



R.M.D. ENGINEERING COLLEGE
(An Autonomous Institution)
R.S.M. NAGAR, KAVARAIPETTAI-601206



INNOVATION AND ENTREPRENEURSHIP OUTREACH PROGRAM IN SCHOOLS

Event : III

Title : Hygienic Food Habits for a Healthy Lifestyle

Date : 01.08.2024

The **ECO Club** and **Institution's Innovation Council (IIC)** of **R.M.D. Engineering College** jointly organized a one-day awareness programme on "*Hygienic Food Habits for a Healthy Lifestyle*" on **1st August 2024** at **Jaigopal Garodia Government Girls Higher Secondary School, Ponneri**. The session began with a warm welcome address by the Headmaster of the school. Dr. Bennila Thangammal, IIC Convener, delivered the felicitation address and emphasized the importance of promoting innovation and awareness through outreach programmes.

Following this, Dr. S. Ramesh, ECO Club Coordinator, delivered an interactive session on the theme "*Hygienic Food Habits for a Healthy Lifestyle*." He created awareness among the students about maintaining food hygiene and the importance of adopting clean eating practices. He elaborated on topics such as safe food handling, personal hygiene during cooking and eating, and the ill effects of consuming unhygienic or adulterated food. Dr. Ramesh also explained the role of a balanced diet in maintaining physical and mental health and demonstrated simple tests to detect food adulteration. The students actively participated and gained practical insights into identifying safe and quality food. He further discussed the importance of food safety standards, certifications, and the concept of the gut as the second brain, emphasizing its connection to overall well-being.

The session concluded with student feedback, where participants expressed that the programme helped them understand the value of hygienic eating habits and inspired them to adopt a healthy lifestyle.



R. M. D. ENGINEERING COLLEGE
(An Autonomous Institution)
(Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai, An ISO 9001: 2015 Certified Institution
R.S.M Nagar, Kavaraipettai, Gummidipoondi Taluk, Tiruvallur District)



INSTITUTIONS INNOVATION COUNCIL
Organizes webinar on



Title: Hygienic Food Habits for a Healthy Lifestyle
Dr. S. Ramesh
Associate Professor & Eco Club Programme Officer
Department of Chemistry, RMDEC

Date : 01.08.2024
Time : 12 - 1 PM
Venue: Jaigopal Garodia Government Girls Higher Secondary School, Ponneri

ORGANIZING COMMITTEE

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Eco Club – Programme Officer
Dr. S. RAMESH