



Phone: 8147053084  
8147053085

email : principaliams@pestrust.edu.in  
: pesiams@pestrust.edu.in  
Website : pestrust.edu.in/pesiams

ಪಿಇಎಂಎಸ್ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಅಡ್ವಾನ್ಸ್‌ಡ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಸ್ಟಡೀಸ್  
(ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಸಂಯೋಜನೆ/ಗೌರವಪಟ್ಟಿದೆ ಮತ್ತು ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಮನ್ನಣೆ ಸಂದಿದೆ)  
ಎಸ್ ಹೆಚ್ 206, ಸಾಗರ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ - 577 204 (ಕರ್ನಾಟಕ)

**PES Institute of Advanced Management Studies**

(Affiliated to Kuvempu University, Recognized by Govt. of Karnataka)

N H-206, Sagar Road, Shivamogga - 577 204 (Karnataka)

Date: 22/11-2021

## Guest Lecture on "Healthy Diet"

The the Guest Lecture was organised on 18-11-2021 by the Departments of BCA, BBA and B.Com in the seminar hall. The speaker for the day was **Dr. Vijay Singh C Sahyadri Healthcare and Diagnostics Pvt Ltd.Bangalore**. The theme of the guest lecture was "**Healthy Diet**" and the same were attended by BCA, BBA and B.com students of the department.

### Objectives of the Guest Talk

The objectives of the program were:

- To combat malnutrition and to create awareness on the importance of a Healthy Diet.
- To aim at addressing the malnutrition challenges and sensitizes students regarding the importance of holistic nutrition.

The session started by connecting with students through basic questions related to healthy diet and its importance of the hour. **Dr. Vijay Singh C** educated the students through various kinds of visual aids, on the importance of correct nutrition required for healthy growth. They were made aware of main nutrients in food, their importance for the body & for prevention of malnutrition & disease. Further, they were also made to understand the nutrient value of each kind of food so they could include all these to have a balanced diet & healthy body.

He emphasized the concept of Junk food and Fast food was discussed. Students were made to understand why junk food is unhealthy and that Fast food need not be Junk food. It can be very nutritious and tasty. Quick recipes for various healthy fast food, snacks were discussed. The importance of exercise for good health was also emphasized and all the questions were answered by the speaker.

### Learning outcome

- ✓ The students got some tips on how to balance healthy body and also know various aspects of nutritious foods and how to control the consumption of junk foods.
- ✓ The whole session was interactive and students attended the lecture for understanding the importance and role of a healthy diet in the present era.

 **PES IAMS**

Phone: 8147053084  
8147053085

email : [principaliams@pestrust.edu.in](mailto:principaliams@pestrust.edu.in)  
: [pesiams@pestrust.edu.in](mailto:pesiams@pestrust.edu.in)  
Website : [pestrust.edu.in/pesiams](http://pestrust.edu.in/pesiams)

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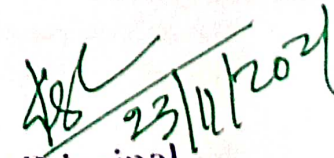
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The guest lecture was very informative and the students were active throughout the lecture. The session started with an invocation song followed by a welcome address and inaugurated by lighting the lamp by all the respected dignitaries on the dais with final year students in the seminar hall. The session ended with a sincere gratitude to the guests on behalf of the Department of Computer Science and Department of Commerce and Management and proposed a vote of thanks. The Principal and staff members were also present at the session.

  
Principal  
PES Institute of Advanced Management Studies  
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SHIVAMOGGA-577 204.





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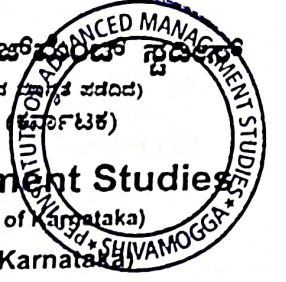
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### List of Students (BCA) participated in the programme

