

2. **Division of Nutrition & Dietetics**, Department of Water and Health, JSS AHER and JSS hospital **organized** NUTRI-EXPO 2018 on the **Theme: “Know Your Nutrition”**, in association with DFRL, CFTRI ON **24th November, 2018**. As a **prelude to the workshop**, various competitions like debate, essay writing, cooking and quiz competitions were held for the students. The Nutri-Expo 2018 was inaugurated by **Dr (Col.) Dayanand M**, Director JSS Medical College & Hospital, Mysuru presided **Dr Suresh B**, Honorable Vice Chancellor JSS AHER, Mysuru. The expo was visited by students from various schools, colleges across Mysore city, health professionals and common people. The stalls from host institution projected educational aids promoting health and right eating practices, food pyramid, importance of healthy diet, functional foods and Nutraceuticals. Stalls also focused on modifying junk foods to healthy snacks, assessment of nutritional status of interested visitors, which caught attention of visitors from all arenas. Corporate companies such as Golz Nutrition, Himalaya, Hexagon Nutrition displayed their products, nutrition supplements, food supplements for sports and healthy living.



Inauguration of Nutri – Expo 2018



UG Students of Nutrition and Dietetics Division at the Nutri - Expo