

About The Program

National Nutrition Week is celebrated each year from 1st September to 7th September to create awareness among the rural and urban community for their good health and well-being. The campaign was first started by the Central Government in the year 1982 in order to encourage good health and healthy living through nutrition education. The Food and Nutrition Board, Ministry of Women and Child Development, and other NGOs are working on nutrition week throughout the country.

The theme for National Nutrition Week for the year 2019 is

Theme : पोषण के पांच सूत्र

1. First 1000 days of child
2. Anemia
3. Diarrhea
4. Hand Wash and Sanitation
5. Poshtik Aahar

The main aim of National Nutrition Week is to enhance the nutritional awareness among the community through rally, lectures, road shows, drama and many other campaigns to make a healthy nation. Keeping in view, the significance of nutrition in day to day life, the Department of Nutrition Biology, CUH has planned to celebrate National Nutrition Week from 1st to 7th September, 2019.

Objectives:

- To aware people through the orientation training about health, nutrition and hygiene.
- To identify the occurrence of nutrition related health problems in the community.
- To disseminate information on health issues through rally, play, lectures and other competitions.

List of Events

S.No.	DATE	TIME	EVENTS	THEME
1	2.9.2019	10.00 - 11.00 Am	Rally on NNW in the University Premises	
		11.00 -12.00 pm	Debate Competition	Genetically Modified Foods
		12.30 – 1.00 pm	Essay Writing Competition	Importance of Health and Hygiene
2	3.09.2019	10.00-11:00 am	Lecture on Lifestyle Diseases by Sqn (Ldr) Dr. Jasbir Dalal Retd., Medical Officer, CUH, Mahendergarh	
		11:00 -1:00 pm	Hands-on-training on “Anthropometric Measurements” to the students of CUH	
3	4.09.19	10.00-11.30 am	Poster Making Competition	Eat Mindful
		11.40 -11.50 am	Slogan Writing Competition	Poshtik Aahar
S	5.09.2019	Visit to nearby Govt. School		
		8.30-8.45 AM	Address to gathering by Prof. Satish Kumar (Head, Nutrition Biology)	
		8.45 -9.15 am	Debate Competition	Health and Hygiene
		9.15- 9.45 am	Essay Writing Competition	Good Food Good Mood
		9.45-10.45 am	Quiz Competition	Nutritional Science
		11.00-11.15 am	Play by M.Sc First year Nutrition Biology Students	
		11.15-11.30am	Lecture by Dr. Savita Budhwar	Improvement of Nutrient value of Foods in our Daily Life
		11.30-11.45 am	Lecture by Dr. Tejpal Dhewa	Food Safety and Hygiene
5	6.09.2019	10.00 am-12.00 pm	Lecture by Dr. Anita Kumari	Nutrition For School Children
			Quiz Competition	Nutritional Science

