

## CRITERION III – RESEARCH, INNOVATIONS AND EXTENSION

### 3.2 Extension activities

**3.4.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., (including the program such as Swachh Bharath, AIDS awareness, Gender issues etc. and / or those organized in collaboration with industry, community and NGO's) during the last five years**

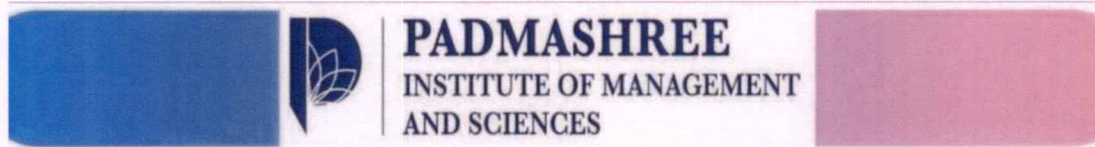
#### Index for supporting documents for the year 2018-2019

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*Anuradha*

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Dept. of Clinical Nutrition and Dietetics

owing to



# World Breastfeeding Week- 2019

is organizing competitions for students

The theme is

**EMPOWER PARENTS  
ENABLE BREASTFEEDING**

## LIST OF COMPETITIONS

- POETRY- ENGLISH/HINDI/KANNADA
- VIDEO/DOCUMENTARY- 5 minutes
- ARTICLE - 150 WORDS

All entries are to be sent through email with name, course, semester, college name to one of the below mentioned mail id on or before 5th August 2019

**Email id**

[shubagsl@gmail.com](mailto:shubagsl@gmail.com)

[shilpasept@gmail.com](mailto:shilpasept@gmail.com)

[charishma.peddireddy@gmail.com](mailto:charishma.peddireddy@gmail.com)

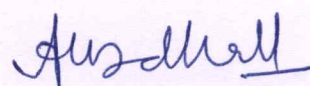
*The best will be awarded with prize and participation certificate is given to all participants*

## World Breast Feeding Week Program – 2019

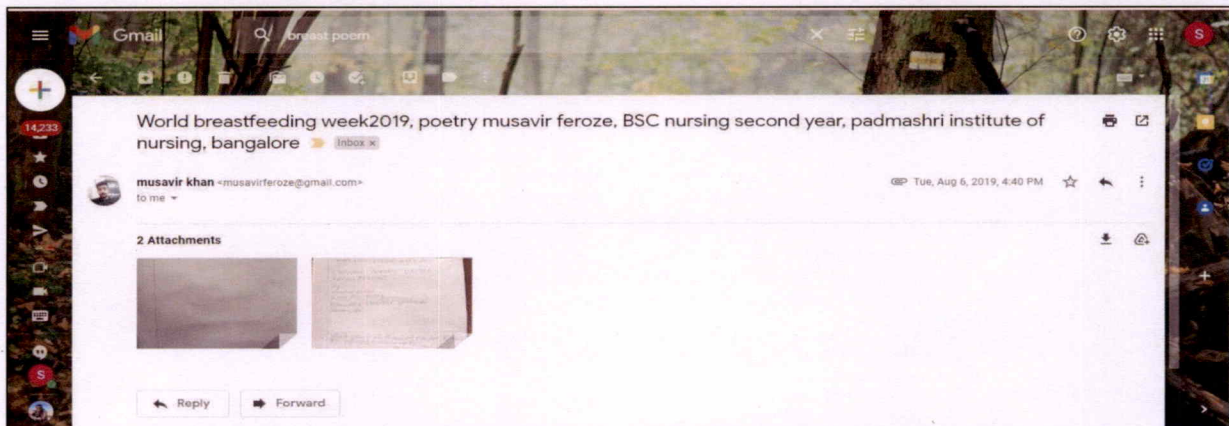
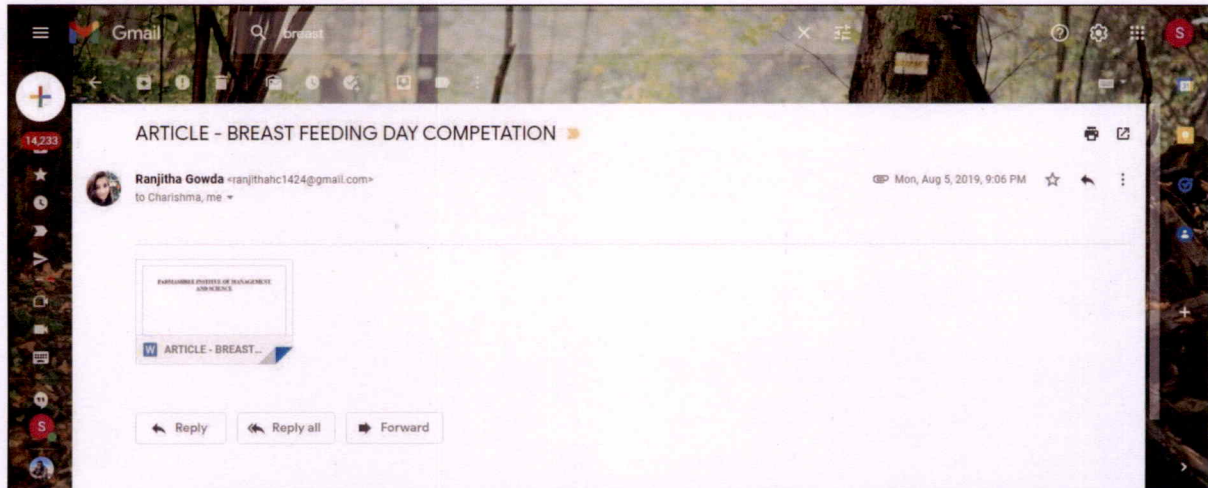
<b>Date</b>	06-08-2019
<b>Organizer</b>	NSS, PIMS
<b>Participants</b>	25 students, NSS volunteers, faculties , 15 women
<b>Occasion</b>	Breast Feeding Week 2019

### Program Summary

The program organized to celebrate World Breast Feeding Week was successfully utilized by B.Sc. Clinical Nutrition and Dietetics students to create awareness in other students and staff of our institution. Also, the awareness program conducted in the Anganwadi was very effective in educating pregnant women and lactating mothers. The importance of proper nutrition to the mother and the infant was explained in a very simple way to make sure that the women can understand. Students were very happy to interact with the women and the kids and the feedback received from them was very positive. The program was well received by the women and they expressed their gratitude to the students and the institution for creating such a platform to educate them. Overall, the World Breastfeeding week program was a great success in terms of creating awareness and educating the masses about the importance of proper nutrition and breastfeeding.



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Padmashree Institute of Management and Sciences organized the World Breast Feeding Week Program – 2019 which is celebrated from August 1<sup>st</sup> to August 7<sup>th</sup> every year all over the globe. The main objective of the World Breastfeeding Week program was to create awareness about the importance of breastfeeding and its benefits for both mother and the baby. The events were well received by the students and staff members, who actively participated and showed great interest in learning more about this crucial aspect of child care and nutrition. The program was concluded successfully with a lot of learning and takeaways for the participants. The expert talks, poetry competition, documentary and article writing events helped the students and staff to gain a deeper understanding of the importance of breast feeding and its role in providing optimal nutrition to the newborns.



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The women were also educated on the correct techniques of breastfeeding and the benefits of exclusive breastfeeding for the first six months of the baby's life. The students also distributed handouts containing information on proper nutrition and the importance of breastfeeding for the health of both the mother and the baby. The program was well received by the women and they were grateful for the knowledge imparted to them by our students.



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**National Nutrition Week-**  
**September 6th-7th, 2019**

**Organised by**  
**Department of Food, Nutrition**  
**and Dietetics**

**Theme : Eat Right**

**List of Speakers**  
**6th September 2019**

**1) Dr MN Usha,**  
**Professor (Retd),**  
**Smt VHD Central Institute of Home Science,**  
**Bangalore**

**2) Dr Anuradha .M,**  
**Principal,**  
**Padmashree Institute of Management and Sciences , Bangalore**

**7th Septemeber 2019**

**1) Dr Usha Manjunath,**  
**Director,**  
**Indian Institute of Health Management and Research, Bangalore**

**2) Dr Bhavana. S**  
**Renal Nutritionist,**  
**Department of Nephrology,**  
**St John's Research Institute and Hospital,**  
**Bengaluru**

**3) Dr Priyanka Dadha Jain,**  
**Scientist C (Project based)**  
**NCDIR, Bangalore**



**List of competitions**

- **Pick and Speak**  
**3rd September- (3.30-4.30 pm)**
- **Model/Chart Display**  
**4th September-(3.30-4.30 pm)**
- **Baking and Cooking without fire**  
**6th September ( 12.00pm- 2.30pm)**

**Last date for registration : 31st August 2019**

**For Registrations Contact:**  
**8095683528**  
**8197083092**



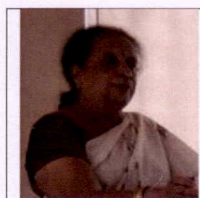
**National Nutrition Week: September 1<sup>st</sup> – 7<sup>th</sup> 2019**  
**Awareness on “Eat Right” at, Govt. School of Halebyrohalli**

<b>Event</b>	Extension program
<b>Date</b>	1 <sup>st</sup> – 7 <sup>th</sup> 2019
<b>Title</b>	National Nutrition Week

### Program Schedule

Day	Details
03-09-2019	All the activities planned based on theme Tuesday 3.30 pm – 4.30 pm Cooking competition- Cooking without fire
04-09-2019	Wednesday 11.30 am – 12.30 pm Awareness session in Govt. School, Halebyrohalli 3.30 pm – 4.30 pm Pick and Speak competition
05-09-2019	Thursday 3.30 pm – 4.30 pm Models / Chart exhibition competition
06-09-2019	Last Two days National Seminar on account of Nutrition week Friday Morning session: Guest talks - 2 talks Afternoon session: Poster presentation Quiz competition
07-09-2019	Saturday Morning session: Guest talks - 2 talks Afternoon session: Awareness campaigns in the form of skit, drama, mime by our students. Prize distribution and Valedictory

### Resource person/s



**Name : Dr. M. N Usha**

Designation: Professor (Retd)

Affiliation: Smt. VHD institute of Home Science, Bangalore





**Name: Dr. Anuradha M.**


Designation: Principal

Affiliation: Padmashree Institute of Management & Sciences and Research



	<p><b>Name: Dr. Bhavana</b></p> <p>Designation: Renal Nutritionist</p> <p>Affiliation: Department of Nephrology, St.John's Research Institute and Hospital, Bangalore</p>
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	<p><b>Name: Usha Manjunath</b></p> <p>Designation: Professor and Director</p> <p>Affiliation: Indian Institute of Health management and Research, Bangalore</p>
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	<p><b>Name: Dr. Priyanka</b></p> <p>Designation: Scientist 'C' (project based)</p> <p>Affiliation: National Centre for Disease Informatics and Research (ICMR), Bengaluru</p>
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### Programme Summary

The National Nutrition Week program organized by the Padmashree Institute of Management and Sciences was successful in raising awareness about the importance of a healthy and nutritious diet. The program provided an opportunity for students to interact with experts and gain new insights and knowledge in the field of Nutrition and Dietetics. **In addition, On September 4th, 2019 the students visited a government school in Halebyrohalli to educate the children on the importance of healthy eating.** Various competitions such as poster making, slogan writing, healthy recipe making, and quiz competition related to nutrition were organised. These competitions gave the students an opportunity to showcase their creativity and knowledge about nutrition. Overall, the program was successful in promoting a healthy and nutritious lifestyle, particularly among the younger generation.



