

NATIONAL NUTRITION WEEK

1<sup>st</sup> – 7<sup>th</sup> SEPTEMBER, 2015

Celebrated by

Department of Community Medicine

Community Health Nursing Department

Hamdard Institute of Medical Science And Research

&HAHC Hospital

Rufaida College Of Nursing

Jamia Hamdard University, New Delhi

Organized At

Urban Health Centre,

Pul Prahladpur, New Delhi

Dated On: September, 4<sup>th</sup>, 2015

Timing: 10am – 1pm



## INTRODUCTION

The National Nutrition week (NNW) is an annual nutrition event of great importance and is observed year in the country from 1st to 7<sup>th</sup>, September every year. It was conceived by the Food and Nutrition Board in the nutrition 1982 as an annual event' The basic objective is to intensify awareness generation on the importance of National for health which has an impact on development, productivity, economic growth and ultimately development. Through the national nutrition week campaign people from all over the world can be educated to maintain their look and feel better. The theme of the National Nutrition week, 2015 is "***Better Nutrition: Key to Development***", Nutrition is an issue of survival, health and development for current and succeeding generations. As the saying goes, "you are what you eat". Good nutrition combined with a regular physical activity is the cornerstone of good health. Healthy children learn better. People with adequate nutrition are more productive. On the other hand, poor nutrition can lead to reduced immunity, increased vulnerability to disease, impaired physical and mental development, and reduced productivity.

THEME OF THE NATIONAL NUTRITION WEEK (1<sup>st</sup> – 7<sup>th</sup> SEPTEMBER, 2015)-

The theme for this year's National Nutrition Week is "**Poshak Aahar, Desh ka Aadhar**", and is being promoted by the Ministry of Women and Child Development. "**Better Nutrition: Key to Development**"

National Nutrition week was celebrated by the Department of community Medicine in collaboration with department of community health nursing under the guidance of Dr. Rambha Pathak (HOD, Community Medicine) and Mrs. Urmila Bhardhwaj (Associate Professor, community health nursing ) at our urban health center to create awareness on the role of food on our health and prevention and control of malnutrition at all levels .Pamphlets, banners and model diet for target group were displayed for the whole day. Target groups included antenatal mothers, children of 6 months to 5year, Malnourished children and Diabetic people.

Activities of the day included:

- 1) Health Talk : Delivered by Dr. Mamta ( Faculty In charge , Pul prahlad pur) and Dr. Rashmi (Senior resident) on various aspects of Nutrition . Health workers and beneficiaries from the community were educated on type of food to be taken during pregnancy, nutritious food to be given to children etc. Community Members were also briefed about benefits of breast feeding and complementary feeding.
- 2) Health Camp : Nutritional screening was done by Dr. Sonia Sehgal (LMO ) for under five children attending the camp organized at the Health Centre.The extensive Health Camp has primarily benefited eighty children . They were counseled about healthy diet during the camp in addition to the free consultation
- 3) Diet demonstration by Nursing student: Antenatal diet, weaning food, diet for malnourished children and diabetic diet were demonstrated and explained among target group.
- 4) Quiz session : Conducted under the theme for this year 'National Nutrition Week' amongst the health workers and beneficiaries from the community. Prize were distributed

Some photographs of the occasion are given below.



**Dr Mamta ( Faculty In charge , Pul prahlad pur) communicating with the community on various aspects of nutrition**



**Dr Rashmi Agarwalla talking about breastfeeding**



**Nursing staff talking about Model Diet for target groups.**