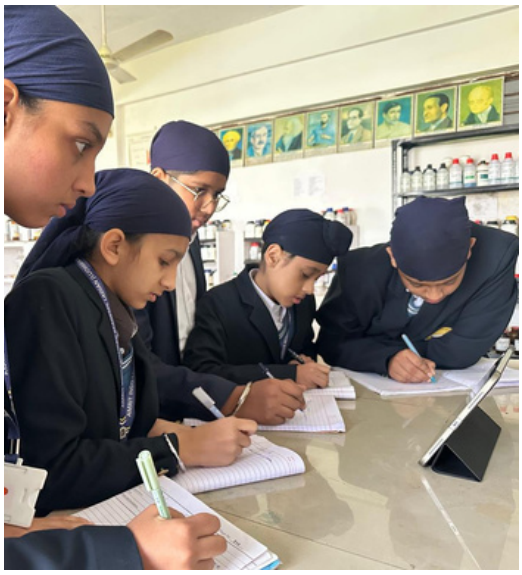
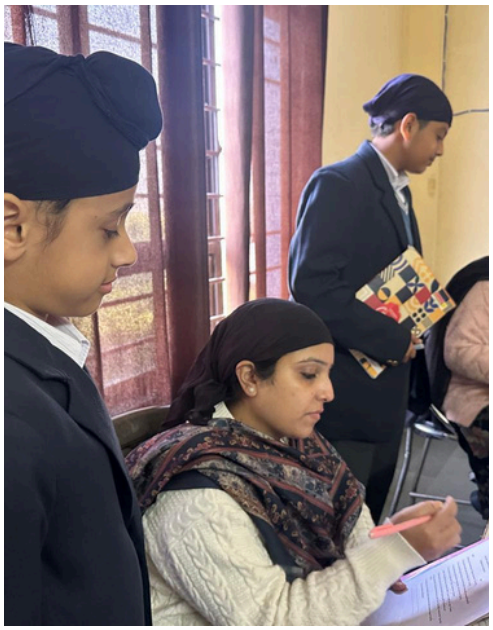
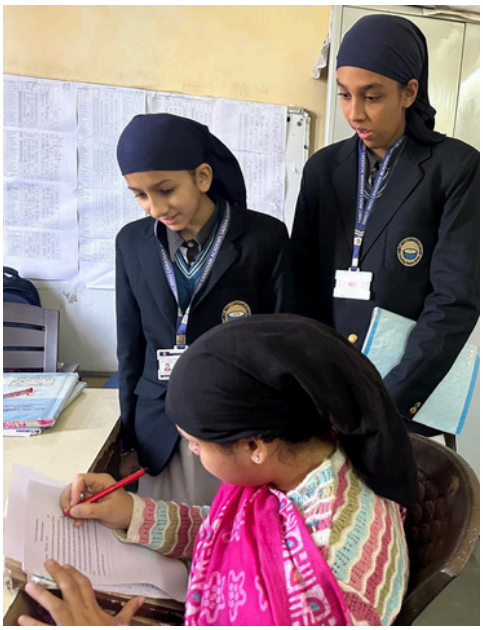
Club project spotlights : Our Nutrigenomics Navigators project empowers students to explore how DNA influences dietary needs, health outcomes, and personalized nutrition choices. Through hands-on experiments, data analysis, and creative problem-solving, young researchers develop scientific thinking, critical reasoning, innovation, and practical skills.

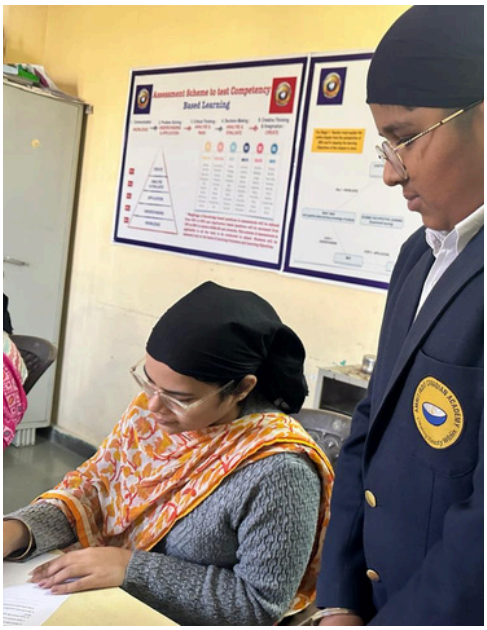
NUTRIGENOMICS NAVIGATORS

"Where Genes Guide Nutrition."









