

Date	Organizing	Programme	No of beneficiaries (Students)	No of beneficiaries (Faculties)
06.09.2023	UBA Sakthi College of Arts and Science for Women, Oddanchatram	NUTRITIONAL WEEK-AWARENESS PROGRAMME	30	02

REPORT ON NUTRITIONAL WEEK- AWARENESS PROGRAMME

UBA-Sakthi College of Arts and Science for Women celebrated the **National Nutrition Week 2023 under the theme of Healthy Diet Affordable to all** on 06.09.2023. The programme was organized by Sakthi College of Arts and Science for Women, Oddanchatram. Unnat Bharat Abhiyan led an awareness programme on “**National Nutrition Week**” at Sakthi College of Arts and Science for Women, Oddanchatram, by Dr. R. Thenmozhi, Principal, and Dr. S.Samundeeswari (Assistant Professor and Head) 06th September 2023. This event theme “**Healthy Diet Affordable to all**” in the adopted villages of Manjanayakkan Patti Ankanwadi, and Kurumpapatty Ankanwadi, Dindigul. I M.Com CA and III B.Com CA students actively participated of Anganwadi children’s activity to show the joy of learning and fulfill the purpose of the study.

The various activities conducted by the team are as follows:

Poster exhibition: An eating plan that helps promote health and manage the body weight of the school kids that includes a variety of healthy foods such as millets, vegetables, and fruits. An awareness on poor nutrition that contributes to many costly diseases, including obesity, heart disease, and some cancers were also provided to the students.

Skits shows: A skit and puppet show was performed by the students of Nutrition and Dietetics on 'Junk foods' that lack nutrients, vitamins and minerals, and are high in energy, salts, sugars, or fats. Junk food is so called because it doesn't play a role in healthy eating, especially if you eat too much of it. Alternative healthy diets such as millets, green vegetable and fresh fruit juices were prescribed to the students.

A special session on hand hygiene, importance of drinking water, having egg and milk on regulat basis were educated to the Childrens by the team from UBA Members. Students were engaged with puzzles and questions on healthy diet practices for day-to-day. The whole event was coordinated by Dr. S. Samundeeswari, Mrs. R. Jeni nirmala and their team.

Dr. R. Thenmozhi
PRINCIPAL
Sakthi College of Arts and Science for Women
Sakthi Nagar, Palakkanuthu (Po)
Oddanchatram, Dindigul Dist.



