

DEPARTMENT OF HOMESCIENCE
Celebration of National Nutrition Week

1. Objective of the Practice:

- Creating awareness on importance of nutrition for building healthy nation

2. Need Addressed and the context :

- Nutrition is an issue of survival, health and development for the present and future generations.
- All age groups represent National Economic Asset, hence improving nutritional status of population is imperative for National Development.
- But, changes in life style patterns like food habits, industrialization, technology, exercise etc all lead to different health problems in all age groups. Fast food culture and fast life left little or no time to concentrate on healthy foods, habits resulting in nutritional problems like under weight, obesity, anemia among adolescents, diabetes, heart diseases among adults. Hence there is a dire need to create awareness about health and nutrition among people, even for educated ones.
- To achieve this Food and Nutrition Board, Ministry of Women and Child Development, Government of India initiated National Nutrition Week (NNW) is an annual nutrition event. It is observed throughout the country from 1 to 7 September every year.
- The basic objective of this annual event is to intensify awareness on the importance of nutrition for health which has an impact on development, productivity, economic growth and ultimately National development. At the same time it is the responsibility of education institutes to create awareness on health and nutritional aspects for better community.

3. The Practice:

- Nutrition plays an active role in our life starting from conception to old age.
- Child born underweight have impaired immune function and increased risk of diseases such as diabetes and heart diseases in their later life.
- Malnourished children tend to have lower IQ and impaired cognitive ability, thus affecting their school performance and then productivity in their later life.

- Keeping this in view, the department of **Homescience** organizing various events to create awareness, motivation and adoption of various practices for building a healthy and nutritiously prosperous community.
- The following activities have been conducted on the eve of national nutrition week every year.

2012-13:Exhibition cum Sales of various nutritional products :

- On this exhibition soya recopies were displayed to create awareness on high protein diet.
- Apart from this various preservation products like jams –papaya, mixed fruit, squashes –ginger Yale, mousambi, grape, pine apple, and pickles –ginger, mixed vegetables, chicken etc. on 6-09-2012 as a part of National Nutrition Week Celebrations.

2014-15:

- A magazine was published based on the theme of the year PoushakAahar-DeshkaAdhar.
- Based on this theme the department planned to release a magazine in which various topics like balance diet, role of macro-micro nutrients in diet, food groups, nutritional assessment, BMI, low cost nutritious recipes, millets, nutritional anemia, food security etc.
- The articles were contributed by final and second year and first Homescience students.
- This experience enriched them in improving their scientific writing skills like colleting, analyzing, interpreting and writing information.

2015-16:

- A magazine was published on the eve of National Nutrition Week with the theme “Better Nutrition: Key to Development”.
- Based on this theme the department released a magazine with various articles contributed by students.

2016-17:

- Nutrition week celebrations were organized on 6-09-2016 at assembly hall, GCW (A), in collaboration with Department of Women Development and Child welfare.
- All the three year Home Science students were participated and displayed healthy and nutritious millet recopies along with the Extension officers of WD&CW.

- Municipal Corporation Chairperson Smt. Johnny Moon and other officials and staff members of Home Science were also acted as judges to select best recepies exhibited.
- Dr. G Padmini Devi, Incharge enlightened the participants On “Millets for Nutritional security”.

2017-18:

- As a part of National Nutrition week celebrations the department organized an outreach programme at Phirangipurammandal in collaboration with ICDS department on **Awareness on Millets for better nutrition among rural women.**
- The programme was about popularization of millets in rural community as most of the millets are locally available and have many nutritional values but people are not aware of their nutritional importance.
- Further millets play vital role in preventing anemia, constipation, osteo problems that are commonly faced by pregnant women. Hence awareness in most convincing manner is crucial.
- To serve this purpose our students conducted method demonstration on various millet based recepies like mixed millet porridge, millet dry fruit laddu, etc.

4. Evidence of Success:

- Huge response to the exhibition both from teaching and non teaching staff. Total twelve topics detailed information was collected and published in book form.
- Anganwadi teachers, extension officers, Child development officers, pregnant and lactating mothers i.e. the entire ICDS sector of Guntur district participated in the exhibition.
- The success has been recorded in the Department activities register from time to time.

5. Problems encountered and resources required:

- Printing and publishing expenses etc.

Evidences :

NUTRITION

EXHIBITION CUM SALES OF VARIOUS NUTRITIONAL PRODUCTS ON THE EVE OF NUTRITION WEEK CELEBRATIONS 1.8.2012 to 7.8.2012



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**MAGAZINE ON “POUSHAK AAHAR-DESH KA AADHAR”
Date - 05-09-2014 Best Practice**



MILLETS FOR NUTRITIONAL SECURITY **Date:1-9-2016**
Power point Presentation by Dr. G. Padmini Devi on “Millets for Nutritional security”





**Exhibition on Millets; Date: 6-9-17
AWARENESS ON MILLETS FOR BETTER NUTRITION AMONG RURAL WOMEN**





Exhibition on Millets;



6-9-17

**AWARENESS ON MILLETS
FOR BETTER NUTRITION
AMONG RURAL WOMEN**

