




PRESENTS

40th Fortnightly Workshop on

TASTE THE TRADITION: A Workshop on Indian Foods for Holistic Well-being

Speaker - Dr. Charu Lata
(Principal Scientist, CSIR NIScPR)

For Students from Classes 5th to 12th
(Teachers can also Participate)

 **December 12th,
04:00PM IST**

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KNOWLEDGE AND AWARENESS MAPPING PLATFORM

KNOWLEDGE SESSION 2023: EPISODE 40

ORGANIZED BY: KNOWLEDGE AND AWARENESS MAPPING PLATFORM

A KNOWLEDGE ALLIANCE OF

NIScPR
National Institute of Science Communication and Policy Research
सीएसआईआर-निस्र



Topic: Taste the Tradition: Workshop on Indian Foods for Holistic Well-Being

Category: Scientific & Life Skills

Speakers/Presenters: Dr. Charu Lata

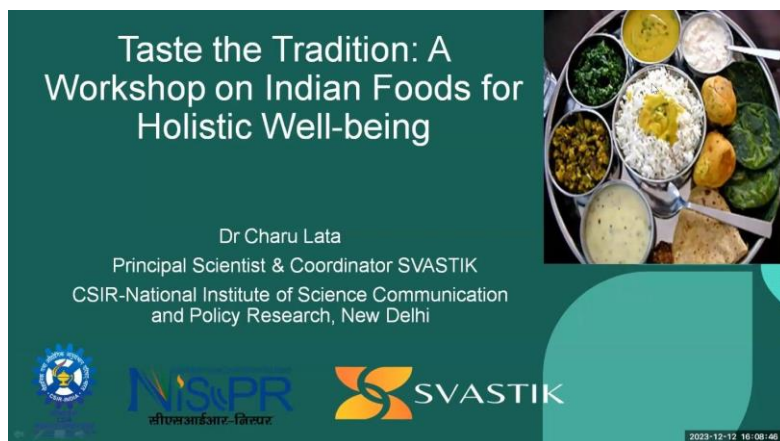
Organized for: Students from classes 5-12

Date: December 12, 2023

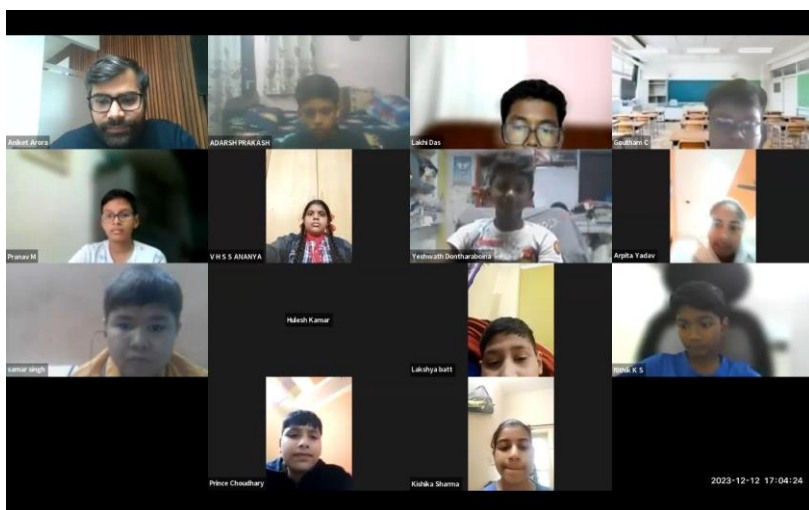
No. of Participants: 500+ students from different schools across India

Overview:

On December 12th, 2023, the Knowledge and Awareness Mapping Platform (KAMP) in collaboration with the Scientifically Validated Societal Traditional Knowledge (SVASTIK) team of the Council of Scientific and Industrial Research - National Institute of Science Communication and Policy Research (CSIR-NIScPR) conducted an insightful online knowledge-sharing session with more than 500 students ranging from 5th to 12th grade, from all over India.



Mr. Aniket Arora, the Outreach Coordinator at KAMP, extended a warm welcome to the esteemed guest speaker, Dr. Charu Lata, Principal Scientist at CSIR-NIScPR. Dr. Lata engaged the diverse audience in an exploration of the multifaceted world of Indian foods, shedding light on their significant contribution to holistic well-being.



