

ANDHRA LOYOLA COLLEGE

(Autonomous)

VIJAYAWADA- 520 008



DST- FIST, DBT- Star College Scheme
Govt. of India,
APCOST and Dept. of Tribal Welfare,
Govt. of Andhra Pradesh
Sponsored

TWO DAY NATIONAL CONFERENCE
on Advances
in Agriculture and Environmental Studies"
(NCAE)
on 3rd & 4th Dec, 2021

ABSTRACTS



Organized by
Departments of Botany (UG & PG) and Agriculture and Rural Development
ANDHRA LOYOLA COLLEGE (AUTONOMOUS) VIJAYAWADA-520 008, ANDHRA PRADESH, INDIA



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ENVIRONMENTAL STUDIES”**

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**INVITED TALKS
&
ABSTRACTS**

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21. THE STUDY ON FOOD AND CHANGING CONSUMPTION DURING SELF-QUARANTINE

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ABSTRACT

The study on food and changing consumption during self-quarantine in Nandigama was conducted in Krishna district of Andhra Pradesh in 2021. Data analysis from a random sample of 50 respondents showed that the consumption of hot food according to ayurveda like onions, black pepper, garlic, ginger and yellow horns had increased while the consumption of cold food according to ayurveda like milk, yogurt, ice cream, cheese, ghee and cool drinks had decreased during 2020-21 over 2019-20. The decrease in consumption of cold food was mainly due to COVID 19 pandemic during the period. The consumed ratio's of hot and cold foods were tabulated individual respondents and also estimated the intake quantities. To support healthy individuals in staying physically active while at home, developed specific guidance for periods of quarantine including tips and examples of home based exercises. Good nutrition is crucial for health, particularly in times when the immune system might need to fight back. For optimal health, it is also important to eat hot foods during self quarantine.