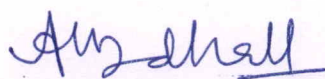
  
**Dr. Anuradha. M**  
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Photo gallery: Eat right



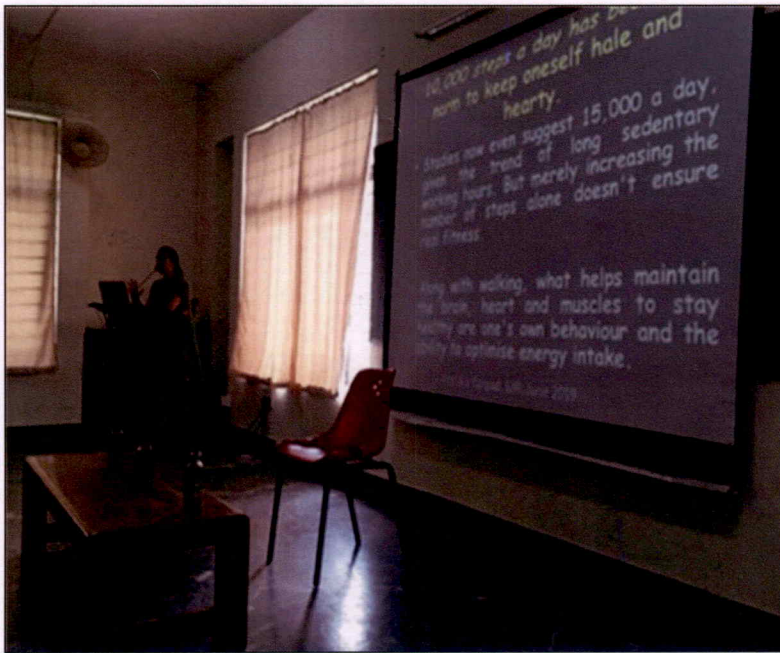
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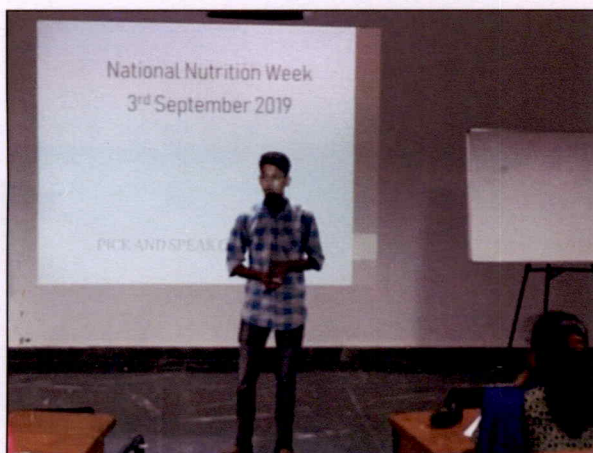


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From 3<sup>rd</sup> September everyday last hour of afternoon sessions was scheduled for competitions in which students participated actively



On account of “National Nutrition Week”, the Clinical Nutrition and Dietetics students of our college went to Govt. School of Halebyrohalli and interacted with the school children about the concept of “Eat Right”. They gave information on eating nutritious food instead of junk food. They also gave information about micronutrients and micronutrients and foods rich in these nutrients which should be consumed daily to avoid nutrient deficiency disorders.



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**National Level Seminar on  
NUTRITION STRATEGY FOR A  
ZERO HUNGER WORLD**

16-10-2019 and 17-10-2019

On the occasion of

**WORLD FOOD DAY**

**OUR ACTIONS ARE OUR  
FUTURE**



**AWARENESS ON FOOD  
WASTE MANGAMENT IN  
NEARBY KOMMAGHATTA  
VILLAGE BY STUDENT  
VOLUNTEERS WILL BE A  
PART OF THE SEMINAR**

**Venue- II floor Seminar  
Hall, Science Block  
PIMS  
For Registrations  
Contact: 9513114756  
Registration fee- Rs. 200**

**HEALTHY DIETS FOR A  
ZERO HUNGER WORLD**

**LIST OF SPEAKERS**

- **Dr K K Narayanan- Kottaram Agrofoods**
- **Dr BV Venkateshaiah- Dairy Science College,**
- **Dr Sathish Gowda N- University Law College, Bengaluru**
- **Dr Usha Raveendra- GKVK, Bengaluru**
- **Dr G Jyothi- NIPCCD, Southern Regional Centre, Bengaluru**
- **Dr M Anuradha- PIMS, Bangalore**

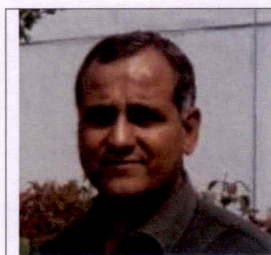


## NATIONAL LEVEL SEMINAR ON NUTRITION STRATEGY FOR A ZERO HUNGER WORLD

Padmashree Institute of Management and Sciences, Bangalore

<b>Date</b>	<b>16-10-2019 – 17-10-2019</b>
<b>Speaker</b>	Dr. KK Narayanan- Kottaram Agrofoods Dr. BV Venkateshaiah- Dairy Science College Dr. Sathish Gowda N- University Law College, Bengaluru Dr. Usha Raveendra- GKVK, Bengaluru Dr. G. Jyothi- NIPCCD, Sothern Regional Centre, Bengaluru Dr. M. Anuradha, Principal, PIMS, Bangalore

### Resource Person/s



**Name : K.K. Narayanan**

Designation: Founder-Chairman of a fast-growing food technology enterprise

Affiliation: Kottaram Agrofoods



**Name : Dr. B.V. Venkateshaiah**

Designation: Former Dean

Affiliation: Dairy Science College



**Name : Dr. Sathish Gowda N**

Designation: Associate Professor

Affiliation: University Law College, Bengaluru



**Name : Dr. Usha Ravindra**

Designation: Professor

Affiliation: GKVK, Bengaluru



**Name : Dr. G. Jyothi**

Designation: Deputy Director

Affiliation: NIPCCD, Sothern Regional Centre, Bengaluru



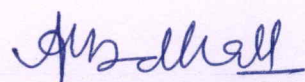
**Name : Dr. M. Anuradha**

Designation: Principal

Affiliation: PIMS, Bangalore

### Program summary

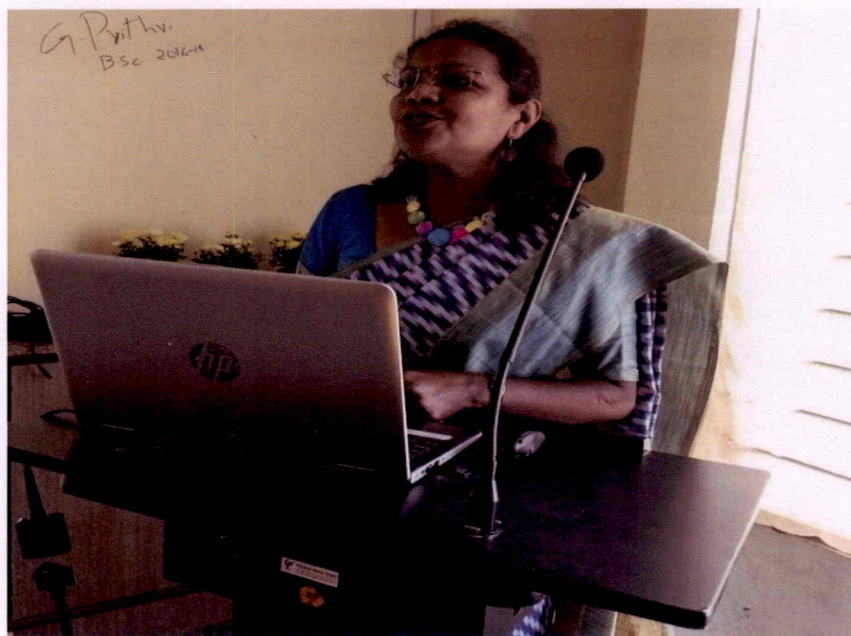
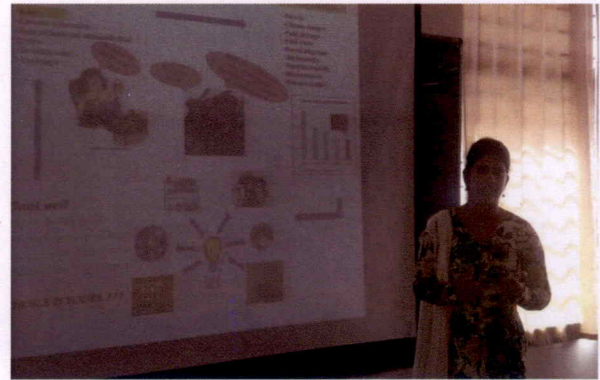
On the occasion of World Food Day, national seminar on “Nutrition Strategy for a Zero Hunger World” was been organised by our college. There were six resource people, who delivered the talks on the strategies that we have to take to make zero hunger world, the speakers emphasized on maximum production, better nutrition, sustainable environment and a healthy life. Effective interactive sessions were conducted; pledge by all the participants was taken to create significance to make zero hunger world. Further, the program was concluded formally with a vote of thanks by thanking all the organizers, teachers and participants for making the program a success. Awareness program on reducing food wastage was conducted by student volunteers in Kommaghatta a nearby village.

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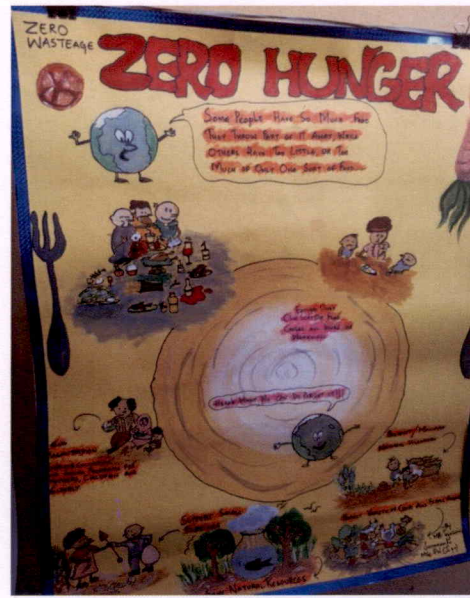
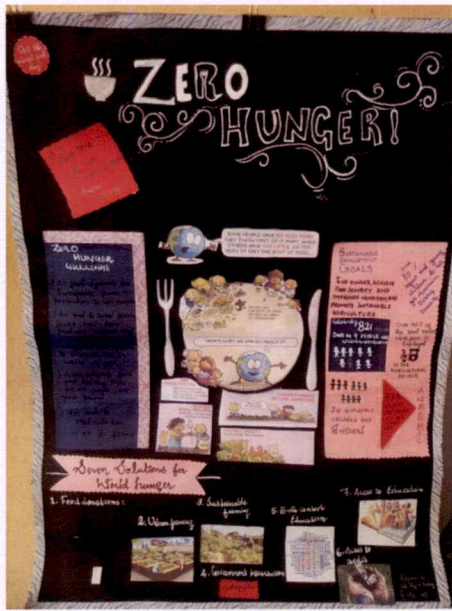
**Photo Gallery: National level seminar on nutrition strategy for a zero hunger world**

**Students explaining the poster designed by them**

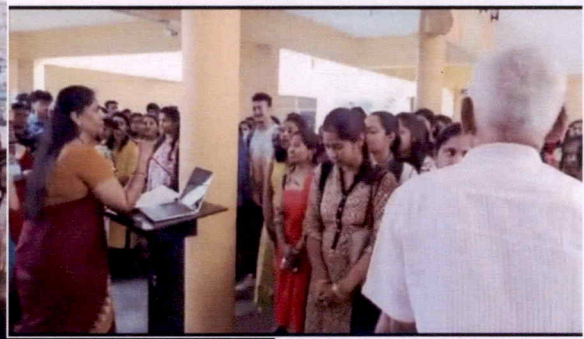


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**Pledge by students and staffs with Shri. T. K. Narayanappa, Managing Trustee, Padmashree Group of Institutions, for zero hunger world**



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**Student volunteers visited to nearby village and created awareness among children**

