



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 : This club makes science deeply personal and helpful. We are using our skills to understand our own bodies."- Navsirat kaur

Club Name:

Nutrigenomics Navigators

Motto

"Where Genes Guide Nutrition."

Manager

Ms. Rupam

Project Report and Skill Development

DEEPER DIVE

Ms. Rupam - 13/01/2026



Project Goals: To formulate lactose-reduced or plant-based meal plans using common household food substitutions, ensuring solutions are practical for daily life.

Process/ Steps: From Lab to Kitchen: Crafting Soy Milk

As part of our Nutrigenomics Navigators mission to tackle lactose intolerance, our students stepped into the kitchen to turn scientific theory into a delicious reality. By preparing fresh soybean milk, they demonstrated how easy it is to create healthy, lactose-free alternatives at home.

Skills Learned : Practical Culinary Science

By moving from "theory to table," students developed practical skills in food chemistry and preparation. This included:

Substitution Logic: Identifying common household ingredients to replace dairy.

Safe Preparation: Understanding the necessary steps (like boiling soy milk) to ensure homemade alternatives are safe and nutritious.

Challenges : Scientific recommendations can sometimes be too clinical or expensive to follow in a normal household setting.

Solution: Collaboration with Culinary Arts and Nutrition experts. By validating their plans with professionals, students focused on common household food substitutions (like soybeans and almonds) to ensure the solutions were both accurate and easy to implement daily.

Meet the Team :



Navsirat Kaur-6F



Ranveer Singh-7B



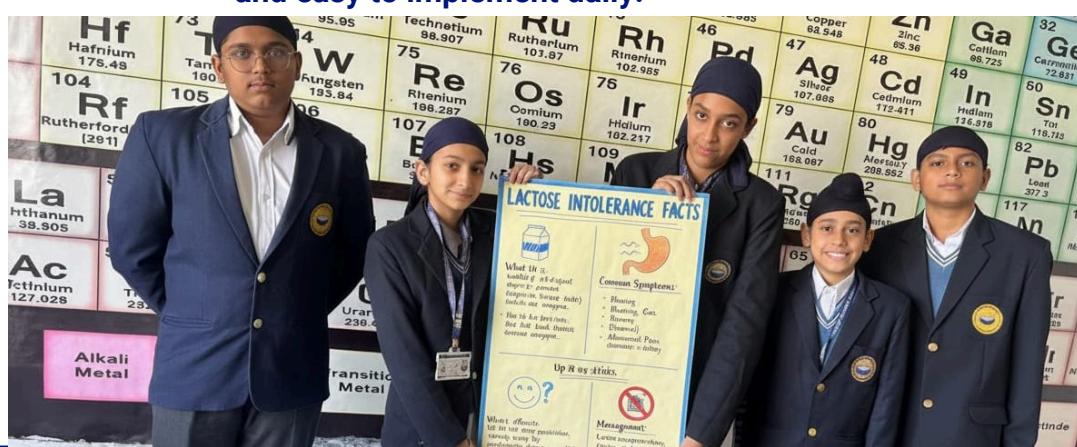
Kanishk-9G



Kiratjot Kaur-6F



Arshveer Singh-7B



Club Name:

Motto

Manager

Nutrigenomics Navigators

"Where Genes Guide Nutrition."

Ms. Rupam