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KINGS
COLLEGE OF ENGINEERING
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Approved by AICTE, New Delhi | Affiliated to Anna University, Chennai
"Nutrition Awareness Programme"

REPORT

19.03.2026

The **National Service Scheme (NSS) Units I & II**, in association with the **Citizen Club, Kings College of Engineering**, organized a **Nutrition Awareness Programme** titled **"Your Health, Your Plate: Choose Wellness"** on **16 March 2026 at 02:30 p.m.** in **Chera Hall**.

The programme was organized with the objective of creating awareness among students about the importance of balanced nutrition, healthy eating habits, and the role of proper diet in maintaining physical and mental well-being. **The initiative aimed to encourage students to make informed food choices, adopt healthy lifestyles, and understand the significance of nutrition in preventing lifestyle-related diseases.**

The keynote speaker for the programme was **Dr. B. Steffi Kiran Pandian, MBBS, M.S. (OG), Consultant Obstetrician & Gynaecologist, Rio Hospital for Women & Children**. She delivered an insightful lecture on the importance of balanced nutrition across different stages of life and emphasized the role of nutritious food in promoting overall health and disease prevention.

During her address, **Dr. Steffi Kiran Pandian** highlighted the importance of consuming a balanced diet comprising fruits, vegetables, whole grains, proteins, and adequate water intake. She explained the health risks associated with unhealthy eating habits, processed foods, and nutritional deficiencies. **The speaker also stressed the importance of maintaining a healthy lifestyle through regular physical activity, proper sleep, stress management, and mindful eating practices.**

The resource person encouraged students to develop healthy dietary habits, reduce the consumption of junk food, and promote nutrition awareness among their families and communities. She emphasized that good nutrition is a key factor in improving academic performance, physical fitness, and overall quality of life.

An interactive question-and-answer session enabled the **150 participants** to clarify their doubts regarding nutrition, healthy eating practices, and lifestyle management. The programme received an enthusiastic response from the students, who actively participated in the discussion and appreciated the practical health tips shared during the session.

The programme was successfully coordinated by **Dr. M. Pugazhenthir, Mr. S. Ambalatharasu,** and **Dr. K. Sooryakala** under the guidance of **Dr. J. Arputha Vijaya Selvi, Principal**.

Outcome of the Programme

The programme significantly enhanced participants' **awareness of balanced nutrition, healthy eating habits, and the importance of adopting a healthy lifestyle**. Students gained valuable knowledge about nutritious food choices, disease prevention through proper nutrition, and the benefits of regular physical activity. **The interactive session motivated participants to adopt healthier dietary practices, reduce unhealthy food consumption, and promote nutrition awareness among their families and communities, contributing to a healthier society.**

"Nutrition Awareness Programme"

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GLIMPSES OF THE EVENT



Mr. S. Ambalatharasu, NSS Programme Officer, welcomed the gathering



NSS Programme Officer, felicitating Dr. B. Steffi Kiran Pandian



Dr. B. Steffi Kiran Pandian delivering the keynote address



A large gathering of students attentively listening to the expert session

[Signature]
19/03/2026

NSS PROGRAMME OFFICERS

NSS Programme Officer
Kings College of Engineering
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Punalkulam-613 303



[Signature]
19/3/2026

PRINCIPAL
Principal

Kings College of Engineering
(Autonomous)
Punalkulam - 613 303





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NSS Unit I, Unit II & Citizen Club



Jointly Organize

NUTRITION AWARENESS PROGRAMME

"Your Health, Your Plate: Choose Wellness"



16 March 2026



02:30 PM



Chera Hall

• Coordinators •

Mr. S. Ambalatharasu Dr. K. Sooryakala Dr. M. Pugazhenthir

• Keynote Speaker •

Dr. B. Steffi Kiran Pandian, MBBS, MS (OG)
Consultant Obstetrics & Gynecologist,
Rio Hospital for Women & Children



Principal: Dr. J. Arputha Vijaya Selvi