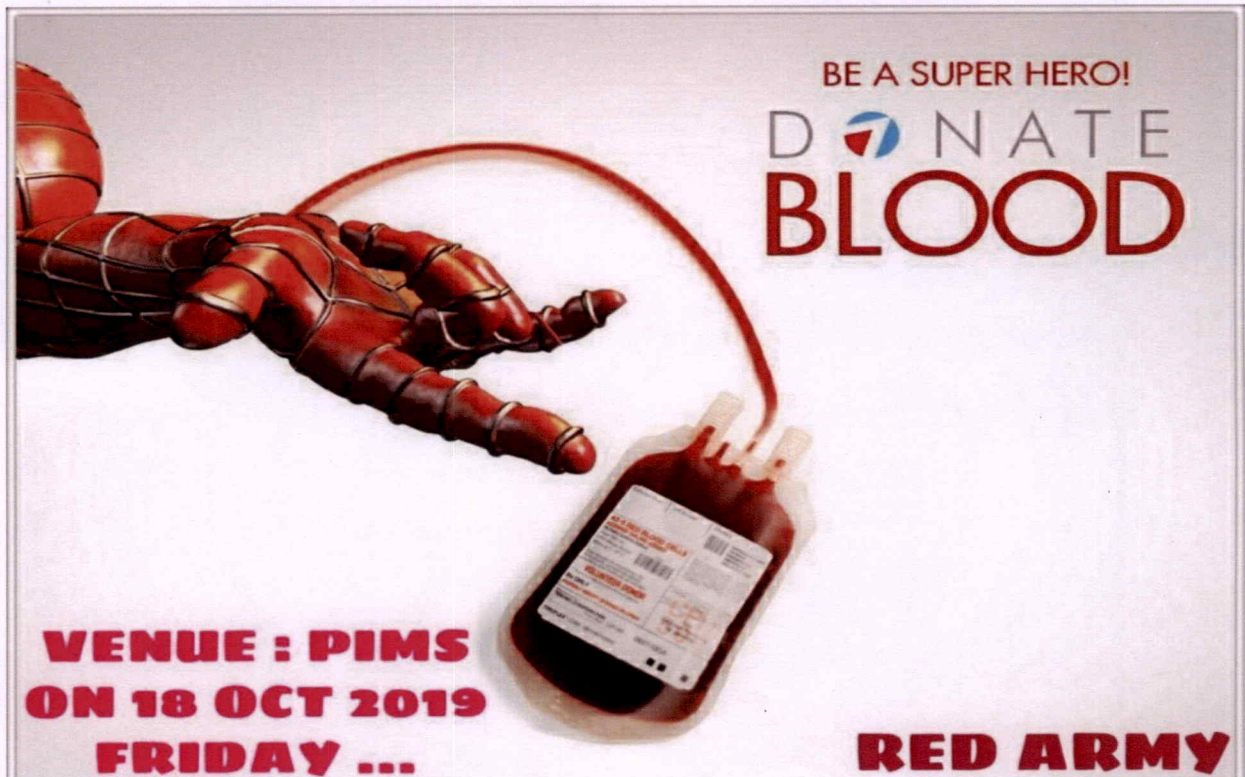


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**BLOOD DONATION CAMP**

**18-10-2019**



## BLOOD DONATION CAMP

**18-10-2019**

1	Organization committee	Organised by NSS committee, PIMS Dr. Anuradha M. Dr. Thammaiah B.R. Mrs. Chaithra H.M Mrs. Shruthi A.M. Student co-ordinators: Ms. Deepika Ms. Ranjitha Mr. Dhanajaiah Mr. Naveen Mr. Nishanth
2	Food	NSS Committee, PIMS
3	Supported/Sponsored by	Indian Red Cross Society, Karnataka
4	Participants	NSS Volunteers Red Cross society Team –25 members Donors- 110
5	Certificates	Provided by Red Cross Society.

### Program schedule

1. Registration - 10.00 AM
2. Blood donation - 10.15 AM
3. Lunch - 1.00 PM
4. Blood donation - 1.30 PM
5. Tea break - 3.30 PM

**Photo gallery: Students, staff and people from surrounding areas of the college actively participating in blood donation**



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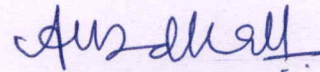


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## Program Summary

The Blood Donation Camp organized by the NSS Unit of Padmashree Institute of Management and Sciences was a successful event. The support from the Indian Red Cross society, Karnataka branch was instrumental in making the camp a success. Over 110 volunteers including staff, students and local community came forward to donate blood, highlighting the importance of this noble cause. The donors were taken care of by NSS volunteers and provided with fruits and health drinks. Such events go a long way in helping those in need and promoting awareness about the importance of blood donation.



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## **POORNAYURDHAMA: TWO DAY NATURE CAMP**

**14-12-2019 to 15-12-2019**

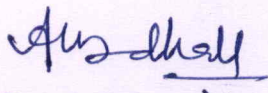
The two-day camp was held on 14th and 15th of December and covered various topics related to lifestyle education and yoga. On the first day, there was a lecture and demonstration by an Ayurveda doctor, Dr. Murali. On the second day, the focus was on "Green Sunday" celebration, which included an environmental awareness program and the planting of medicinal and other plants. During this day, leaders from various foundations delivered speeches on how to reduce and reuse waste. The students from Padmashree Institute of Management and Sciences participated in planting trees and medicinal plants, as well as raising awareness among the public.

### **Program Summary**

Poornayurdhama is an Ayurveda Centre, which serves both urban and rural communities by providing treatments for various general and chronic diseases. The centre has Ayurvedic expert doctors. In December 2019, Poornayurdhama and Padmashree Institute of Management and Sciences organized a two-day nature camp in partnership with Adanya Chethana and Vibhu Foundation.

Students from Padmashree Institute of Management and Sciences participated as volunteers, assisting as program coordinators in organizing the event. They actively participated in plantation program. The program was successfully concluded with a vote of thanks, where all organizers, teachers, and participants were thanked for their contributions.



  
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**Photo Gallery: Poornayurdhama: two day nature camp**



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**Photo Gallery: Poornayurdhama: two day nature camp**



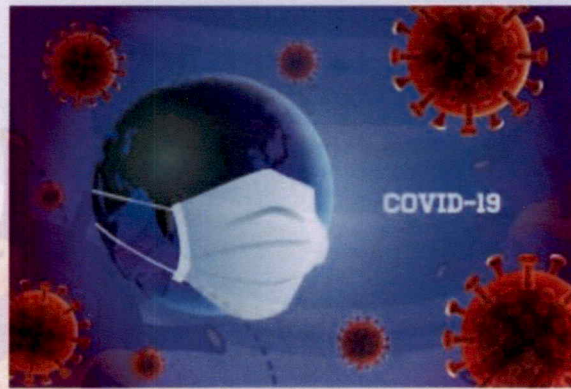
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## MASK IS THE MANTRA TO FIGHT COVID-19

### *Social Caring and Sharing Activities*

Jointly organised by NSS and Women Development cell of  
Padmashree Institute of Management and Sciences , Bangalore  
In collaboration with NSS unit, Bangalore Universtiy



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**Pre-register to get zoom link**

**Resource Person:**

**Dr. Anuradha M, Principal, PIMS**

**Dr. Sunitha. Associate Professor, PIMS**

**NSS Coordinator:**

**Dr. Thammiah, Associate Professor, PIMS**

**Women Cell Convenor:**

**Mrs. Manju Bhargavi OJ, Associate Professor, PIMS**

**Online Workshop**

**06-05-2020,**

**10 AM- 12 PM**

## WEBINAR ON MASK IS THE MANTRA TO FIGHT COVID 19

Social Caring and Sharing activities - Online workshop May 6<sup>th</sup> 2020

<b>Date</b>	<b>06-05-2020</b>
<b>Speaker</b>	Dr. Anuradha M. Principal, PIMS Dr. Sunitha Vivek, PIMS Ms. Deepika, NSS Volunteer, PIMS. Mr. Dhanajaiah, NSS Volunteer, PIMS
<b>No. of Participants</b>	<b>300</b>
<b>Online platform</b>	ZOOM & YouTube live stream <b>YouTube links:</b> <a href="https://youtu.be/DcD6853gM0w">https://youtu.be/DcD6853gM0w</a> <a href="https://youtu.be/vRT0JFI1sEU">https://youtu.be/vRT0JFI1sEU</a>

<b>1</b>	<b>Organization committee</b>	Organised by NSS committee, PIMS Dr. Anuradha M., Dr. Thammaiah R.B., Mrs. Chaithra H.M, Mrs. Shruthi A.M., Ms. Deepika, Ms. Ranjitha, Mr. Dhanajaiah, Mr. Naveen, Mr. Nishanth
<b>2</b>	<b>Supported/Sponsored by</b>	NSS Committee, Bangalore University
<b>3</b>	<b>Speakers</b>	1. Dr. Anuradha M. Principal, PIMS 2. Dr. Sunitha Vivek, PIMS 3. Ms. Deepika, NSS Volunteer, PIMS. 4. Mr. Dhanajaiah, NSS Volunteer, PIMS
<b>4</b>	<b>Participants</b>	NSS Volunteers & Teaching staff- 25 B.Sc. – 45 students B.Sc. CND- 50 students
<b>5</b>	<b>Collaborating Department</b>	Women Development Cell, PIMS.

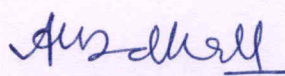
### Program schedule

Time	Title	Speaker
10-00 AM	Introduction	Dr. Thammaiah R.B.
10.05 AM	NSS song	NSS volunteers
10.15 AM	Welcome Speech	Ms. Ranjitha Gowda, NSS Volunteer
10.30 AM	Guest talk	Dr. Sunitha Vivek, PIMS
11.00 AM	Role of NSS volunteers	Ms. Deepika.J, NSS Volunteer
11.10 AM	Talk on Telemedicine Activity	Mr. Dhananjaiah, NSS Volunteer
11.20 AM	Key note address	Dr. M. Anuradha, Principal
12.00 PM	Valedictory Speech	Mr. Nishanth, NSS Volunteer

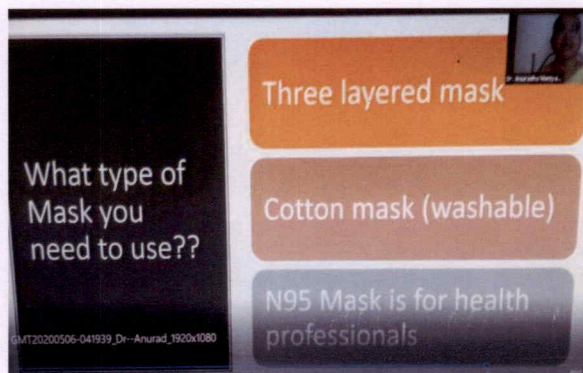
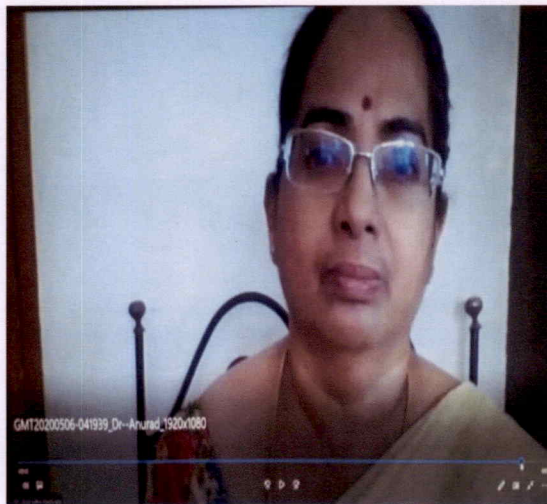
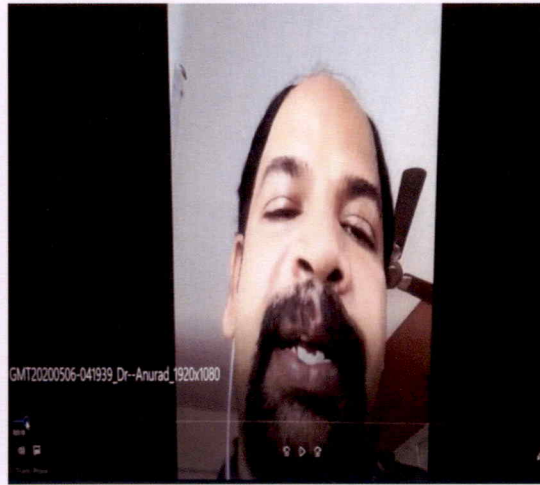
### Program Summary

An online workshop on "Mask is the Mantra to Fight COVID-19: Social Caring and Sharing" was organized jointly by the NSS and Women Development cell, PIMS in collaboration with the NSS unit of Bangalore University. More than 300 participants attended the program, which was open to all. The program started with an introduction by Dr. Thammaiah R. B., followed by the NSS song. The welcome speech was given by Ms. Ranjitha. Dr. Sunita Vivek conducted an online workshop on mask preparation. Ms. Deepika J., spoke about the responsibilities and benefits of NSS volunteers in improving society, emphasizing the motto of NSS, "Not Me but You." Mr. Dhananjaiah, spoke about the importance of telemedicine, especially in critical situations where distance is a factor. The keynote speaker, Dr. Anuradha M, focused her talk on the role of masks in preventing the spread of the virus, and various aspects of handling masks and gloves. The program concluded with a vote of thanks by Mr. Nishanth.



