

Report of the National Nutrition Week

September 1-7, 2021

The National Nutrition Week was observed by the Department of Community and Family Medicine (CFM), AIIMS Bathinda from September 1-7, 2021 with theme **“Converging towards a healthy walk-through life.”**

The nutrition week started with the welcome address by the head of the department (CFM) Dr. Bhola Nath who discussed the current nutrition scenario and nutrition programs in India and briefed audience about the activities of the week. Then a keynote address was delivered by the Director Sir where he highlighted importance of healthy lifestyle in the early age and need to focus on women health.

On September 1, 2021 a comprehensive Health Check-up was organized at a Primary Government School in Rural Health Training Centre at Badal in support by the SMO, SDH Badal and School staff. The screening services were provided by the departments of CFM, ENT, Ophthalmology and Dentistry in addition to anthropometric assessment. A total of 40 school students were screened and appropriately referred/counselled. Awareness regarding healthy lifestyle was imparted through playing a nutrition game (snake and ladder) among students. Winners were distributed seeds for promotion of kitchen gardening. The activity was well organized by Dr. Ankita Kankaria from department of CFM.

An interactive discussion with patients visiting OPD of AIIMS Bathinda was held on importance of less salt, less sugar, less oil for control of lifestyle diseases by Dr. Ramnika Agarwal, Dr. Bhola Nath and Dr. Ankita Kankaria. Additionally, emphasis was given to reduce use of carbonated drinks, trans fats especially in young adults and become Eat Right Citizen and contribute in Eat Right India movement.

On Day 3, a National CME with the theme “Empowering vulnerable through Nutrition” was organized. The guest speakers were from AIIMS, New Delhi, Food Fortification Resource Centre, FSSAI, Medanta, Gurgaon and Vital Strategies, India. The sessions were Nutrition during growing years, Addressing undernutrition and role of fortification, Nutrition in Pregnancy and Nutrition and non-communicable disease (NCD). A total 85 participants attended CME and positive feedback to continue such program was received from the participants.

On Day 4, an interactive discussion was held with the students of Government Secondary School at Bulladewala by Dr. Bhola Nath and Dr. Ankita Kankaria. Students were made aware of importance of GO, GLOW and GROW foods and how to keep NCDs away. Role of nutrition in life was further explained through playing nutrition games such as snake & ladder, healthy and unhealthy baskets and bowling. Another interactive session was organized among self-help group of women regarding role of nutrition among pregnant and lactating mothers, breastfeeding and nutrition of children upto 2 years of age. The activity was supported by Ambuja Foundation.

For promoting healthy lifestyle among future doctors, 3 km and 5km run “Run for Fun” was organized in AIIMS Bathinda campus with a total of 30 participants.

The nutrition week was concluded with the nutritional assessment of the children of the construction labourers from the NCC at AIIMS Bathinda. Around 60 children were screened and appropriate referral were made.



Day 1: Health Camp at Govt School in Badal



Day 2 Health Talk in OPD at AIIMS Bathinda



Day 3: National CME



Day 4: Health Talk at Bulladewala Govt School



Day 4: Health Talk at self-help group in Bulladewala



Day 6: Run among MBBS students in AIIMS Bathinda



Day7: Health screening among children of NCC construction workers