



Makhan Mishri is one of the most popular prasad made on Krishna Janmashtami.

Happiness happens

Read On To Know Amity's Mission To Spread Global Joy



AUUP

Keeping in mind the vision of Founder President, Amity Universe, Dr Ashok K. Chauhan, that happiness is the essence of life, Amity International Business School has come up with 'Amity Global Happiness' initiative at AUUP. The initiative has been started under the guidance of Prof Dr Gurinder Singh, group

vice chancellor, Amity Universities, and is led by Prof Dr Nitin Arora, happiness proctor. The idea was conceived on Feb 22, INBUSHERA 2019, at the mega event of AIBS where Dr Nitin launched his book 'Pebbles' in the mega conclave. The book has been the model of happiness by collecting pebbles (experiences) from family, friends and teachers and doing right interpretations. Since its inception, the institute has conducted various joyous ac-

tivities such as weekly 90-minute session on body and mind relaxation, memory enhancement methods, Amity Radio FM talk show, creating jingles, video talk shows for ambulance rights campaign 'Go Left, Save Life', and attending prestigious online conferences where one student won an iPad and one even won 1000 USD worth of online courses from the Australian University. To carry forward the message of happiness, the initiative is being

carried forward by staying connected through corporate mentor-based WhatsApp groups where topics like consumer happiness, emotional stupidities, team happiness and entrepreneur happiness are discussed. The students are also encouraged to indulge in stress-relief activities like painting, singing, reading, writing, etc. The initiative conducts online meetings where weekly Antakshari is organised so that students and their family members can spend time together by singing. Also, various sessions are being conducted where students, teachers and members from NGOs are invited to discuss the value of happiness. The upcoming Amity Journal of Happiness and Peace is supported by eminent leaders like Anurag Batra, chairman, Business World; Dr SS Mantha, ex AICTE chairman and chancellor, KL University; Dr Ezaz Ahmed, dean, Columbia College, USA; Dr Swaroop Sampat, Miss India 1980; Dr Rima Ghose, EVP & CHRO, Datamatics; Dr Ashutosh Anshu, CHRO, Hitachi; Avishek, director-HR, McCormick to name a few. The initiative is open to Amity Universe and also for all communities across borders under the noble Human Values and Community Outreach program of Amity. All can join this on their social media platforms- fb-twitter-Instagram/shero.aibs as well as on email at aibs.shero@gmail.com



Jokes Tournament

Time To Spread Love And Laughter

AUUP

Following the bright words of Eleanor Roosevelt who once said "Happiness is not a goal, it's a by-product," AUUP organised a 'Jokes Tournament' on August 1, 2020 to spread this goal of happiness. The event saw many students, faculties and guests in attendance and participation including special guests Yogesh Kochhar, CEO, Poem Evangelists Pvt. Ltd and Sulekha Chandra, founder, Gyan Paradise. The programme coordinated by MBA IB student, Mahima Punni, president of Happyness Club@AIBS commenced with jokes by Prof Nitin Arora, happiness proctor, AUUP. The tour-

namnet was divided into various segments like Female Students, Male Students, Amity Alumni, Only Bacha Party, Rap Karte Hue Joke Ho Jaye, Funny Message Videos, Movies Mein Suna Hua Joke, Guest Appearance and Padosi Par Jokes. A special segment of Funny Face Challenge was also organised where everyone was asked to click a funny photo of themselves. The event ended with everyone dancing together to the beat of a happy song. Nitin Garg pulled the curtains on the evening with a beautiful poem. All attendees engaged in playful banter which led to various smiling faces, and provided a much-needed getaway from all the tensions in the world.

Diet gurus or food Einsteins?

Do You Know The Difference Between A Dietician Or Nutritionist? Find Out...

Tanush Guha,
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If you don't know the difference between a dietitian and a nutritionist, trust me, you are not alone. With multiple job profiles and converging job mandates, the two can be undeniably puzzling. And since both these terms are often used interchangeably and thrown about at random, to discern the actual difference becomes quite challenging but also equally essential. Here's a brief look at the same.

Who's who?

Nutritionist: Remember that friend from the gym who is a fitness freak, giving you constant advice on the latest dieting fads and super foods? He fits the profile of a nutritionist, a term which can be applied to anyone who offers general nutritional advice. Nutritionists use a fresh, organic-foods approach to help individuals lead a healthier life. They are qualified to provide information about health properties in different food items and educate clients on how to eat, how to cope with a chronic disease nutritionally, how to make better food choices and to help individuals reach their ideal physique.

Dietician: Now think about the person sitting behind a desk in a clinic who's constantly warning you about consuming random things and advising you on your diet plans. This per-

son is a dietician - an expert in dietetics, a branch of science concerned with diet and its effects on health. They tend to focus on the clinical and therapeutic aspect of diet. They are qualified to detect eating disorders and strategise diet plans maneuvering around a patient's particular allergies and overall medical condition. A dietician, unlike a nutritionist, firstly ensures complete knowledge of his client's body before offering a special diet plan that suits the same.

Educational qualifications

Nutritionist: Nutritionists tend to originate from diverse backgrounds. No specific type

or level of education is required to be one. So, someone who calls themselves a nutritionist could be a dietitian who received his degree but due to some reason did not pursue it further; or someone in another field perhaps a nurse, a doctor, a personal trainer; or an individual who took some private course or certification in nutrition; or it can also be someone who has no such training but went on a diet and lost enough weight to guide others for the same.

Dietician: Dieticians must have a certain specific

level of education: at least a bachelor's degree in nutrition or related field. The coursework for which consists of a plethora of subjects like physiology, anatomy, chemistry, biochemistry, microbiology, food, nutrition sciences and food service systems management and a 3-6 month internship at an accredited healthcare facility, community agency, or foodservice corporation to gain some experiential learning. One has to also clear a national exam administered by the Commission on Dietetic Registration; and a need to fulfill the continuing professional education requirements each year to maintain board certification.

Work area

Nutritionist: Since nutritionists do not deal with clinical nutrition, they do not have the option to work with acutely ill patients. They are instead more involved in the research and food manufacturing sectors.

Dietician: They work with patients in health care settings, such as hospitals, nursing care facilities, etc or in various sports clubs, sports hostels and athletic teams. They teach in various schools and colleges to aspiring dieticians. They often take part in government projects and general dietary policy making.

Bottomline: Every dietitian is a nutritionist or dietitian-nutritionist but not every nutritionist is a dietitian.

