



National Nutrition Week 2018

Theme: “Go Further With Food”

September 1 - 7, 2018



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 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. The theme for National Nutrition Week for this year is “Go Further with Food”. 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, 2018.

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.

ORGANIZING COMMITTEE

Patron Prof. R.C Kuhad	Chairman Dr. Ashwani Kumar	Convener Dr. Anita Kumari	Joint Secretary Dr. Savita Budhwar Dr. TejpalDhewa
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Detailed Schedule of National Nutrition Week, 2018

S.No.	Date	Timings	Name of the events to be held	Theme
1	3.9.2018	10.00 am- 11.00 am	Rally on NNW in the university premises	
		11.00 am-12.00 pm	Debate competition	Nutrition security
		12.30pm – 1.00 pm	Essay writing competition	Heritage foods
		3:00 pm – 3.30 pm	Slogan writing competition	My plate Champion
2	4.09.2018	Visit to Sr. Secondary School,Malda		
		8.30-8.45 AM	Address to gathering by Dr. Ashwani	
		8.45 -9.15 am	Debate competition	Healthy eating habits
		9.15- 9.45 am	Essay writing competition	Healthy vs junk foods
		9.45-10.45 am	Quiz competition	Nutrition and Science
		11.00-11.15 am	Play by M.Sc First year Nutrition Biology students	
		11.15-11.30am	Play by M.Sc second year Nutrition Biology students	
		11.30-11.40 am	Lecture by Parvati (M.Sc second year student)	Role of Nutrients in Human diet
		11.40-11.45 am	Poem by Monika Sharma (M.Sc. second year student)	Junk foods
3	5.09.2018	Visit to Middle School, Lavan		
		10.00-10.15am	Address to gathering and Lecture by Dr. Ashwani	Functional Foods
		10.15-10.45 am	Lecture by Dr. Tejpal	Food safety and Hygiene
		10.45- 11.00 am	Lecture by Dr. Anita	Nutrition during life cycle
		11.00-11.30 am	Play by M.Sc second year students	
		11.30-11.45 am	Lecture by Dr. Savita	Enhancement of nutritive value of foods
		11.45-12.00 pm	Lecture by M.Sc student (Isha)	Effect of fast foods on human health
4	6.09.18	12.00-12.30 pm	Video clip on Infant and Young Child Feeding Practices (IYCF) will be shown to women’s of Lavan village	
		10.00-11.00 am	Poster making competition	Go further with food
		11.30 am-12.30 pm	Quiz Competition	Related to nutrition and science
5	7.09.18	Workshop on “Effect of deficiency diseases on Human health”		
		10.00-10.30	Inauguration and welcome by Dr. Ashwani Kumar	
		10.30-11.30 am	Lecture by Dr. Anil , M.D (Medicine, CHC, Narnaul, Haryana)	Diabetes incidence and its management
		11.30-12.15 pm	Lecture by Dr. Neeta Kumar (Scientist -E, ICMR, N.Delhi)	Protein Energy Malnutrition
		12.15- 12.45	Lecture by Dr. Surender Yadav (SMO, CHC, Mahendergarh)	Nutritional Deficiency diseases