



National Nutrition Week Celebrations 2024

Department of Food and Nutritional Sciences, SSSIHL, Anantapur Campus

The Department of Food and Nutritional Sciences at Sri Sathya Sai Institute of Higher Learning (SSSIHL) organized the National Nutrition Week Celebrations on September 11th, 2024. The theme, "*Nutritious Diet for Everyone*," was designated by the National Institute of Nutrition (NIN) under the Indian Council of Medical Research (ICMR). The event was divided into morning and afternoon sessions, featuring expert talks, interactive discussions, and community outreach.

Session 1: The morning session began with a Vedam chant by the students, followed by a welcome address by **Dr. M. Srijaya**, Head of the Department of Food and Nutritional Sciences. She highlighted the importance of National Nutrition Week and the critical role of nutrition in our lives. **Prof. Rani P.L.**, Director & Dean of Humanities, Social Sciences, Languages, and Literature, emphasized the impact of nutrition on both physical and mental well-being, linking it to personal development.

The guest of honor, **Dr. Subbarao Gavaravarapu**, Scientist 'F' and Head of NICHE, NIN, ICMR, delivered a talk on "*Nutritious Diet for Everyone*." His presentation covered the fundamentals of balanced diets, the significance of lifestyle modifications, and the role of physical activity in maintaining overall health. Dr. Subbarao introduced the *My Plate* concept for 2024, illustrating the proportions of various food groups for a balanced diet.

Session 2: The afternoon session, led by **Dr. Tapasya Anand**, focused on the challenges of malnutrition and India's ranking in the Global Hunger Index (GHI). **Prof. Pallav Kumar Baruah**, Dean of Sciences, stressed the significance of collaborations with national institutions to address these issues.

The highlight of the session was another talk by **Dr. Subba Rao**, where he presented the *Dietary Guidelines for Indians 2024*. These updated guidelines, divided into 17 chapters, offer comprehensive advice on healthy eating habits and address nutritional needs across all age groups. Dr. Subba Rao discussed the introduction of *food labelling* to help consumers make informed choices, and the *Nutrition Atlas*, which visually represents key nutrition indicators across India. He also introduced the updated *My Plate for Indians* model, a visual tool guiding balanced dietary proportions.

The session concluded with a Q&A, where attendees discussed the new guidelines and their relevance in tackling India's evolving nutritional challenges.

Session 3: The third session was focused on community outreach and was introduced by **Dr. A. Sumana**, who highlighted the role of Integrated Child Development Services (ICDS). **Mrs. Sridevi**, Project Director of ICDS, Anantapur District, shared insights on government initiatives related to supplementary nutritious foods and iron and folic acid distribution.



A panel discussion titled "*Nutritious Diet for All*," moderated by **Dr. A. Padmaja**, addressed dietary recommendations for pregnant and lactating mothers, children, and those with nutritional deficiencies. The ICDS members raised questions about nutrient consumption during specific health conditions, with experts offering practical dietary advice.

Activities: To engage the students and make learning about nutrition fun and impactful, the celebrations also included various activities:

1. **Culinary and Cuisine Club** organized an E-Recipe contest themed "*Bharatiya Ruchi Samahara*," encouraging participants to blend traditional knowledge with healthy eating.
2. **Interactive games** such as *Quizzy Bites*, *Snake and Ladder*, *Treasure Hunt*, *Crossword*, and *Maze* were organized for students from all departments, offering an enjoyable and educational experience.

The celebrations concluded with a Mangala Arati to Bhagwan Sri Sathya Sai Baba, marking a meaningful end to the event.