  
 Dr. Anuradha. M  
 Principal  
 Padmashree Institute of  
 Management & Sciences

**Photo Gallery: Screenshots of the webinar on Mask is a Mantra to fight COVID-19**



*Anuradha*  
Dr. Anuradha. M  
Principal  
Padmashree Institute of  
Management & Sciences

**HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK**

**To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water**

GMT20200506-041939\_Dr--Anurad\_1920x1080

**MASK IS THE FIGHT C**

**Social Caring and Sharing Activities**  
Jointly organised by NSS and Women Development cell of Padmashree Institute of Management and Sciences , Bangalore  
In collaboration with NSS unit, Bangalore University

**PADMASHREE**  
INSTITUTE OF MANAGEMENT AND SCIENCES

Pre-register to get zoom link

Resource Person:  
Dr. Anuradha M, Principal, PIMS  
Dr. Sunitha, Associate Professor, PIMS  
NSS Coordinator:  
Dr. Thamasiah, Associate Professor, PIMS  
Women Cell Convener:  
Mrs. Manju Khargavi OJ, Associate Professor, PIMS

Online Workshop  
06-05-2020,  
10 AM - 12 PM

**MASK IS THE MANTRA TO FIGHT COVID-19**

**Social Caring and Sharing Activities**  
Jointly organised by NSS and Women Development cell of Padmashree Institute of Management and Sciences , Bangalore  
In collaboration with NSS unit, Bangalore University

**PADMASHREE**  
INSTITUTE OF MANAGEMENT AND SCIENCES

Pre-register to get zoom link

Resource Person:  
GMT20200506-041939\_Dr--Anurad\_1920x1080  
Dr. Sunitha, Associate Professor, PIMS  
NSS Coordinator:  
Dr. Thamasiah, Associate Professor, PIMS  
Women Cell Convener:

Online Workshop  
06-05-2020,  
10 AM - 12 PM

**WHEN TO USE A MASK**

**For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection**

**Wear a mask, if you are coughing or sneezing**

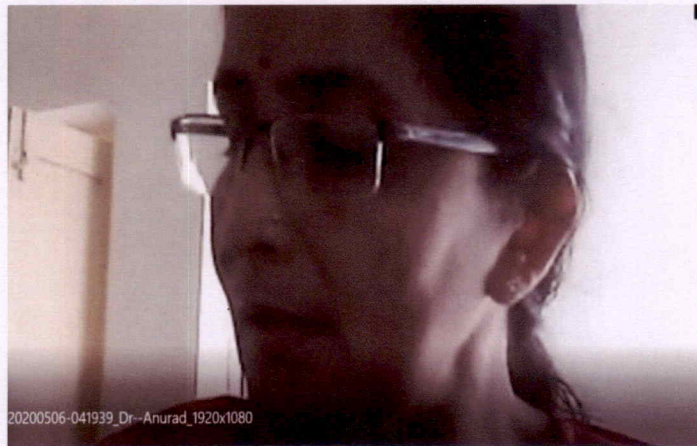
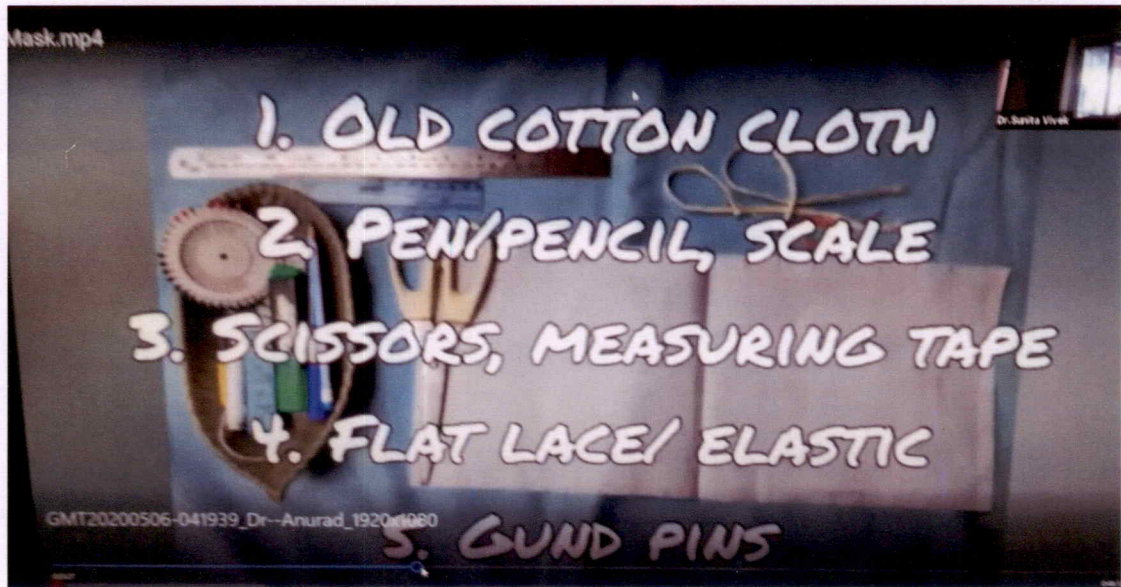
**Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

**If you wear a mask then you must know how to use it and dispose of it properly**

World Health Organization



*Anuradha M*  
Dr. Anuradha. M  
Principal  
Padmashree Institute of  
Management & Sciences



Dr. Anuradha. M *Anuradha*  
Principal  
Padmashree Institute of  
Management & Sciences





# GROW YOUR GREENS

STAY HOME, STAY HEALTHY, STAY NOURISHED

## Virtual workshop and webinar

### RESOURCE PERSONS

 <p><b>SIMPLE HYDROPONICS PRACTICES AT HOME</b> DR. C. ASWATH PRINCIPAL SCIENTIST, IIHR</p>	 <p><b>NUTRITION FACTS OF MICROGREENS</b> DR. USHA RAVINDRA ASSOCIATE PROFESSOR, GKVK</p>
 <p><b>NUTRACEUTICAL GREENS</b> DR. ANURADHA M PADMASHREE INSTITUTE OF MANAGEMENT AND SCIENCES</p>	 <p><b>GROWING MICROGREENS- VIRTUAL DEMO</b> MS. SAHANA P R PADMASHREE INSTITUTE OF MANAGEMENT AND SCIENCES</p>

**16TH MAY  
2020  
@  
10:00AM**

Organised by

 **PADMASHREE**  
INSTITUTE OF MANAGEMENT  
AND SCIENCES

UNDER THE AGIES OF

 **BiSEP**  **K-tech**

PRE-REGISTER TO GET ZOOM LINK

website: [www.pims.org.in](http://www.pims.org.in)

**GROW YOUR GREENS STAY HOME, STAY HEALTHY, STAY NOURISHED**  
**AN AWARENESS PROGRAM ON MICROGREENS**


**Organized by Padmashree Institute of Management and Sciences Bangalore**


<b>Date</b>	16-05-2020
<b>Speaker</b>	Dr. C. Aswath Principal Scientist, IIHR Dr. Usha Ravindra Associate Professor, GKVK Ms. Sahana P. R. Padmashree Institute of Management and Sciences Dr. Anuradha M. Padmashree Institute of Management and Sciences
<b>No. of Participants</b>	352
<b>Online platform</b>	Zoom: <a href="https://zoom.us/j/95296423973">https://zoom.us/j/95296423973</a>


**Program Schedule**

<b>Date</b>	<b>Time</b>	<b>Session</b>	<b>Speakers</b>
16/05/2020	10:00AM-10:30AM	Simple Hydroponics Practices At Home	Dr. C. Aswath Principal Scientist, IIHR
	10:30AM-11:00AM	Nutrition Facts Of Microgreens	Dr. Usha Ravindra Associate Professor, GKVK
	11:00AM-11:30AM	Growing Microgreens- Virtual Demo	Ms. Sahana P R Padmashree Institute Of Management And Sciences
	11:30AM -12:00PM	Nutraceutical Greens	Dr. Anuradha M Padmashree Institute Of Management And Sciences

**Resource person/s**

	<b>Name: Dr. C. Aswath</b> Designation: Principal Scientist Affiliation: IIHR
---	---

