

## A Brief Report on Extension Activity organized by the Department of Bioengineering on “Food Safety and Nutrition” (Swachh Bharat and Swasth Bharat)

An extension activity was organized by the Department of Bioengineering to create awareness about “Food Safety and Nutrition” (Swachh Bharat and Swasth Bharat) among the rural population of Village-Behta, Uttar Pradesh 226026 on 18 November 2021. The students of B. Tech and M. Tech Food Technology courses participated in the activity. **Dr. Poonam Sharma, Dr. Owais Yousuf and Dr. Rahul Singh** were nominated as the Faculty Coordinators and they accompanied the students for conducting the extension activity.

The students actively participated in apprising the villagers with the **Food Safety and Nutrition** commonly neglected and which later resulted in diseases and illnesses unsafe food poses global health threats, endangering everyone. Infants, young children, pregnant women, the elderly and those with an underlying illness are particularly vulnerable. Unsafe food creates a vicious cycle of diarrhoea and malnutrition, threatening nutritional status of the vulnerable. The students were happy to be a part of this activity and felt satisfied as many commoners weren't aware of nutrition and food safety. The students have taken the body mass index of the school students and suggested the food required as per their body mass index. The villagers were overwhelmed by the support which the students of Integral University, Lucknow offered them.

