



DEPARTMENT OF COMPUTER SCIENCE AND INFORMATION TECHNOLOGY

Date: 09-11-2023

FRUITS DAY CELEBRATIONS

The **Computer Science & Information Technology** celebrated department level Fruits Day Celebrations on the date of 16th December 2024. Received an overwhelming response in all its events and was a magnificent success.

Fruits Day:

Fruits are an important part of a healthy eating pattern and a good source of required vitamins and minerals. Fruits are also acknowledged for their vital role in the prevention of diseases caused due to the deficiency of vitamin A and vitamin C. Fruits also provide a vast range of health- boosting antioxidants.

Historical Background:

- In April 2007, former students of social work from the University of Applied Science Alice Salomon in Berlin came together talking about their fields of profession and the spheres of action. After discussion, they came to an outcome to bring people and organizations together with a basic social subject: 'Sharing a meal'.
- Furthermore, this idea has developed under the aspect of sustainability and became even more clearer. Sharing and eating fruits/vegetables together was soon made up to 'International Fruit Day' which is observed July 1st every year.
- First time the International Fruit Day commemorated on July 1st 2007 at the Mauerpark in Berlin, Germany where boundaries had fallen 1989. Fruitcakes as well as fresh fruit bits and bites were distributed to more than 400 guests by Britta, Credo, Stefan, Susanne and Christian. These people shared it with their friends, partners or children.

Types of Fruits:

1. Fleshy fruits

As the name suggests, have a soft pulpy wall, with seeds at the center. Fleshy Fruits An apple or a pear are excellent examples of fleshy fruits. It should also be noted that other types of fruits like dried fruits, citrus fruits and melons form a subpart of this larger group of fleshy fruits.

e.g.: apple, apricot, green-olives, papaya, mango

2. Dried Fruits

In simplest words, dried fruits can be defined as fruits that are dried naturally or mechanically in order to remove their original water content

e.g.: almonds , brazil nuts, cashews, dates

3. Multiple Fruits

Multiple fruits are called so because they are developed from multiple flowers. One of the classic examples of multiple flowers is pineapple. Some berries like the strawberry also belong to this category of fruits

e.g.: bread fruit , custard apple , jack fruit , pineapple , osage-orange

4. Berries

Berries also belong to the larger group of fruits, i.e., fleshy fruits as they have a pulpy flesh. However, scientifically speaking, berries are fruits that have a pulpy flesh with one or more seeds embedded in it. In that case, a tomato or a banana is also considered as a berry.

e.g.: Bearberrie, blueberries , blackberries , boysenberries , cranberry , gooseberry , grapes

5. Miscellaneous Fruits

Here are some miscellaneous fruits with pictures that can be categorized into either of the above-mentioned categories. For example, the banana is a fleshy fruit, while blackcurrant, crowberries and goji berries are berries

e.g.: banana , black current , coconut , passion fruit , crowberries , passion fruit.

HoD Sir Addressing regarding fruit's day :

Good morning respected faculty members, my dear **all students**. Today, as part of our department activities in **CSIT – Aadyant**, we are happy to celebrate **Fruits Day**, an initiative that reflects our commitment not only to academic excellence but also to the health and well-being of our students. Engineering life often keeps us busy with classes, projects, and screens, but maintaining good health is equally important for achieving success in our careers and personal lives.

Fruits play a vital role in our daily diet. They are rich in **vitamins, minerals, fiber, and natural antioxidants** that help improve immunity, digestion, and overall energy levels. Along with fruits, **protein** is essential for muscle strength, brain function, and sustained concentration, which are very important for engineering students. A balanced diet that includes fruits and adequate protein helps improve memory, focus, and stamina, enabling us to perform better academically and stay active throughout the day.

Good health is the foundation for a successful future. Regular consumption of fruits, proper protein intake, sufficient water, and a disciplined lifestyle can prevent many health issues such as fatigue, stress, and lifestyle-related diseases. Through activities like **Fruits Day**, our department encourages students to adopt healthy habits along with technical learning. Let us take this message forward and make healthy choices a part of our daily routine. I thank everyone for actively participating in this meaningful initiative. Thank you

Students addressing for fruits and their importance :

Fruits Day helps students understand the importance of fruits in maintaining good health and overall development. Fruits provide essential vitamins, minerals, natural sugars, and fiber that give energy, improve digestion, and strengthen immunity. Regular consumption of fruits keeps students active, improves concentration, and supports proper growth.