	<b>Name: Dr. Usha Ravindra</b> Designation: Associate Professor Affiliation: GKVK
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	<b>Name: Ms. Sahana P. R</b> Designation: Assistant Professor Affiliation: Padmashree Institute of Management and Sciences
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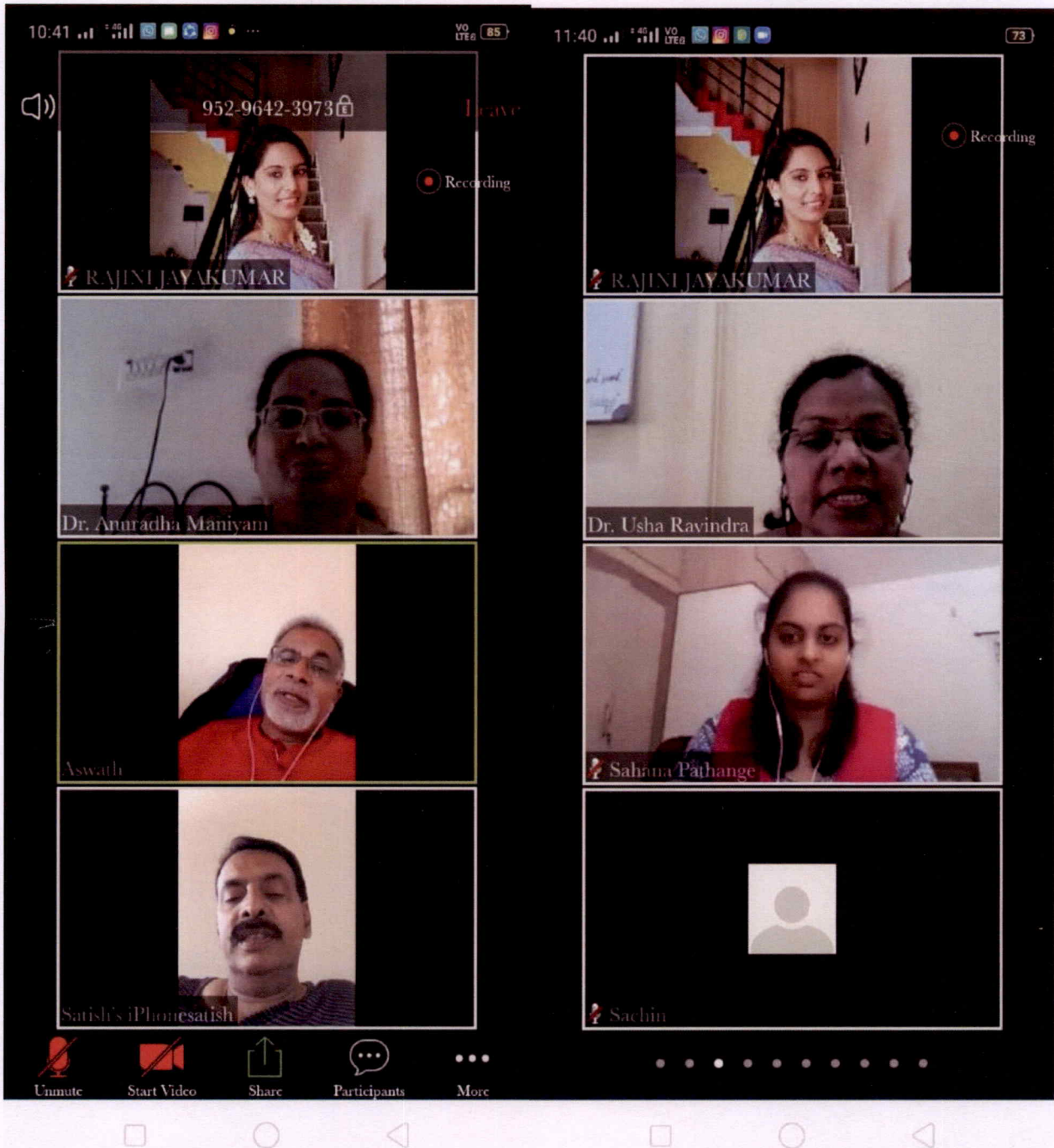
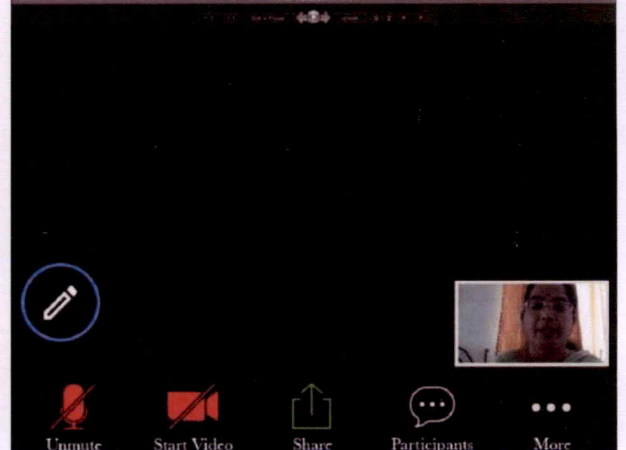
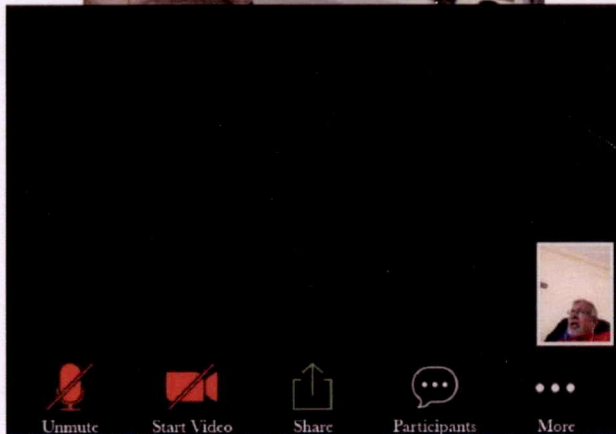
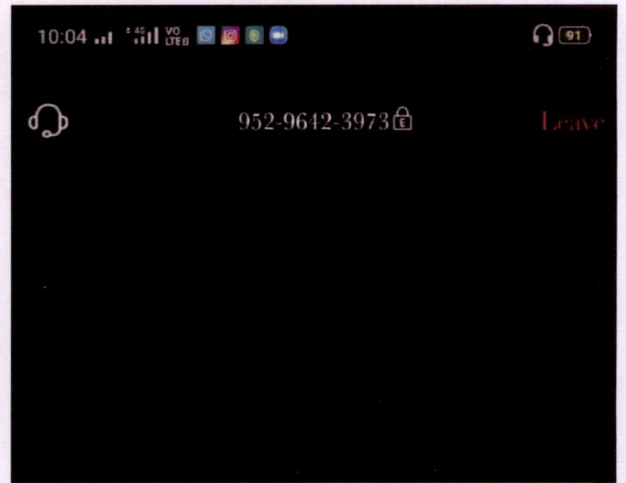
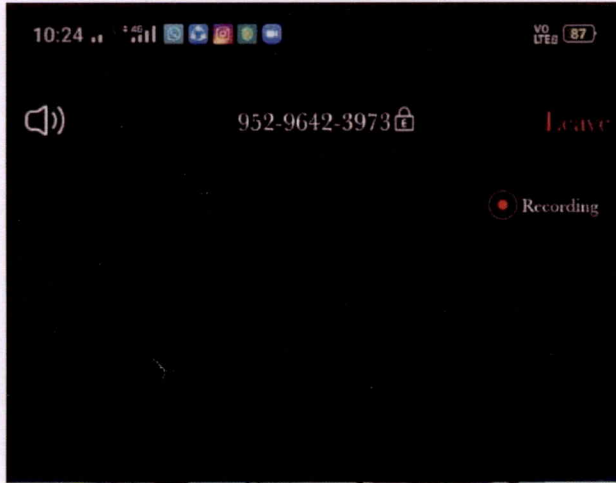
	<b>Name: Dr. Anuradha M</b> Designation: Principal Affiliation: Padmashree Institute of Management and Sciences
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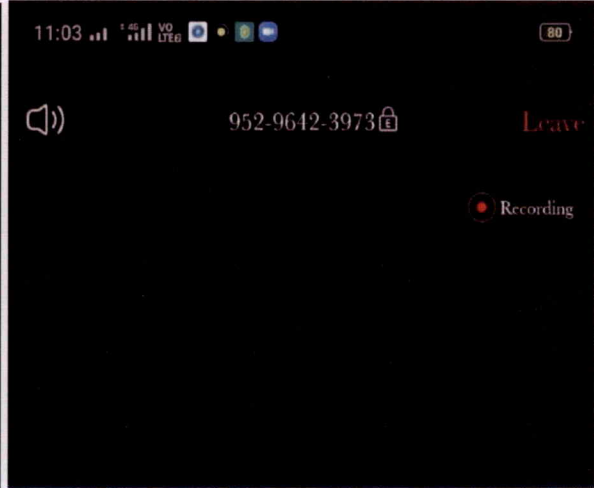
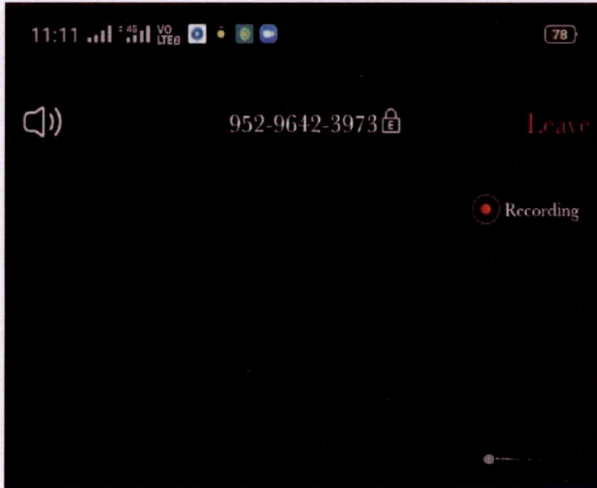
Photo gallery: Screenshots of the webinar on Grow Your Greens



*Anuradha M*  
Dr. Anuradha. M  
Principal  
Padmashree Institute of  
Management & Sciences



*Anuradha*  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences



### Sprouts vs Microgreens!!!!

- Microgreens are not sprouts!
- Sprouts are grown in jars or germination chambers without soil
- Sprouts require daily rinsing and a moist environment with limited light exposure
- Microgreens are usually grown in a soil like media with air circulation and sunshine
- Less risk of pathogen spread and/or contamination
- Tested seed and/or sanitize the seed

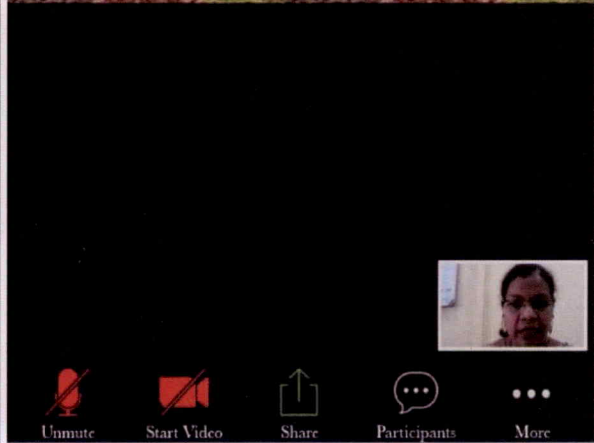
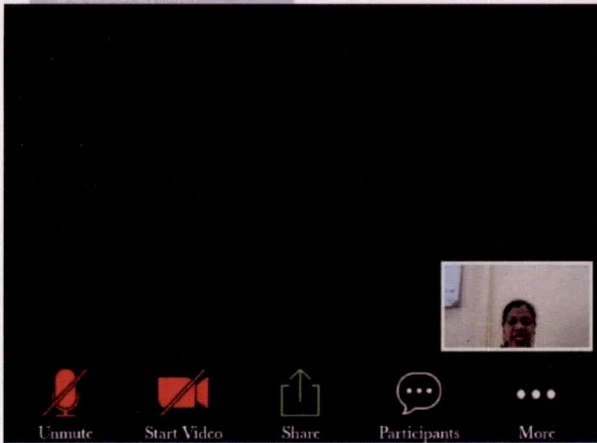


### Microgreen - Nutrifacts

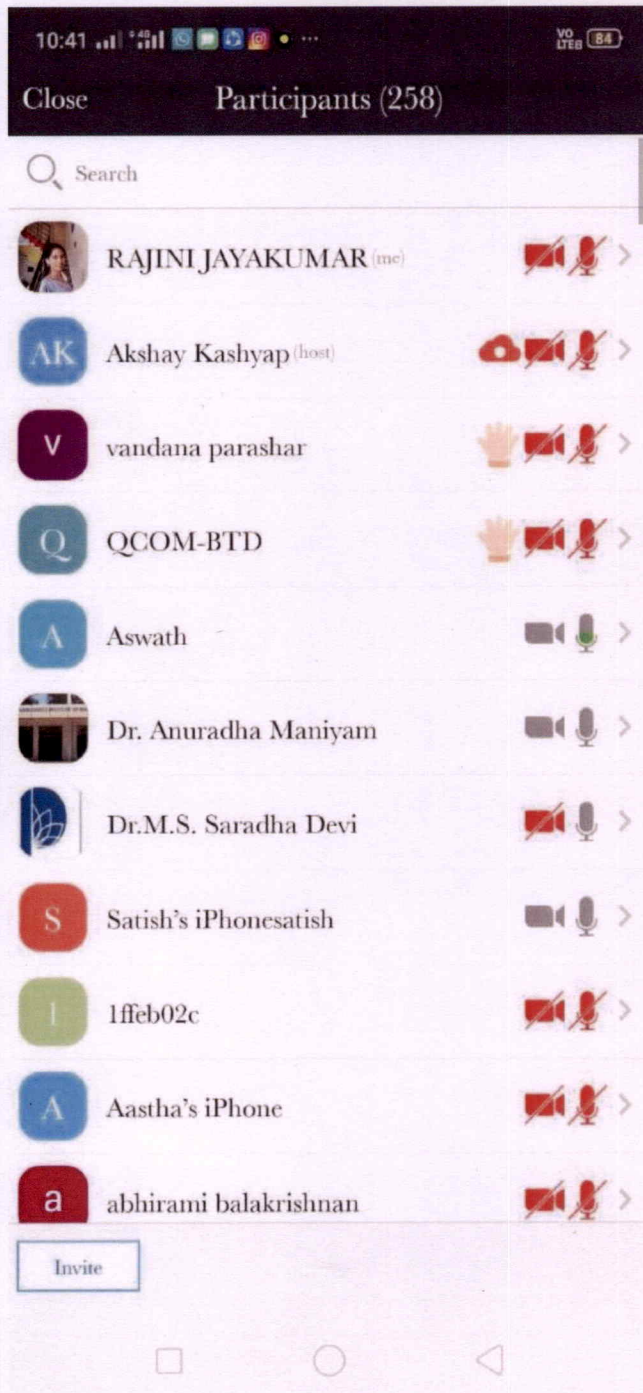
*New food for the 21st century*



**Dr. Usha Ravindra**  
Professor  
Dept. of Food Science & Nutrition  
University of Agricultural Sciences,  
GKVK- Bengaluru  
[drusha227@gmail.com](mailto:drusha227@gmail.com)



*Anuradhä*  
**Dr. Anuradhä. M**  
Principal  
Padmashree Institute of  
Management & Sciences



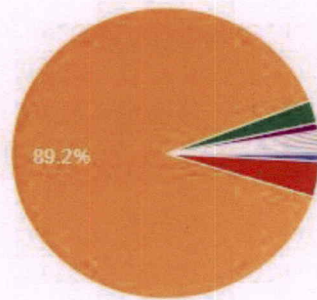
*Anuradha*  
 Dr. Anuradha. M  
 Principal  
 Padmashree Institute of  
 Management & Sciences

### Registration response

#### Designation/Affiliation

352 responses

Copy



- Researcher
- Academician
- Student
- Other
- Assistant Professor
- Dept. Of biochemistry
- Lecturer
- Assistant Professor

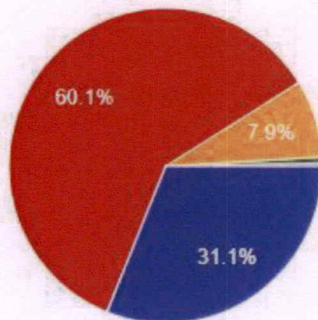
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### Feedback responses

