



National Nutrition Week is celebrated each year from 1st September to the 7th September to aware the people about important tips of their health and well-being. People can be aware of their food groups and balanced diet from which they can get good nutritious things. A healthy should include the whole grains, fruits, vegetables, fat-free milk or milk products, meats, fish, nuts, seeds and etc. The objective of the National Nutrition Week is to enhance the nutritional practice awareness among people of the community through the adoptable training, timely education, seminars, different competitions, road shows and many other campaigns and to make a healthy Nation.

ACTIVITIES ON NATIONAL NUTRITION WEEK : GIMSH, Durgapur celebrated at RHTC, Panagarh

- Through the whole week celebration of the National Nutrition Week people are promoted by various nutritional education and training programs. Mass nutrition awareness campaign was run. People are given proper training for the preservation of nutritious materials like fruits, vegetables and other foods at home.
- People are motivated through the distribution of nutrition related educational and training materials.
- Proper training is given to the people about food analysis and standardization.