The session led by Dr. Charu Lata went beyond the conventional discourse on nutrition, transcending into the rich cultural tapestry of Indian cuisine. Dr. Lata's insights were not just about dietary recommendations but aimed to deepen students' awareness of the profound cultural significance embedded in diverse culinary practices.

One of the highlights of the session was Dr. Lata's exploration of the alarming prevalence of unhealthy dietary habits among the youth. Her segment was thought-provoking, offering constructive guidance on fostering healthier lifestyles. She underlined the importance of adapting one's diet to each season, providing practical knowledge that struck a chord with the attending students.

Moreover, the event went beyond its educational objectives, fostering a sense of community among students from diverse regions of India. It became a vibrant platform for networking, collaboration, and the exchange of ideas. This communal atmosphere contributed significantly to the development of a spirit of unity and shared learning, transcending geographical and cultural boundaries.



Towards the conclusion of the session, Mr. Aniket Arora shared exciting news about upcoming Scientific Excursions and Teacher Training programs organized by KAMP. These programs,

slated to take place at various CSIR Labs and ISRO Centres throughout the year, promise to further enrich the educational experience for students, providing them with hands-on opportunities and exposure to cutting-edge research.



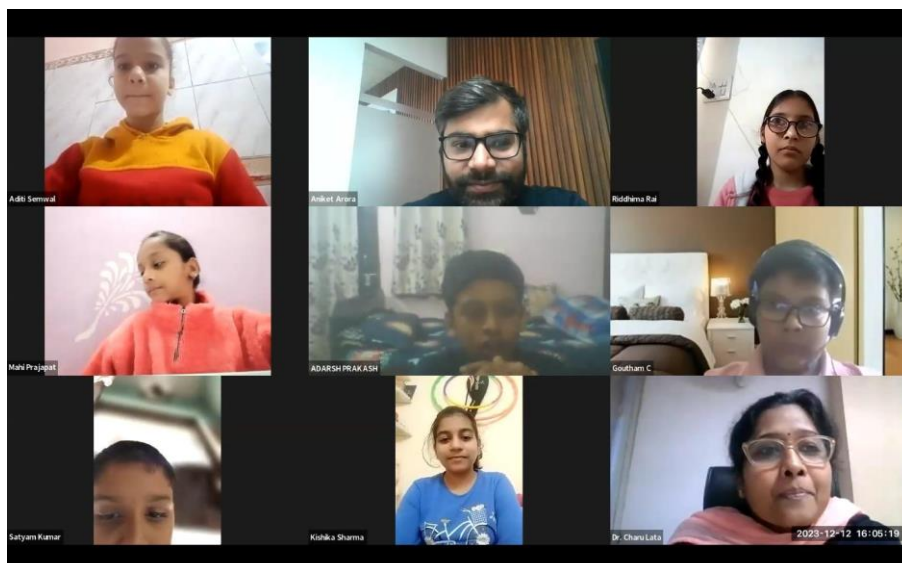
In a broader context, this event highlighted the ongoing collaboration between KAMP and CSIR-NIScPR's SVASTIK in shaping the educational landscape. Their joint efforts are

clearly seen in the facilitation of engaging and insightful sessions that extend beyond the confines of traditional classroom learning.

The purpose of KAMP's fortnightly workshops is to help students develop creativity, meaningful learning, and critical reading and thinking skills that bring out their inherent abilities. The vision of KAMP is to identify and capture Scientific and Technological temperament in students to make India a Global Leader in the fields of Science, technology, and the humanities.

Such workshops, conducted by KAMP, deal with various topics that fall under the categories of Science, technology, and innovation, Scientific and Life Skills, Career and Professional Development, Academic development, and training trainers and teachers.

KAMP believes that with exposure to such topics from experts within such specific fields, students will become aware of real-life situations and challenges, develop a helping, problem-solving nature wherever possible, understand their core values and personal interests, evaluate their skills within the given area, and achieve their best in their most desirable way.



Organized By:
Knowledge and Awareness Mapping Platform
(KAMP Operations and Coordination Office)

Moderated By:
Mr. Aniket Arora
(Outreach Coordinator, KAMP)

Team Credits:
Ms. Arika Mathur
(Member, KPMC)

Ms. Kavita Tripathi
(Data Analyst)