The event also creates awareness about the importance of protein for students. Protein is essential for body growth, muscle development, tissue repair, and maintaining strong bones. While fruits mainly provide vitamins and fiber, some fruits like bananas, guava, avocado, and dry fruits contribute small amounts of protein and support protein absorption when combined with protein-rich foods.

Through the Fruits Day event, students learn that a balanced diet including fruits along with protein-rich foods such as pulses, nuts, milk, eggs, and legumes is necessary for healthy physical and mental development. This awareness encourages students to follow nutritious eating habits for a healthy and energetic life.

Fruits Day Events includes:

- 1. PPT**
- 2. Student's awareness about Fruits Day Event**

Students has participated in this event Energetic, here's the events glimpses







Paper Presentation:

HEALTH & NUTRITION

HEALTH AND NUTRITION

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

Malnutrition, in every form, presents significant threats to human health. Today the world faces a double burden of malnutrition that includes both undernutrition and overweight, especially in low- and middle-income countries.

A **B** **C**

Benefits of Fruits

Fruits are an excellent source of essential vitamins and minerals, and they are **high in fiber**. Fruits also provide a wide range of health-boosting antioxidants, including flavonoids. Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes.

- 1**
- 2**
- 3**

<ul style="list-style-type: none"> • Reduce risk for heart disease • Protect against certain types of cancers 	<ul style="list-style-type: none"> • Reduce risk of obesity and Type 2 diabetes • Lower blood pressure 	<ul style="list-style-type: none"> • Reduce the risk of developing kidney stones • Decrease bone loss • Lower calorie intake
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Apple's antioxidant property prevents cell and tissue damage. Studies by nutritionists have shown that apples contain abundant amounts of elastin and collagen that help keep the skin young. Applying a mixture of mashed apple, honey, rose water and oatmeal can act as a great exfoliating mask on your skin.

01 Brightness of Skin Reduces signs of Ageing

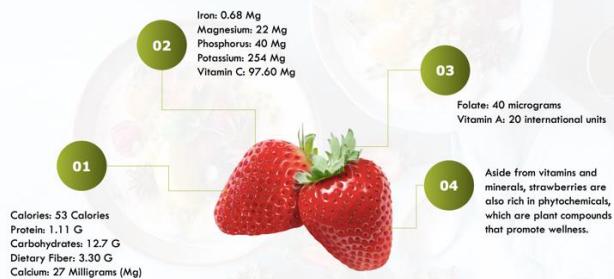
02 Offers UV Protection Hydrates skin

03 Treats acne and dark spots Reduces dark circles

Health Benefits of Eating Grapes Packed With Nutrients, Especially Vitamins C and K



The United States Department of Agriculture (USDA)Trusted Source reports that 1 cup of sliced, fresh strawberries, or 166 grams (g), contains the following nutrients:



Health Benefits of Oranges



- Protects your cells from damage. Helps your body make collagen, a protein that heals wounds and gives you smoother skin.
- Makes it easier to absorb iron to fight anemia. Boosts your immune system, immune system, your body's defence against germs
- Slows the advance of age-related **macular degeneration** (AMD), a leading cause of **vision loss**. Helps fight **cancer**-causing free radicals



High in natural sugars, dried fruits (such as apricots, raisins and mango) give a concentrated source of carbohydrate, making them a great energy booster. You'll also get a dose of fibre, potassium, phytonutrients, vitamins and minerals with every mouthful.

Bananas are the perfect fitness food: compact, unfussy, soft to chew, and packed with nutrients. Don't be too quick to bin the peel however - Taiwanese nutritionists found the peel is not only packed with even more potassium, but mood-boosting serotonin and eye-protecting lutein, too. Try the whole banana - peel and all - in a smoothie.

Cocoa is especially nutritious, rich in magnesium, antioxidants and amino acids. To get the full benefit you need to get as close to the whole bean as possible. Cocoa nibs or powder are best - sprinkle on yoghurt, fruit or add to granola.

Most dry fruits are **rich in minerals, proteins, fibre and vitamins** add to that they are tasty and delicious too. Dry fruits are excellent and healthy substitute for daily snacks. Consumption of dry fruits enhances energy and stamina; also as they are rich in fibre which means better digestion and overall health