#### Was the webinar and Workshop helpful for you?

328 responses

Copy

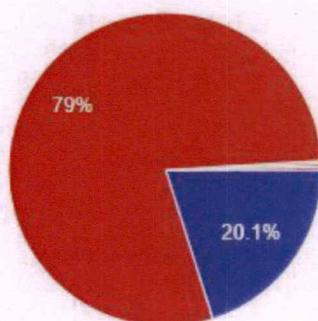


- Extremely helpful
- Very Helpful
- Somewhat helpful
- Not so helpful
- Not at all helpful

#### Did you have any technical difficulties participating in the webinar?

328 responses

Copy



- Yes
- No
- Not throughout but in some places
- A bit connection problem other than all good
- Connectivity problem in starting of program later it was ok


*Anuradha M*

**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences

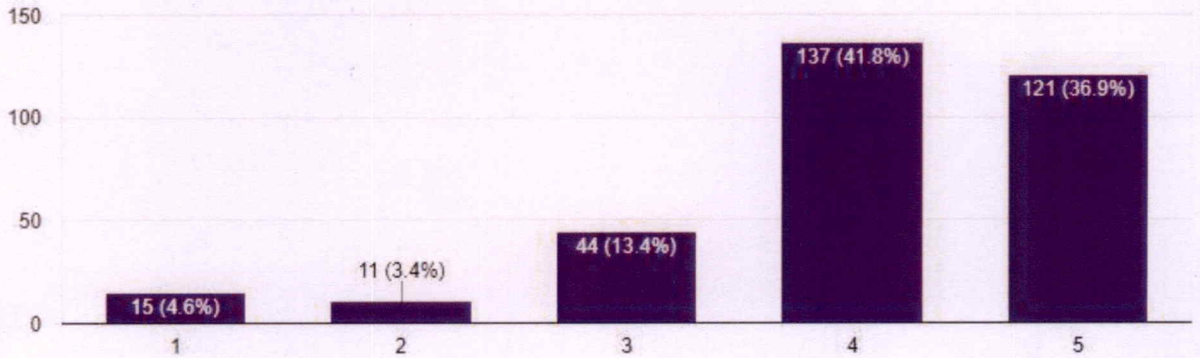





Webinar and Workshop objectives were stated clearly and met

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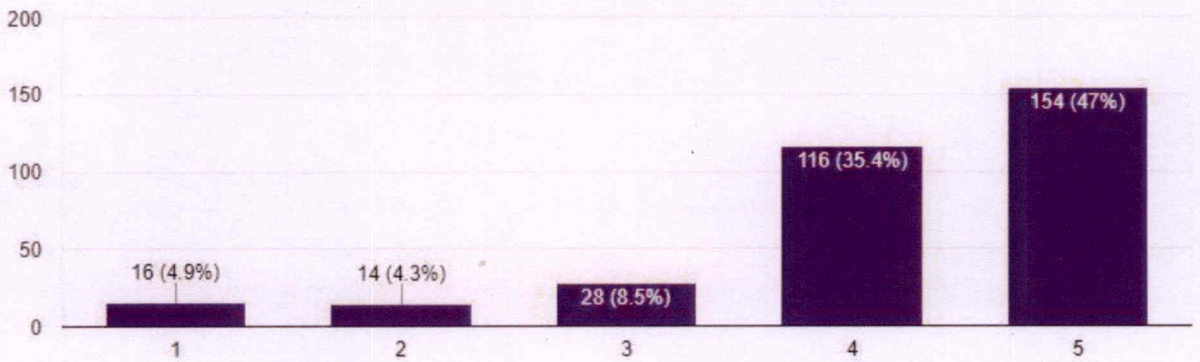
328 responses

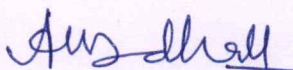


The information and skills presented were relevant and useful

 Copy

328 responses



  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences

**E Certificates of the participants**

**CERTIFICATE OF PARTICIPATION**

 This certifies that 

**ABHISHEK RAGHUVVEERA NAIK**

has participated in  
**"VIRTUAL WORKSHOP AND WEBINAR ON  
GROW YOUR GREENS"**  
organised by  
PADMASHREEE INSTITUTE OF MANAGEMENT AND SCIENCES,  
on 16th May 2020

  
SRI. T. K. NARAYANAPPA  
Managing Trustee

  
DR. M. ANURADHA  
Principal



**CERTIFICATE OF PARTICIPATION**

 This certifies that 

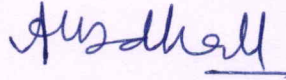
**ADARSHA K N**

has participated in  
**"VIRTUAL WORKSHOP AND WEBINAR ON  
GROW YOUR GREENS"**  
organised by  
PADMASHREEE INSTITUTE OF MANAGEMENT AND SCIENCES,  
on 16th May 2020

  
SRI. T. K. NARAYANAPPA  
Managing Trustee

  
DR. M. ANURADHA  
Principal

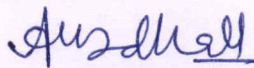


  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences

## Program Summary

The **GROW YOUR GREENS** virtual workshop and webinar was organized by Padmashree Institute of Management and Sciences on 16-05-2020 at 10:00am. There were four resource persons named Dr. C. Aswath, Dr. Usha Ravindra, Dr. Anuradha and Ms. Sahana delivered talk on different topics. **Dr. C. Aswath**, Principal Scientist, IIHR addressed the gathering and delivered his talk on **Simple hydroponics practices at home**, he explained in detail on how to grow simple hydroponics at home with less budget and had an interactive session with all the participants. **Dr. Usha Ravindra**, Associate Professor, GKVK addressed the gathering by giving intuitions about **Nutrition facts of micro greens**. She explained the importance of micro greens, their nutritional values, and how it can help humans. She had an interactive session. Dr. Anuradha, Principal, PIMS addressed the gathering by giving the insights on the importance of micro greens. Further, the program was concluded formally with a vote of thanks by thanking all the organizers, teachers and participants for making the program a success. **Ms. Sahana P R**, Assistant Professor, PIMS, addressed gathering by delivering the talk on **Growing Micro greens Virtual Demo**. She has demonstrated the procedures virtually and explained the benefits of growing the micro greens. The organizers thanked the speakers and participants for attending the workshop. The webinar was much useful to all the participants.



  
Dr. Anuradha. M  
Principal  
Padmashree Institute of  
Management & Sciences

# WEBINAR ON SUSTAINABLE URBAN WASTE MANAGEMENT

ON  
20TH JUNE 2020  
@ 09:30 AM

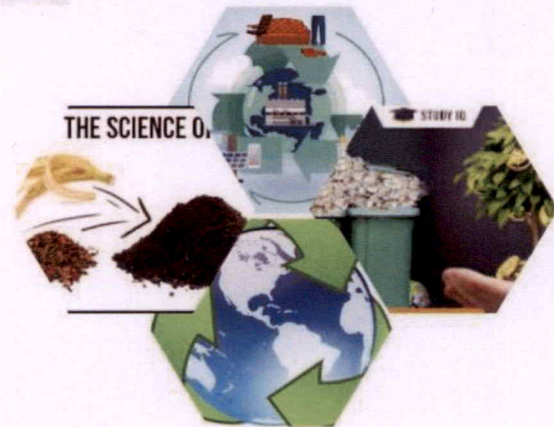
Jointly Organised by

RESEARCH CELL, DEPARTMENT OF LIFE SCIENCES,  
PADMASHREE INSTITUTE OF MANAGEMENT AND  
SCIENCES, BANGALORE



**PADMASHREE**  
INSTITUTE OF MANAGEMENT  
AND SCIENCES

**K-tech**



## Resource Persons

### Presidential Address



Mr. Satish  
Chairman,  
Padmashree Institute of  
Management and sciences,  
Bengaluru

**Waste is our responsibility, ways to reduce and recycle household waste in urban living**



Ms. Vani Murthy  
Founding Member, Solid Waste  
Management Round Table (SWMRT),  
We Care for Malleswaram and Clean  
Green Workshops, Bengaluru

**Practices to Convert and Recycle Household Organic Matter into Black Gold Compost**



Dr. Rajendra Hegde  
founder member of Garden City Farmers (GCF),  
Co-founder and Chairman at Biological  
Research Innovation Centre and Solutions LLP  
(BRICSLLP), Bengaluru

Pre-register and join the group

REGISTRATION LINK

<https://forms.gle/f3nuu8rjxoyNkqga6>

E-Certificates will be provided to the participants who attends webinar till the end

website: [www.pims.org.in](http://www.pims.org.in)

# FOOD ADULTERATION AND LABELING: CONSUMER AWARENESS

National Webinar and Virtual workshop



Jointly Organised by Research cell, Department of Food Processing, Department of Food Science & Nutrition

K-tech



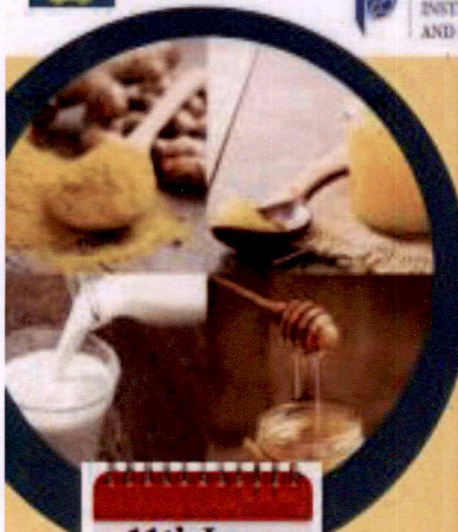
NetProFaN  
NATIONAL PROFESSIONAL FEDERATION OF FOOD PROCESSORS



**PADMASHREE**  
INSTITUTE OF MANAGEMENT  
AND SCIENCES



fssai



**11th June**  
**2020**  
**@ 10:00AM**

Pre-register to get link on your mail  
E-Certificates will be provided to the attendees

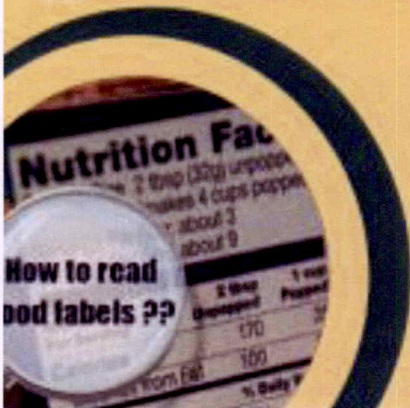


Registration Link:

<https://forms.gle/VpwLSv4djwkHNfp66>



At the end of webinar a link for Quiz will be shared.  
E-Certificates will be provided to the successful participants



## Resource Persons

### Capacity building in Consumers :To Choose Right Food



**Mr P.Muthuraman**  
Director, Food Safety and Standards Authority of India (FSSAI),  
Southern Regional Office, Chennai

### Food Label Information to be noted by Consumers



**Ms. Jitha K.K**  
Deputy Director,  
Food Safety and Standards Authority of India (FSSAI)  
Southern Regional Office, Chennai

### NetProFaN - Committed to safe food and healthy diets



**Dr. A. Sundaravalli**  
Head, Department of Home Science, Mount Carmel College, Bangalore  
Convener NetProFaN Karnataka Chapter

### Adulteration in Milk & Ghee: Issues & Challenges



**Dr.Satish Kulkarni P**  
Vice President - Indian Dairy Association,  
New Delhi  
Legal Adviser & Food Regulatory Consultant

### Presidential Address



**Dr Anuradha M**  
Principal  
Padmashree Institute of Management and Sciences,  
Bangalore

### Virtual demo on Detection of Food adulterants and labelling

By students - Food department, Padmashree Institute of Management and Sciences

website: [www.pims.org.in](http://www.pims.org.in)

### National seminar

### FOOD ADULTERATION AND LABELING - CONSUMER AWARENESS

<b>Date</b>	<b>11-06-2020</b>
<b>Speaker</b>	Dr. Sundaravalli , FSSAI Initiatives to choose right food Mr. P. Muthuraman, Director- FSSAI, South region Ms. Jitha K. K. Deputy Director Food Safety and Standards Authority of India (FSSAI) Southern Regional Office, Chennai Dr. Sathish kulkarni, Former head, NDRI and founder partner- dairy skills and food quality academy
<b>No. of Participants</b>	<b>426</b>
<b>Online platform</b>	<b>Zoom link:</b> <a href="https://zoom.us/j/96005970597?pwd=S3cwSUFLSFVudjFNdk9lVTBRUWtUZz09">https://zoom.us/j/96005970597?pwd=S3cwSUFLSFVudjFNdk9lVTBRUWtUZz09</a>

### Program Schedule

<b>Time</b>	<b>Speaker</b>
10:00 – 10:05 am	Presidential address by Dr. M. Anuradha
10:05 – 10:10 am	Briefing the activities of NetProFan- Dr. Sundaravalli
10:10 am – 10:30 am	FSSAI Initiatives to choose right food Mr. P. Muthuraman Director- FSSAI, South region
10:40 – 11:10 am	Import clearance and labelling of food Products. Ms. Jitha K. K.,Deputy Director Food Safety and Standards Authority of India (FSSAI) Southern Regional Office, Chennai
11:15 am – 12:00 pm	Adulteration in milk and ghee : issue and challenges Dr. Sathish kulkarni, Former head, NDRI and founder partner- dairy skills and food quality academy
12:00 pm – 12:15 pm	Virtual video on Detection of Food adulteration by M.Sc. Food And Nutrition second year students.
12:15 pm – 12.30 pm	Discussion with speakers
12:30 pm	Vote of thanks Dr. M. S. Saradha Devi

## Resource person/s



**Name: P Muthumaran,**

Designation: Director

Affiliation: Food Safety and Standard Authority of India, Southern Region



**Name: Ms. Jitha.K.K,**

Designation: Deputy Director

Affiliation: Food Safety and Standards Authority of India (FSSAI)  
Southern Regional Office, Chennai.



