y1A0431	GOLKONDA SHRAVYA
46	176Y1A0205	DUBBA UMAMESHWARI
47	176Y1A0206	GOTTAM MILLENIUM
48	176Y1A0207	GUDURU ANUSHA
49	176Y1A0209	JADHAV SWAPNA
50	176Y1A0212	LAKAVATH INDHUJA
51	176Y1A0214	MANTADA RAKSHITHA
52	176Y1A0215	NAGAM VENNELA
53	176Y1A0217	PARVATHAM SOUMYA
54	176Y1A0220	PULICHERI SINDHURA
55	186Y1A0590	RACHAKONDA RAJESHWARI
56	186Y1A0591	RACHAMALLA SANDHYA
57	186Y1A0592	RAJASRI GABBETA
58	186Y1A0593	RAMYASRI ADAMA
59	186Y1A0599	SAINDLA SHIVANI
60	186Y1A05A0	SAMRA ALEEM
61	186Y1A05A3	SIRAPURAPU MANASA
62	186Y1A05A4	SOLLETI VAISHNAVI
63	186Y1A05A5	SRIRAMOJU RUCHITHA
64	186Y1A05A6	SUPRIYA GANDE
65	186Y1A05A7	SYEDA MADIHA BANU
66	186Y1A05A8	THANVITHA MOSALI
67	186Y1A05A9	THOGITI POOJITHA
68	186Y1A05B0	THOTA NIKITHA
69	186Y1A05B1	THOTAKURI MALAVIKA
70	186Y1A05B2	TULA AKANKSHA
71	186Y1A05B3	UDUTHA DIVYA
72	186Y1A05B4	UTNOORI NITHYA SRI
73	186Y1A05B6	VENGALA VYSHNAVI
74	186Y1A0480	SALWA SHEREEN
75	186Y1A0481	SAMALA RAMYA
76	186Y1A0482	SAMALA SREEKEERTHI
77	186Y1A0484	SANGA ANVITHA
78	186Y1A0486	SANKATI SRAVANI
79	186Y1A0487	SARA SANGEETHA
80	186Y1A0488	SUMAYYA
81	186Y1A0489	SUNKARI SINDHUJA
82	186Y1A0490	SURYANENI SRAVANI
83	186Y1A0492	TALLAPALLY RUCHITHA
84	196Y5A0212	GUNDABOINA RAMYA
85	196Y5A0213	JUKANTI GEERVANI
86	196Y5A0214	KALLEM GIRIJA
87	196Y5A0217	LIKKI TEJASWI
88	196Y5A0218	MATTEDA SAMATHA
89	196Y5A0219	NIMMALA MANOJA
90	196Y5A0220	NUNAVATH LAVANYA
91	196Y5A0221	PASARAGONDA MALAVIKA
92	196Y5A0222	PENDEM SADWIKI
93	196Y5A0223	SIRISILLA SHRAVANI
94	196Y5A0224	THANGELLAPELLY NAVYA

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S.NO	ROLL NUMBER	NAME
95	196Y5A0225	THOLEM DIVYA
96	196Y5A0226	VASKULA SHINEY
97	186Y1A0469	PERUMANDLA KAVYA SRI
98	186Y1A0474	PONUGOTI SUMA
99	186Y1A0477	REHANA
100	186Y1A0483	SANDUPATLA RAVALI
101	186Y1A0485	SANGALA PRAJWALA
102	186Y1A0491	SYEDA ARSHEEN FATHIMA
103	186Y1A0494	THAKUR NAMRATHA
104	186Y1A0495	THALLAPELLE SRILEKHA
105	186Y1A04A5	VARNA THIRUMALA
106	186Y1A04A7	VENNAMANENI DEEKSHITHA
107	196Y5A0401	ANTHONY LORINA JOSEPH
108	196Y5A0411	KONGARI KEERTHANA
109	196Y5A0412	MACCHA SARASWTHI
110	196Y5A0416	RAVULA NIHARIKA
111	186Y1A0502	AGAPATI RUCHITHA
112	186Y1A0505	ANUMU SUSHMA
113	186Y1A0506	ARELLI RAMYA
114	186Y1A0507	ARUKONDA RUTHIKA
115	186Y1A0512	BETHI HARIKA
116	186Y1A0515	BOJJAM CHARITHA
117	186Y1A0516	BOORA NAGA SANDEEPA
118	186Y1A0518	CHANDANALA APOORVA
119	186Y1A0519	CHARALA RAVALIKA
120	186Y1A0522	CHILUKA RASAGNA
121	186Y1A0523	CHOKKARAPU SAI MANASA
122	186Y1A0525	DHARMINI DIVYA
123	196Y1A0586	ROMANA TAFHEEM
124	196Y1A0587	RUDROJU AKSHAYA
125	196Y1A0589	SAGARLA SUPRATHIKA
126	196Y1A0590	SANA
127	196Y1A0591	SATHU SUMITHRA
128	196Y1A0592	SEERLA AKSHAYA
129	196Y1A0593	SRUTHI KASIREDDY
130	196Y1A0594	SUMAYYA YASMEEN
131	196Y1A0595	SUNARKANI SANDHYA
132	196Y1A0597	SURISSETTY DEVI SRI
133	196Y1A0599	SYED NAZIYA
134	196Y1A05A2	THALLAPALLY MILANCY RANI
135	196Y1A05A3	THATIPELLI PRAVALIKA
136	196Y1A05A8	VALLALA SAMATHA
137	196Y1A05A9	VANAMALA CHANDRA LEKHA
138	196Y1A05B0	VANAPARTHI SINDHU
139	196Y1A05B1	VANAPARTHI USHASRI

