



Event Activity Report

Academic Year : 2025-26

School/Department Name : Department of Biological Sciences

Event Title : Community Engagement program

Theme : Food as Medicine

Event Date : 31st July 2025

Time : 10: 00 AM to 3:00 PM

Duration in Days : One Day

Mode of Conduction : Offline

Level of Program : School Level

Event Coordinator : Dr. Kiran Thakur
Assistant Professor
Department of Biological Sciences

Participants : Under Graduate and Post Graduate Students from Department
of Biological Sciences

Event Overview:

A community engagement program was conducted in **Wadholi village** with the theme "**Food as Medicine**", focusing on creating awareness about the health benefits of traditional and natural foods. The event was organized by the **Department of Biological Sciences** as part of its community Engagement Program. The primary aim was to educate school children and local residents on how food, when chosen and used wisely, can help prevent illness and support a healthy life.



Third-year students from the Department of Biological Sciences actively participated by preparing and presenting educational posters that highlighted the medicinal and nutritional value of commonly used foods such as turmeric, ginger, garlic, amla, fruits and various leafy greens vegetables. These posters were displayed at the local **primary school in Wadholi**,

where students and staff engaged with school children through simple explanations and interactive discussions. The goal was to communicate scientific ideas in a way that was accessible and relatable to young students.



The school visit created an opportunity for meaningful interaction between the college students and the village community. Children were enthusiastic and curious, asking questions about the foods they eat daily and learning how these can help improve immunity and general well-being. The staff at the primary school expressed appreciation for the efforts and emphasized the importance of such educational initiatives in rural settings.



In conclusion, the "**Food as Medicine**" outreach program in Wadholi was a successful community engagement effort by the Department of Biological Sciences. It provided third-year students with valuable field experience while contributing to the health education of primary school children, discussing the traditional concept of "Ahara" (diet) and its role in maintaining health and balance. The event reinforced the importance of using food as a preventive health tool and demonstrated the positive role educational institutions can play in community well-being.

K. Bhakur

Event Coordinator

Chiranjeev

Associate Dean(SoS)