**Name: Dr. Sundaravalli**

Designation: HOD, Dept. of Home Science

Affiliation: Mount Carmel College

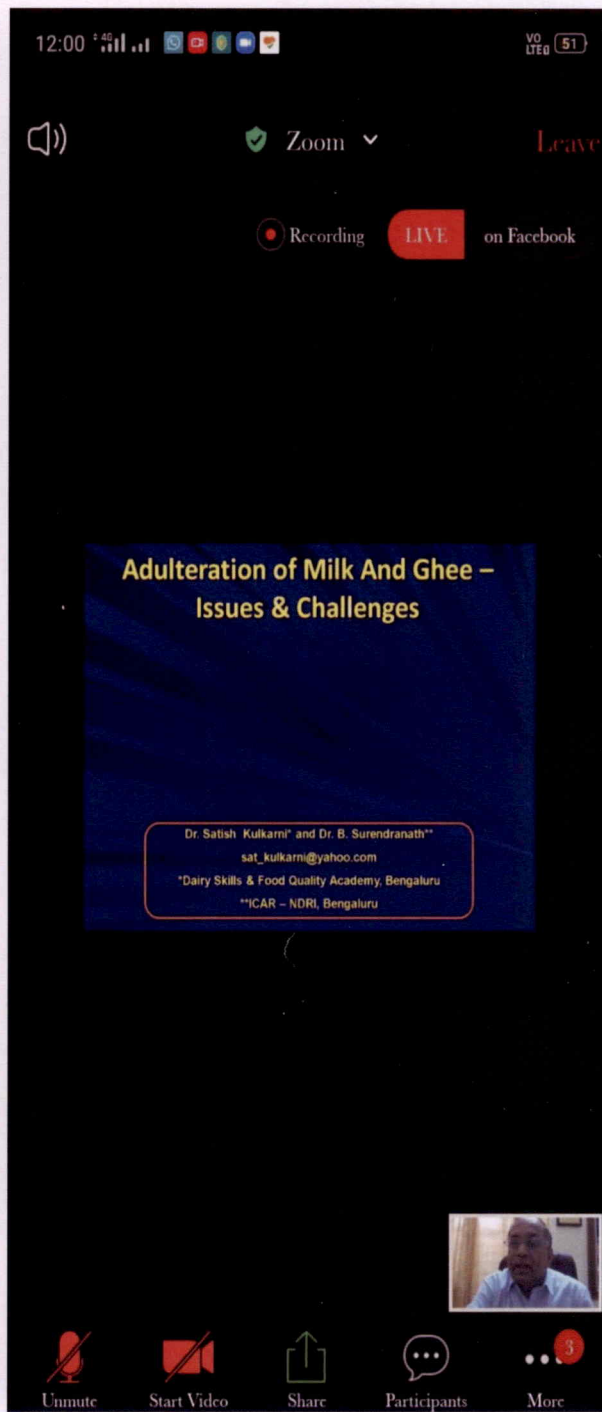
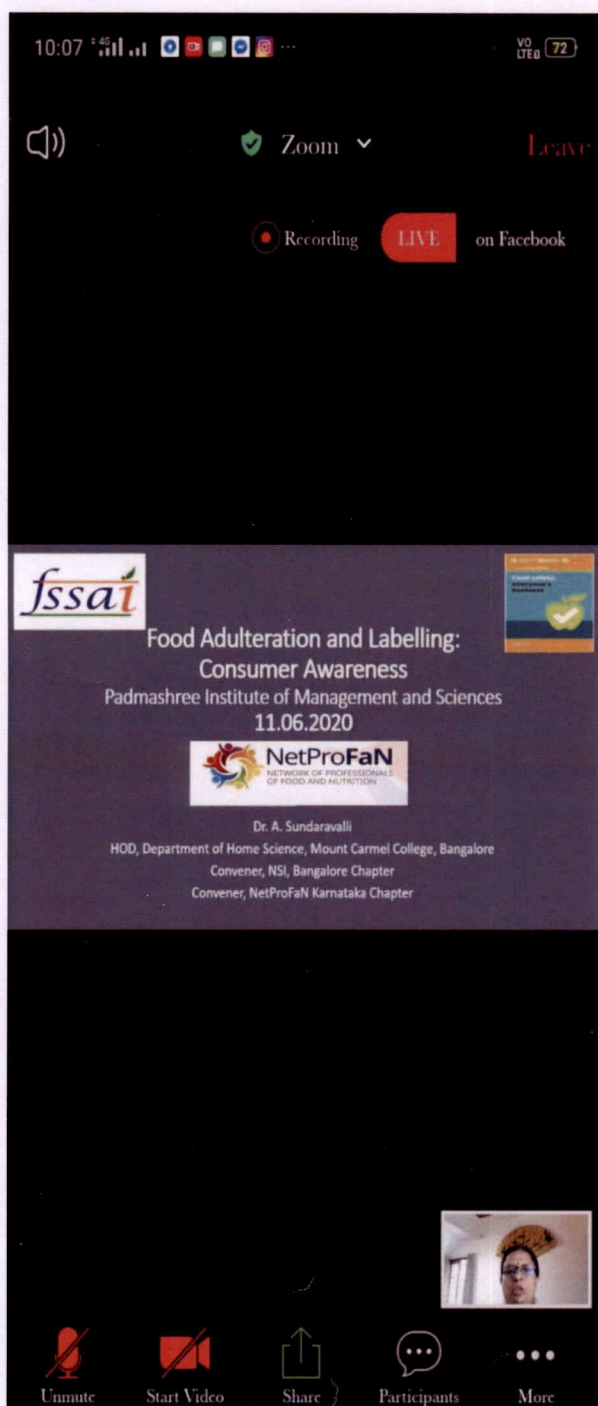


**Name: Dr. Sathish Kulkarni**

Designation: Vice president

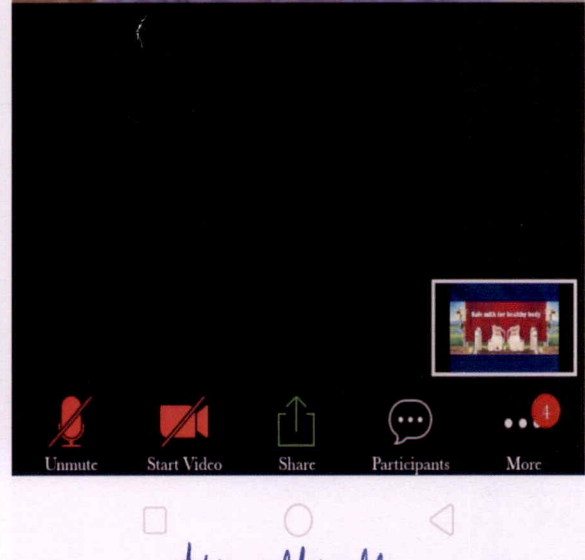
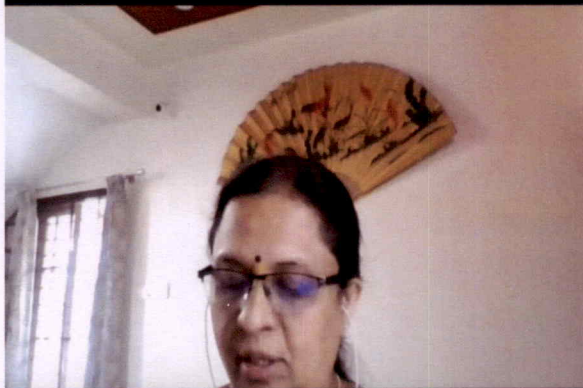
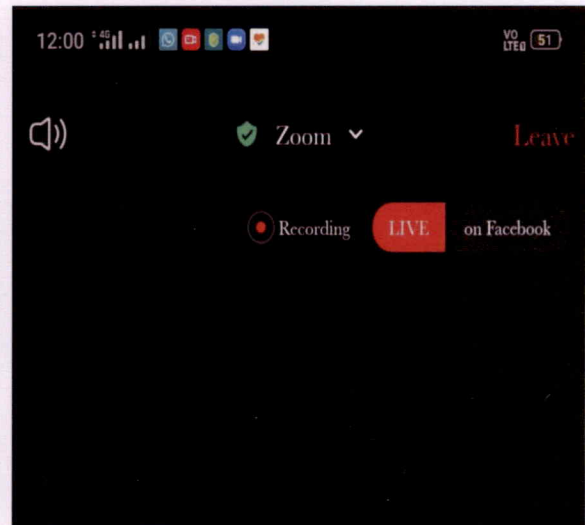
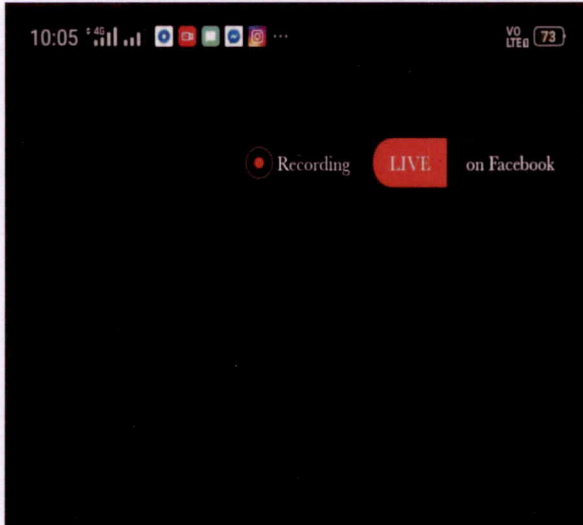
Affiliation: Indian Dairy Association, New Delhi

### Photo gallery: Screenshots of the program on National seminar Food adulteration and labeling - consumer awareness



*Anuradha M*  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences






*Anuradha M*

**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences

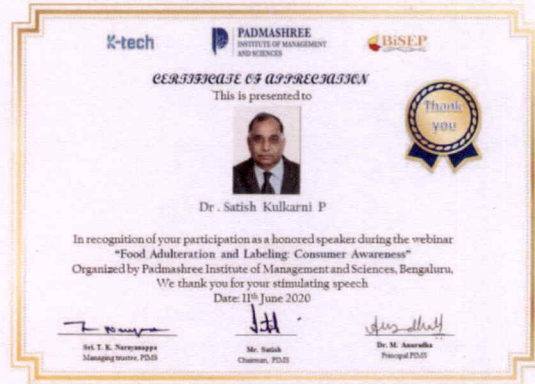


*Anuradha M*  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences



  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences

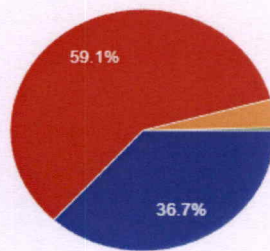
### Certificate of Appreciation



### Feedback Response

Was the webinar helpful for you?