Student Voices : "I thought I had a chronic, mysterious digestive problem, but my body just stopped making an enzyme, and I'm actually in the global majority!" - Kanishk

Club Name:	Motto	Manager
Nutrigenomics Navigators	"Where Genes Guide Nutrition."	Ms. Rupam

Project Report and Skill Development

DEEPER DIVE

Ms. Rupam - 09/12/2025

Project Goals: To address the global and genetic context of lactose intolerance.

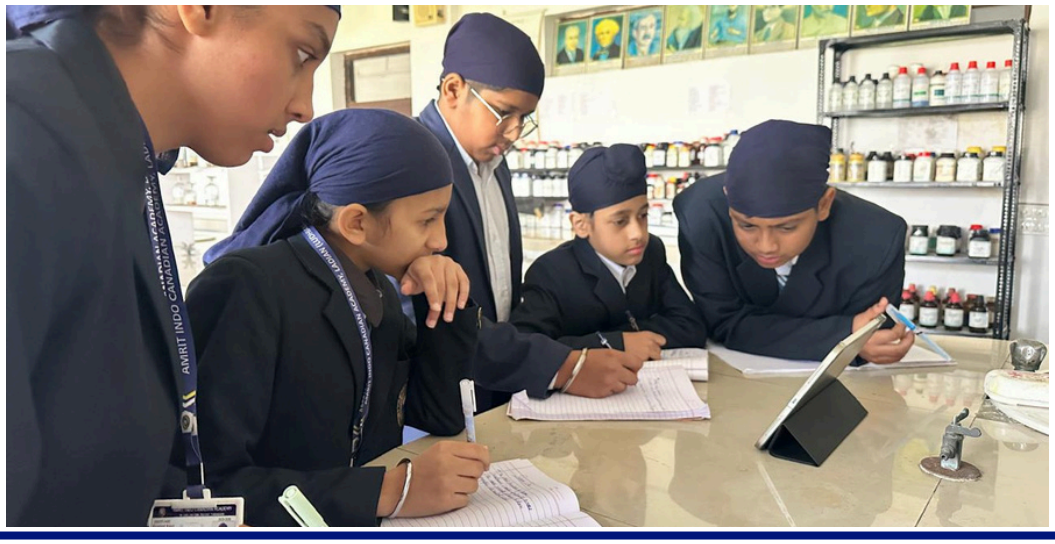
Process/ Steps: Students use the provided map to identify and mark the areas where population has high rate of lactose persistence.

Skills Learned : Mapping: Students Understand the data presented on the map and Apply their knowledge to physically mark/color the map.

Discussion : Students Analyze the geographic patterns and Analyze the historical/cultural reasons, drawing connections (cause-and-effect).

Challenges : Lactase non-persistence (lactose intolerance) is the ancestral and most common human adult state globally, yet lactase persistence is widespread in populations like Northern Europeans and certain African pastoralists.

Solutions : In northern latitudes (like Northern Europe) with less sunlight, milk is a key source of calcium. Lactose digestion is associated with enhanced calcium absorption, which would have helped prevent diseases like rickets and improved bone health, offering a survival advantage in reproductive years.



Meet the Team :

Navsirat Kaur-6F

Ranveer Singh-7B

Kanishk-9G

Kiratjot Kaur-6F

Arshveer Singh-7B

Club Name:	Motto	Manager
Nutrigenomics Navigators	"Where Genes Guide Nutrition."	Ms. Rupam