Sharvani
COORDINATOR



[Signature]
HOD

Rejai

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SAMPLE FEEDBACK FORM

* Indicates required question

1. Name of the Program * -----
2. Branch: * -----
3. Date of the event * (Example: January 7, 2019) -----
4. Name of the Student: * -----
5. H.T. No. * -----
6. Is the lecture/hands-on training well organized? *
Mark only one oval.
☐ Excellent
☐ Very good
☐ Good
☐ Poor
7. Whether it is relevant to the curriculum? * (Mark only one oval)
☐ Excellent
☐ Very good
☐ Good
☐ Poor
8. Proficiency of the expert and delivery * (Mark only one oval)
☐ Excellent
☐ Very good
☐ Good
☐ Poor
9. Response to queries by resource person* (Mark only one oval)
☐ Excellent
☐ Very good
☐ Good
☐ Poor
10. Any suggestion/improvement (related to Industry scenario and others if any) * -----



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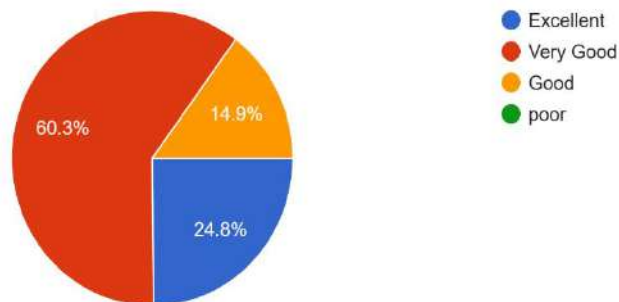
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ONLINE FEEDBACK

Date:23.09.2020

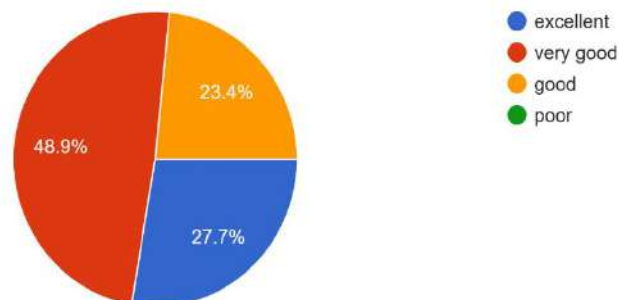
1. Is the lecture/hands-on training well organized?

141 responses



2. Whether it is relevant to the curriculum?

141 responses



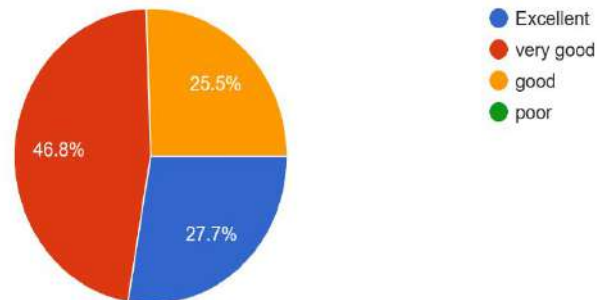
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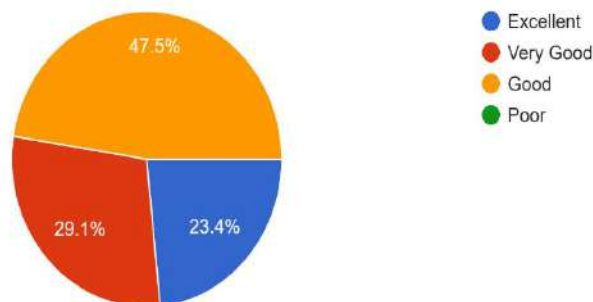
3. Proficiency of the expert and delivery

141 responses



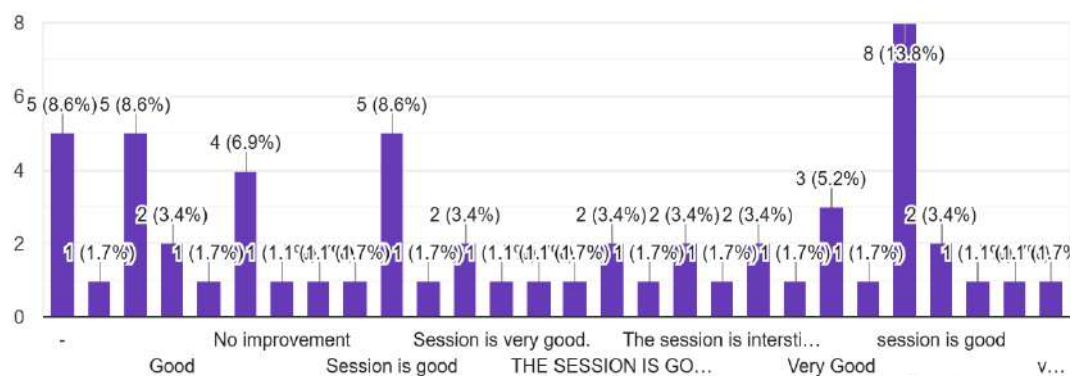
4. Response to queries by resource person

141 responses



5. Any suggestion/improvement (related to Industry scenario and others if any)

58 responses



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