

REPORT ON WORLD NUTRITION DAY PROGRAM

Date: 02-08-2025

Introduction:

World Nutrition Day is organized to raise awareness about the importance of balanced nutrition and healthy eating habits. The day emphasizes the role of proper nutrition in leading a healthy life, preventing diseases, and promoting overall well-being.

This year's theme focused on "Healthy Eating for a Healthier Future".

Programme Highlights

The event began with the guest lecture by Dr. Ramesh K.L. who presented the PPT on the significance of adopting a nutritious diet for a healthy lifestyle.

He quoted the words of Hippocrates which says "Let food be thy medicine and medicine be thy food."

He gave his insight on health. Health is not just physical growth or development but it is mental and emotional well-being. He threw light on the importance of selecting proper food for health, from where we can get the proper nutrients, what kind of food is good for health and how to maintain good health with proper nutritious diet.

He discussed the fundamentals of food. Food is the source of energy. Every day everyone requires some proper amount of nutrients that could be gained from the food diet.

Participation:

A total of 350 students attended the world nutrition day program and benefited greatly from the session. The students gained a deeper understanding the purpose and objectives of the world nutrition day program. Overall, the program was informative, engaging, and well-received. It emphasized the importance of the responsibilities of students, raised awareness about nutrient and healthy food.



