



Anantha Lakshmi
INSTITUTE OF TECHNOLOGY & SCIENCES
(Approved by AICTE, New Delhi & Affiliated to JNTUA, Ananthapuramu)
Near S.K. University, Ittikalapalli(V), Anantapur.
Accredited by NAAC
NATIONAL SERVICE SCHEME (NSS)



“Aahar se Arogya”

On 22-11-2023 NSS Unit of ALTS organized “Aahar se Arogya” Role of Millets in Preventive Health Care. The program was graced by the chief guest Dr. D. Khadar Vali garu. He said that the water required for rice and wheat crops in one year equates with water requirement of millets for 26-30 years. This single reason is good enough for scientists and farmers to have shifted to the cultivation of millets. Chairman of the college Sri. Anantha Ramudu garu said that each type of millet has unique properties that can assist in the prevention and treatment of various ailments. He stresses the importance of incorporating these grains not just as an alternative to rice and wheat but as a staple in regular diets. Principal Dr. N. Ramamurthy garu said that Siridhanyalu also prevents brain and blood-related diseases.

In this Program, NSS Unit Programme officer, Teaching Staff, Non-Teaching Staff, NSS Volunteers and others participated.



Figure-1: Dr. D. Khadar Vali garu addressing on the occasion.



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Figure-2: College Chairman Sri. Anantha Ramudu garu addressing on the occasion



Figure- 3: Prinicipal Dr. N. Ramamurthy garu addressing on the occasion.