World Food Day-2025

Naipunnya®
To reach the unreachable

Date of Event : 16/10/2025

Faculty-in-Charge: Mr. John Kizhakuden

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
Naipunnya
To reach the unreachable
Pongam, Koratty East
Thrissur District
Kerala-680 308

Report

In connection with World Food Day celebrated on 16 October 2025, an awareness programme on healthy food preparation was organized at Chinmaya Vidhyalaya, Kolazhy, Thrissur for Plus Two students. The programme aimed to educate students about the importance of balanced nutrition, healthy cooking methods, and mindful eating habits in today's fast-paced lifestyle.

The session began with an introduction to the significance of World Food Day and the global need to promote food security and sustainable eating practices. This was followed by an interactive presentation highlighting the components of a balanced diet, the role of fruits and vegetables, and the importance of reducing excessive consumption of processed and junk foods. Practical tips on selecting fresh ingredients and maintaining hygiene in food preparation were also discussed.

A live demonstration of simple and healthy recipes was conducted to engage the students effectively. The recipes focused on nutrient-rich, easy-to-prepare dishes that can be made at home using locally available ingredients. Students actively participated by asking questions and sharing their own food habits, making the session lively and informative.

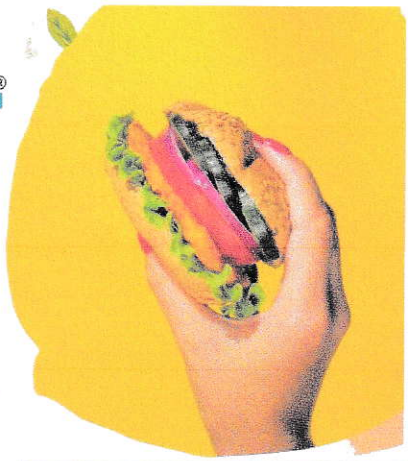
The programme concluded with a discussion on adopting healthier lifestyles and the long-term benefits of nutritious eating. Overall, the initiative was successful in creating awareness among the students and encouraging them to make informed food choices for better health and well-being.

Prepared by:	Verified by:	Approved by:
Mr. John Kizhakuden	Mr. Robert Fernandez	Rev. Dr. Paulachan K J
(Event-in-Charge)	(Head of the department)	(Principal)

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
Naipunnya
To reach the unreachable
Pongam,Koratty East
Thrissur District
Kerala-680 308

BROCHURE

Naipunnya®
To reach the unreachable



WORLD FOOD DAY 2025

Nourishing the Future Together:
Better Food, Better Future

FOOD SAFETY AWARENESS AND CULINARY WORKSHOP

Date : 16-10-2025
Time : 10.30 a.m.
Place: Chinmaya Vidyalaya, Kolazhy, Thrissur

Resource Persons:



Mr. John Kizhakuden
Associate Professor, NIMIT



Mr. Jinson P S
Assistant Professor, NIMIT



Ms. Nayana Paul
Assistant Professor, NIMIT

Organized By:

DEPARTMENT OF HOTEL MANAGEMENT, NIMIT
IN ASSOCIATION WITH CHINMAYA VIDYALAYA, KOLAZHY, THRISSUR.

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY (NIMIT)
(AUTONOMOUS)

(Affiliated to the University of Calicut, Accredited by NAAC with A++, ISO 9001-2015 Certified)
Pongam, Koratty East, Thrissur District, Kerala State, India, Pincode - 680 308

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
Naipunnya
To reach the unreachable
Pongam, Koratty East
Thrissur Dt. Kerala
Kerala-680 308

PHOTOGRAPHS







PARTICIPANT'S LIST

Name of the event: Food Safety Awareness and Culinary Workshop

Date:16.08.2025

Sl. No.	Name of participant	Signature
1.	Akhila.K.Santhosh	Akhila
2.	MEENAKSHI MANIKANDAN	
3.	AVANI - K.A	
4.	POOJA RAJ	
5.	Shreya Sunil Warrier	
6.	Nivedita Kartik Menon	Nivedita
7.	JAHANA SHIRIN M A	
8.	GOURI NANDHANA	
9.	AISWARYA SURESH	
10.	Ankitha . A	
11.	Souparnika.m.nayar	
12.	Jennifer krishna	
13.	Nivedya Sivadas	nivedya
14.	Mehnaz Zuwena Finoz	
15.	Aarushi K. Sunish	Aarush
16.	Lavya. Shajan	
17.	Durga M Nair	
18.	Malavika Menon	
19.	Aditi.K.S	Aditi
20.	Meenakshi Sreeraj	
21.	Rishabh Sunil	Rishab
22.	Madhav Menon U	Madhav
23.	Aadityakrishnan . P	Aaditya
24.	Prayag M Menon	Prayag
25.	Manchella Santhosha Madhuri	
26.	Maegeoz Sheni Paussery	
27.	Achyuth. R. Jyoshid	Achyuth
28.	ALLAI KRISHNA	
29.	Vismay.V	
30.	Sreehari Pramod	
31.	MAHADEV MOHAN	Mahadev
32.	Prituh.V	
33.		
34.		
35.		

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
Naipunnya
To reach the unreachable
AUTONOMOUS
Pongam, Koratty East
Thrissur-680308
Kerala

36.		
37.		
38.		
39.		
40.		

Event Coordinator:

Naipunnya

NAIPUNNYA INSTITUTE OF MANAGEMENT AND INFORMATION TECHNOLOGY
Naipunnya
AUTONOMOUS
Pongam,Koratty East
Thrissur-680308
Kerala