



Bhoj Reddy Engineering College for Women

(Sponsored by Sangam Laxmibai Vidyapeet, Accredited by NAAC with A Grade, Approved by AICTE and Affiliated to JNTUH)
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Report on Nutrition Awareness Program for Women

On February 18, 2025, a **Nutrition Awareness Program for Women** was successfully conducted at the Ramdev Indoor Auditorium, Bhoj Reddy Engineering College. The program was organized to educate women about the importance of nutrition in leading a healthy and fulfilling life.

The session was led by **B. Revathy**, an esteemed Consultant Dietitian from Prathima Hospitals, Kachiguda. With her extensive expertise and engaging presentation skills, she highlighted the pivotal role of balanced nutrition in maintaining overall health. The program was attended by a diverse group of women, including students, staff, and local community members, creating an enriching and inclusive environment.



Key Highlights of the Program:

- **Understanding Nutritional Needs:** The speaker elaborated on the specific dietary requirements for women during various life stages, including adolescence, pregnancy, and menopause.
- **Practical Tips:** Participants were given practical advice on meal planning, portion control, and affordable ways to include essential nutrients in daily diets.
- **Interactive Q&A Session:** The program concluded with an interactive question-and-answer session, where attendees actively participated and sought personalized guidance from Dietitian B. Revathy.

Women's Nutrition in India

While nutrition is crucial to the health of all individuals, the role of nutrition in women's health is

particularly important. The impacts of malnutrition might not be very evident in the short term but lead to serious health complications later on. Women are the bearers of children and primary caretakers of the entire family; their health status, directly and indirectly, impacts their family and society at large.

Undernutrition of girls from early childhood and adolescence not only has health impacts on the girls but leads to an intergenerational cycle of undernourishment. This is because undernourished mothers are more likely to deliver low-birth-weight babies. They are further vulnerable to conditions like child mortality, stunting, wasting, low immunity, risk of infections, and other morbidities.

Malnutrition in women manifests in many forms like low Body Mass Index (BMI) and anaemia. Many underweight women are also stunted which puts them at high risk of obstetric complications. Reports suggest that anaemia is an outcome of nutritional deficiency that is on the rise among children, adolescents, and women in India. National surveys reveals that 57% of women of reproductive age and 67.1% of children under 5 years of age in India are anaemic.



The event received overwhelmingly positive feedback, with participants expressing their gratitude for the valuable insights and actionable tips provided. The initiative underscored the importance of spreading nutritional awareness, particularly among women, to promote a healthier society.



In conclusion, the program was not only educational but also inspired attendees to prioritize their well-being and adopt healthier lifestyle choices. Bhoj Reddy Engineering College, in collaboration with Dietitian B. Revathy, succeeded in fostering a strong sense of awareness and empowerment through this impactful event.

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