

**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 :**

"We never imagined we could use our skills to understand why we feel discomfort after eating ice cream & drinking milk —this club makes science deeply personal and helpful." Kiratjot Kaur

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

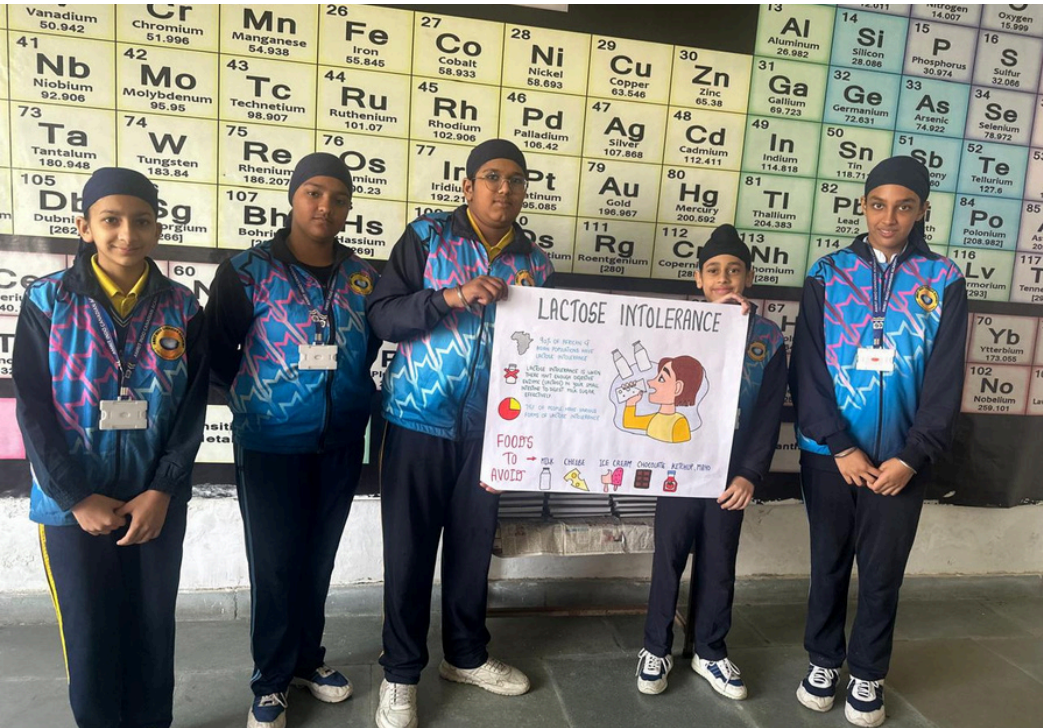


Project Goals: To research the genetic basis of common food intolerances. To develop personalized dietary recommendations based on genotype.

Process/ Steps: Data Analysis- Students analysed public data sets to understand the more lactose intolerance among south Indians as compared to North Indians.
Personalized Solutions - Developing an algorithm for formulating personalized, lactose-reduced, or lactose-free meal plans.

Skills Learned : Students develop scientific thinking, creativity, and practical skills through critical thinking that links DNA to dietary outcomes.

Challenges and solutions :
Challenge: Limited scientific knowledge about how genes affect our diet.
Solution: Making personalized recommendations accurate and practical for daily life.



Meet the Team :



Navsirat Kaur-6F



Ranveer Singh-7B



Kanishk-9G



Kiratjot Kaur-6F



Arshveer Singh-7B

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Manager

Ms. Rupam