509 responses

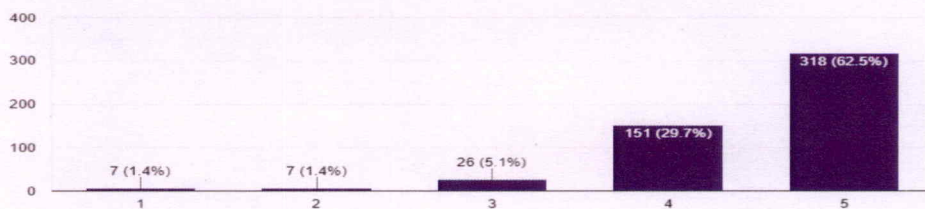


- Extremely helpful
- Very helpful
- Somewhat helpful
- Not so helpful
- Not at all helpful

The subject matter expert presented the session effectively

509 responses

Copy



*Anuradha*  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences



### Certificate of Participants



**K-tech** **BiSEP** **PADMASHREE**  
INSTITUTE OF MANAGEMENT AND SCIENCES

**NetProFaN** **fssai** **AFSI**  
NETWORK OF PROFESSIONALS OF FOOD AND NUTRITION

## CERTIFICATE OF PARTICIPATION

**Sutanuka Pal**

For participating in National webinar on **“FOOD ADULTERATION AND LABELLING”**  
organized by Research cell, Department of Food Processing, Department of Food and Nutrition,  
Padmashree Institute of Management and Sciences, Bangalore.  
On **11<sup>th</sup> June 2020**

*[Signature]*  
Sri. T. K. Narayanappa  
Managing trustee, PIMS

*[Signature]*  
Mr. Satish  
Chairman, PIMS

*[Signature]*  
Dr. M. Anuradha  
Principal, PIMS



**K-tech** **BiSEP** **PADMASHREE**  
INSTITUTE OF MANAGEMENT AND SCIENCES

**NetProFaN** **fssai** **AFSI**  
NETWORK OF PROFESSIONALS OF FOOD AND NUTRITION

## CERTIFICATE OF PARTICIPATION

**STEPHY GEORGE**

For participating in National webinar on **“FOOD ADULTERATION AND LABELLING”**  
organized by Research cell, Department of Food Processing, Department of Food and Nutrition,  
Padmashree Institute of Management and Sciences, Bangalore.  
On **11<sup>th</sup> June 2020**

*[Signature]*  
Sri. T. K. Narayanappa  
Managing trustee, PIMS

*[Signature]*  
Mr. Satish  
Chairman, PIMS

*[Signature]*  
Dr. M. Anuradha  
Principal, PIMS



*[Signature]*  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences

## Program Summary

National Webinar titled “Food Adulteration and Labelling: Consumer Awareness” and Virtual Workshop were organized by Padmashree Institute of Management and Sciences on 11-06-2020 at 10:00 am. The resource persons, Mr. P Muthuraman. Ms. Jitha K. K, Dr. A. Sundaravalli, Dr. Satish Kulkarni P mainly delivered talks on food adulteration and labelling. The topics included how to choose right food, food label information that has to be noted by everyone, safe and healthy diet, adulteration in milk and ghee. Students also participated in the program and PG Second year Food and nutrition students demonstrated the procedure to identify adulteration in different foods. Further, the program was concluded formally with a vote of thanks by thanking all the organizers, teachers and participants for making the program a success.



**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences


## SUSTAINABLE URBAN WASTE MANAGEMENT

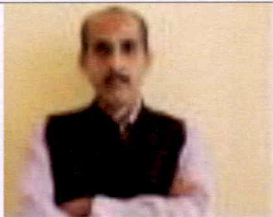
<b>Date</b>	20- 06-2020 at 09:30AM
<b>Speaker</b>	Ms. Vani Murthy Dr. Rajendra Hegde
<b>No. of Participants</b>	840
<b>Online platform</b>	ZOOM & YouTube live stream <a href="https://youtu.be/jnv_R17MYsM">https://youtu.be/jnv_R17MYsM</a>

### Program Schedule

Time	Topic	Speakers
9.30 - 10.00	Presidential address	Mr. Satish, Chairman, PGI
10.00 - 11.00	Waste is our responsibility, ways to reduce & recycle the household waste in urban living	Ms. Vani Murthy
11.00 - 11.10	Discussion & interaction with students.	
11.15 - 12.15	Practices to convert & recycle household organic matter into black gold compost	Dr. Rajendra Hegde
12.15-12.30	Discussion & interaction with students.	

### Resource person/s

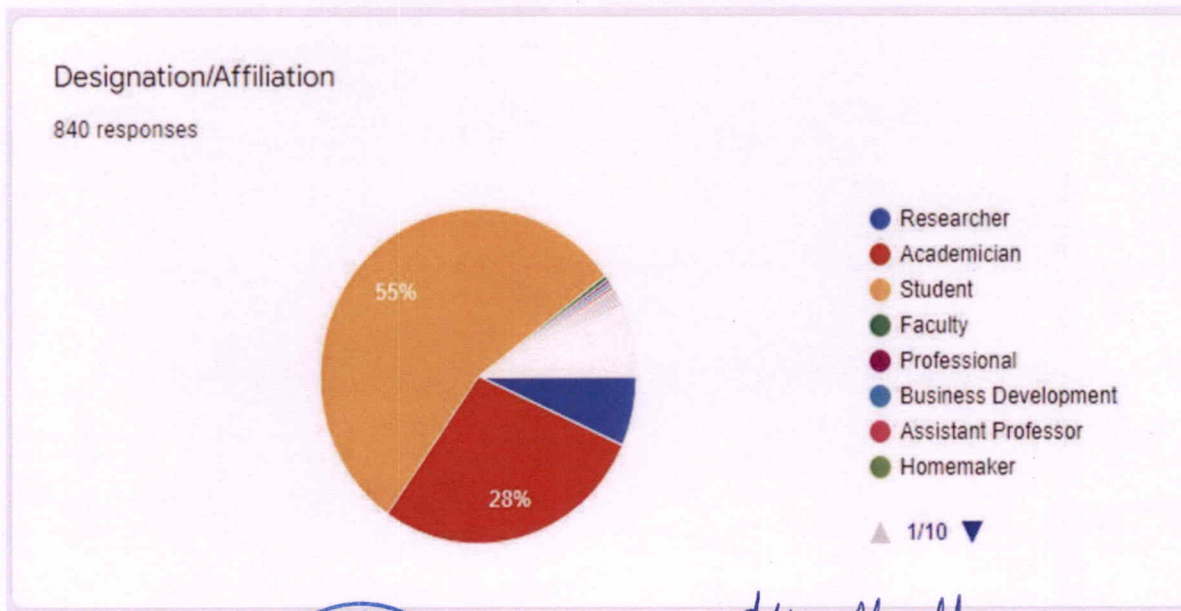
	<p><b>Name : Ms. Vani Murthy</b></p> <p>Designation: Founding Member, Solid waste</p> <p>Affiliation: Management Round Table</p>
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	<p><b>Name : Dr. Rajendra Hegde</b></p> <p>Designation: Founder members</p> <p>Affiliation: Garden City Farmers</p>
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**Photo gallery: Screenshots of the webinar on sustainable urban waste management**



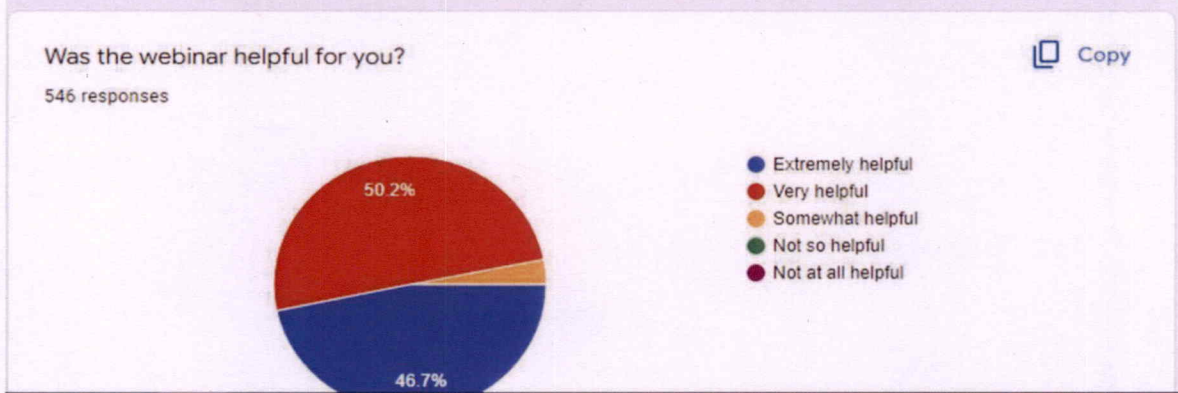
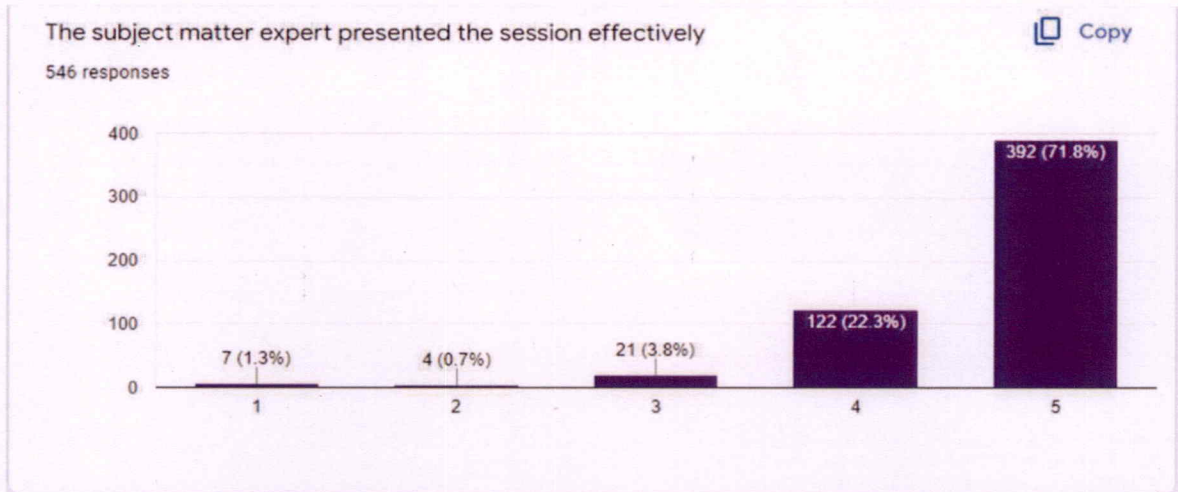
**REGISTRATION RESPONSES**



*Anuradha M*  
**Dr. Anuradha. M**  
Principal  
Padmashree Institute of  
Management & Sciences



**FEEDBACK RESPONSES**



**Certificate of participants**





## Certificate of Participation

This is to certify that

### Dr Shilpa P

has participated in the webinar entitled  
**“SUSTAINABLE URBAN WASTE MANAGEMENT”**  
 organized by Research cell, Department of Life Sciences,  
 Padmashree Institute of Management and Sciences, Bengaluru

Date: 20th June 2020

  
**Sri. T. K. Narayanappa**  
 Managing trustee  
 PIMS

  
**Mr. Satish**  
 Chairman  
 PIMS

  
**Dr. M. Anuradha**  
 Principal  
 PIMS

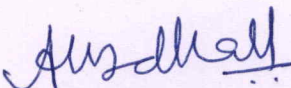


*Anuradha M*  
**Dr. Anuradha. M**  
 Principal  
 Padmashree Institute of  
 Management & Sciences

### Program Summary

The webinar titled “Sustainable Urban Waste Management” was organized by Padmashree Institute of Management and Sciences on 20<sup>th</sup> June 2020. The program was open to the public. There were more than 800 registrations for the program and more than 600 participants obtained the benefits. Urban waste management is the key to the secular future. It entails the entire system of collecting, sorting, treating, utilizing and ultimately disposing of waste, and when properly facilitated it can provide a source of energy and resources, while significantly reducing pollution. The environmental impacts of the construction industry can be reduced through sustainable waste management (SWM). Speakers discussed the best way to manage urban waste. Towns and cities generate huge volumes of waste that are often disposed of as landfills. Our eminent speakers explain that sorting urban waste into organic and inorganic streams, which can be turned into energy and fertilizer, offers a much more efficient and environmentally friendly solution. The webinar was very useful. The organizers thanked all the speakers and participants for making the event a grand success.



  
Dr. Anuradha. M  
Principal  
Padmashree Institute of  
Management & Sciences