

DEPARTMENT OF NUTRITION

Report on Alumna talk on 'Role of Nutrition in Pregnancy'

Date: 6th March, 2025

Time: 9.30am-10.30am

Brochure:



The brochure is a vertical poster with a white background and a dark red border. At the top left is the St. Francis College for Women logo and name. At the top right is the Department of Biotechnology logo and name, along with a Sustainable Development Goals logo. The central text reads: 'DBT STAR COLLEGE (Under Strengthening Component) Department of Nutrition Organizes an Alumna Talk on Role of Nutrition in Pregnancy'. Below this, the date and time are listed: '6th March, 2025 9:30am to 10:30am'. The location is 'MBA Seminar Hall'. At the bottom, it specifies the audience: 'B.Sc. First year(1N - ANBC and ANZC) Students'. On the left side, there is a photo of Ms. Sowmya Kumar, a woman with curly hair wearing a maroon shirt, with her name and title 'Nutritionist & Founder of "Nourished"' below it.

St. Francis
College for Women
Begumpet, Hyderabad-500016
(Autonomous & Affiliated to Osmania University)

Resource Person



Ms. Sowmya Kumar
Nutritionist &
Founder of "Nourished"

DBT STAR COLLEGE
(Under Strengthening Component)

Department of Nutrition
Organizes an
Alumna Talk on
Role of Nutrition in Pregnancy

 **6th March, 2025**
9:30am to 10:30am

 **MBA Seminar Hall**

B.Sc. First year(1N - ANBC and ANZC) Students

 **SUSTAINABLE DEVELOPMENT GOALS**
SFC supports SDG

The Department of Nutrition had organized an Alumna talk on “**Role of nutrition in Pregnancy**” under DBT STAR COLLEGE (Strengthening Component). The event was attended by 4 faculty and 60 students of B.Sc. 1st year (ANZC and ANBC combinations). The resource person for the same was Ms. Sowmya Kumar, Nutritionist and founder of ‘Nourished’.

Objectives –

1. To understand the physiological changes occurring in a woman during pregnancy
2. To emphasize on the importance of preconception nutrition to prevent complications such as micronutrient deficiencies, premature birth and small for gestational age.
3. To comprehend the role played by macro and micro nutrient in order to have a successful pregnancy.

Outcome-

The students had an opportunity to learn about the role of men, their hygiene and lifestyle habits in having a successful pregnancy. The session emphasized on the importance of micronutrients, their active forms, and the required amount to prevent complications such as Vitamin A deficiency, Anemia, Cretinism, Spina bifida etc., The students were enlightened on various complications such as constipation, high blood pressure, anemia, nausea etc. and effective dietary interventions to treat the complications.

Pictures



Resource Person Ms. Sowmya Kumar



B.Sc. 1st year students

