



II Jai Sri Gurudev II

Adichunchanagiri Institute of Medical Sciences

(A Constituent College of Adichunchanagiri University)

B.G.Nagara, Nagamangala Taluk - 571448



Report of - National Nutrition Week-2022

NATIONAL NUTRITION WEEK – SEPTEMBER 2022

September 29th and 30th, 2022

National Nutrition Week is celebrated every year 1st to 7th September in a bid to raise awareness about the importance of nutrition for the human body and how he can take adequate and timely measures to eradicate hunger and malnourishment. While everybody requires nutrients, women's nutrition is the corner stone of excellent health and maximum vitality at every stage of their lives. The theme for National Nutrition Week-2022 is "**Celebrating a world of flavours**". Department of Community Medicine and NSS AIMS Unit in association with ICDS & FSSAI, Mandya had organised a workshop on National Nutrition month on 29th September 2022 11.00 AM onwards at AIMS auditorium, B G Nagara.

National Nutrition Week -2022 was inaugurated by his holiness Jagadguru Sri Sri Sri Dr.Nirmalanandanatha Mahaswamiji, President, Adichunchanagiri Trust.

Programme started with the welcome speech by Dr.Prajwal and Dr Basavaraj M Ingalgeri, Professor and Head, Community Medicine addressed the gathering and guest speaker Dr.Bettaswamy, District Food Security and Safety Officer, Mandya, Mr.Rajan, CDPO, Nagamangala Taluk were honoured by the Head of the department of Community Medicine.

Dr. Shivaramu M G, Dean, Health Sciences (Medical), ACU, Principal AIMS addressed the gathering and spoke about the importance of nutrition for a happy and healthy lifestyle.

National nutrition month was celebrated throughout the month of September 2022 where the students of Phase-II and Phase-III Part-I displayed the posters of Nutrition on various themes like salt-sugar, cereals-pulses, fruits – vegetables, antioxidants, benefits of exercises.

On 29th September 2022 there was a display of homemade nutritious food by Anganawadi workers and demonstration of food adulteration and hazards of food adulteration on health by the guest speakers.

Guest speakers:

1. Dr Bettaswamy, District Food Security and Safety Officer, Mandya.and
2. Mr.Rajan, CDPO, Nagamangala Taluk.

Topics: Awareness among people about the value of healthy eating practices and proper nutrition for upholding a healthy life style. Adverse effect of food adulteration and demonstrations of common food adulteration.



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National Nutrition month September 2022 conducted on 29th & 30th Sept. 2022 at

AIMS Auditorium, B.G.Nagara