

# SRI SIDDHARTHA DENTAL COLLEGE AND HOSPITAL

AGALAKOTE, B.H.ROAD, TUMKUR-572107, KARNATAKA.

Recognized by Dental Council of India, NEW DELHI

A Constituent College of Sri Siddhartha Academy of Higher Education (Deemed-to-be-university)

Phone No. / Fax No: 0816-2275536

Web: [www.ssdgtumkur.org](http://www.ssdgtumkur.org)

Email: [ssdtumkur@gmail.com](mailto:ssdtumkur@gmail.com)

Date: 19.09.2022

## NSS UNIT

## NATIONAL NUTRITIONAL WEEK

### A REPORT

On 16<sup>th</sup> of September 2022, "National Nutritional Week" was observed, which was hosted by NSS unit of SSDC. The program was organised with an intention to create awareness among all staff and students regarding good food habits in order to maintain good health.

The programme commenced with a welcome speech by Dr Roopavathi K M, followed by Principal Dr Praveen B Kudva sir address, where he enlightened students with his words of wisdom regarding importance of nutrition.

The main highlight of the program was the guest lecture by Mr. Siddharaju, Senior Dietician at Siddaganga Medical College & Research Institute, Tumkur. He briefly explained about the importance of balanced diet, adverse effects of consuming trans fats and advised all the participants to have more fruits, vegetables and green leafy vegetables in their food. Also advised to reduce junk food and fried food items. The program was well attended by the faculty, PG students, interns and students.

Lastly, event ended by honouring the speaker by our Principal.



**Dr.C.P.Sateesh**

Professor & Programme Officer  
NSS UNIT, SSDC, TUMKUR-7



**Dr. Praveen B Kudva**

Principal

S.S.D.C. TUMKUR-7

Principal

Sri Siddhartha Dental College  
Agalakote, B.H. Road, Tumkur-572107