Sl. No.	Name of the Student	Sl. No.	Name of the Student
1	ABHISHEK K SAMSON	30	NISHAN B J
2	ADIBA BEGUM	31	NITHIN S
3	AISHWARYA M K	32	NUTHAN T N
4	AKASH K H	33	PRADEEPA N
5	AKSHATHA M R	34	PRAGATHI C U
6	BHOOMIKA B N	35	PREETHI N
7	C ABDUL SWABITH	36	PREETHAM H R
8	CHANDANA K M	37	PRERANA S PRAKASH
9	CHATURTHA T G PATEL	38	PRIYANKA G V
10	CHETHAN H C	39	RAJAT ASHOK HEGDE
11	CHINTHAN PATIL G M	40	RAKSHA B N
12	DARSHINI N	41	RAKSHITHA M
13	DEEPAK A S	42	RASHMI M C
14	DEEPASHREE V	43	RUCHITHA G U
15	DEEPIKA H S	44	RUCHITHA N
16	DHANUSH P	45	SADAF BANU
17	DIVYA U	46	SAFA FARZIN F
18	FARNAZ FATHIMA	47	SAGAR A
19	JEEVAN V	48	SAHANA H V
20	JOY P	49	SAHIL PASHA M B
21	K C ASHIK	50	SALMA KHANUM
22	K N CHANDU	51	SAMRA SHARIEF
23	KAVANA T S	52	SANDYA S P
24	KEERTHANA S	53	SANJANA B S
25	MANU	54	SHASHANK S
26	MEGHANA M P	55	SIDRA FATHIMA AKTHER
27	MITHUN ALAPPANAVER D R	56	SONU J S
28	MOINUDDIN	57	SUHAS N BHUSHAN
29	MONIKA S G	58	SWAPNA T

**List of Students (B.Com) participated in the programme**

Sl. No.	Name of the Student	Sl. No.	Name of the Student
1	ABHISHEK V K	30	SAILAKSHMI K.R
2	ADARSH B	31	SAMPADA R.M
3	ANKITHA B R	32	SANATH K M
4	ARSHU R	33	SANJAY M M
5	ASTHIK S	34	SHAMANTH B N
6	BINDU E.H	35	SHARATH K
7	BINDU P E	36	SHARATH PATIL N.G
8	DARSHANNAIK	37	SHAZIYA BANU
9	GANAVI B.M	38	SHOIB AKTHAR
10	GANESH K P	39	SHWETHA L
11	JATHIN KUMAR JAIN	40	SINCHANA T N
12	KEERTHI Y	41	SNEHA S.K
13	LALITH SINGH	42	SUHAN A
14	LUQMAN PASHA	43	SUSHMITHA R.P
15	MAHAMMAYI D PRABHU	44	SWATHI M
16	MANJUNATHA M	45	SYED AJMAL
17	MANOHAR K S	46	VARUN D H
18	MEGHA G	47	VIMARSHA D
19	MOHAMMED MASOOD	48	VISHAL K
20	MOHAMMED SHAHID	49	YASHWANTH C R
21	MOHAN R		
22	MURALI G		
23	NIDHA		
24	NIDHI J R		
25	NIHARIKA YATHIRAJU		
26	NITHIN M.C		
27	PALLAVI H.R		
28	PRIYA C R		
29	RAMYSHREE B		



**List of Students (BBA) participated in the programme**

Sl. No.	Name of the Student	Sl. No.	Name of the Student
1	ABDUL SATTAR	34	ROHAN B Y
2	ADITI DRAVID	35	SAFIYA NOORAIN S
3	AFIYA	36	SANJAY GAIKWAD D
4	AMOGHA T.K	37	SATHVIK B.S
5	ARCHANA G N	38	SHAIK SUHEL AKRAM
6	BHUMIKA N.E	39	SONIYA R
7	BHUVAN R P	40	SUMANA NAZ
8	CHANDANA V	41	SUMITH S JAIN
9	CHARAN K G	42	SWAMY A.B
10	CHINTANA N	43	SYED SALMAN
11	CHIRAG J JAIN	44	SYED TOUSIF
12	DARSHAN B		
13	DARSHAN N R		
14	DHRUVAN D		
15	GOWRISHANKAR Y N		
16	GOWTHAM K		
17	GURUSWAMY H.R		
18	HEMANTH JADHAV C		
19	KAVYA T.S		
20	KUSHI P.B		
21	LOHITH H K		
22	MADHU DYAVAKKALAVAR		
23	MAHAMAD KAIF		
24	MOHAMMED ARFAD		
25	MOHAMMED IBRAHIM		
26	NITEESH GOWDA M M		
27	PAVAN M		
28	POOJA T S		
29	PRAMOD DRAVID N H		
30	PRATEEK K		
31	PREETHAM R B		
32	RANJITH REDDY T R		

*[Signature]*  
Principal

PES Institute of Advanced Management Studies

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