

DEPARTMENT OF APPLIED NUTRITION

CELEBRATING NATIONAL NUTRITIONAL WEEK (SEPTEMBER 01 – 07)

The National Nutritional Week is a global health care event focused on nutrition. In India it is observed for the first week of September every year since 1982 celebrates National Nutritional Week. It was in 1973 that the American Diabetic Association(ADA) launched the first National Nutrition Week campaign. During this day, various local and global communities gather around to advocate the importance of nutrition through various events and mediums.

This year 2024 the theme of the National Nutritional Week is “ NUTRITIOUS DIETS FOR EVERYONE”

On the first day there was a Nutritional awareness walk by the students.

Second day Preparation of a healthy food item

Third day Awareness programme on anemia prevention and control

Fourth day Importance of water and healthy drinks

Fifth day Benefits of whole grains

Sixth day Distribution of supplements to students

Seventh day Planting fruit bearing plants by the students



Conducting health camp as a part of National Nutrition week



Distribution of sprouts to the students



Distribution of iron rich supplements and lectured the students about the importance and benefits of supplemented foods



Awareness program on anemia prevention and control



Awareness program on the importance of Whole grains



Planting fruit bearing plants by the students