



## National Nutrition Week 2024 Report

### DEPARTMENT OF COMMUNITY AND FAMILY MEDICINE

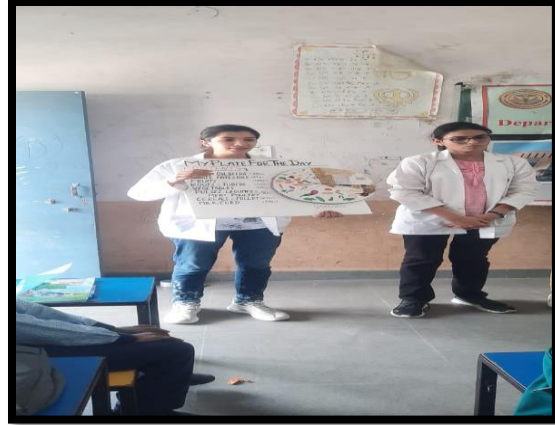
#### AIIMS, BATHINDA

Nutrition is a vital component of development and health. Healthy food leads to increased immunity, safer pregnancies and deliveries, and a decreased risk of non-communicable diseases (including diabetes and cardiovascular disease) leading to longer life spans. It is also necessary for better health outcomes for mothers, babies, and children. A healthy diet increases productivity and helps in ending the cycles of hunger and poverty.

The objective of the National Nutrition Week, celebrated every year from 1-7 September, is to enhance the nutritional practice awareness among people of the community through the adoptable training and timely education. The **theme** for this year's World Nutrition Week 2024 is '**Feeding Smart Right from Start**'. This theme focuses on the importance of nutrition in all age groups (under 5 children, adolescents, pregnant and breastfeeding mothers, and geriatric population). This initiative stresses on incorporating whole grains, a variety of colorful vegetables, fruits, proteins, and lean healthy fats in the daily diet. Also, intake of processed foods and added sugars is to be reduced.

As part of this initiative, Department of Community and Family Medicine, AIIMS, Bathinda observed week-long activities in its rural and urban field practice areas alongwith Anganwadi centres and schools. Adoptable training and timely education was carried out through seminars, cooking competition, and health talks to create awareness among people.

1. **2/9/2024:** Health awareness talk on "**Eat right campus**" and nutritional assessment of school students and teachers was conducted at Government Senior Secondary School, Badal



2. **3/9/2024:** Health talk was organized for students of Government Adarsh Senior Secondary School at Lal Singh Basti, Bathinda highlighting the importance of nutrition for overall growth and development. Also, Health check-up of students was done



3. **4/9/2024:** Cooking competition was organized on the theme “**Food Without Fire**” under the guidance of Dr. Rakesh Kakkar (Professor and Head), and Dr. Ramnika Aggarwal (Additional Professor). The event was enthusiastically participated by the MBBS students, Interns & Nursing students. The aim was to develop convenient and healthy options in the hostel environment thereby improving eating habits amongst the students. The event was graced by Dr Akhilesh Pathak, Dean and Dr Rajiv Gupta Medical Superintendent, AIIMS Bathinda. Prizes and medals were awarded to the winners and participants.



4. **5/9/2024:** Health awareness session was organised in collaboration with Ms Kamna Bhatti from the Department of Dietitics in the OPD and IPD waiting areas of AIIMS Bathinda



5. **6/9/2024:** A roleplay was enacted by the interns on the theme of “**Feeding Smart from the Start**” followed by a health talk by the dietician on important of healthy eating habits in various disease conditions like diabetes, hypertension and kidney disease.



6. **7/9/2024:** Health awareness session in the form of a Skit among community health volunteers (LHV, ANM AND ASHA workers) at UHTC, Lal Singh Basti on ‘Healthy Nutrition across the lifespan’ highlighting good practices for each vulnerable age group on the occasion of National Nutrition Week 2024.



7. **7/9/2024:** Health awareness session at Anganwadi in Lal Singh Basti. This session was ably conducted by Dr Prakash and Dr. Saurabh (Senior Residents) along with the interns of the Department of Community and Family Medicine.

