



Name of Activity	National Nutrition Day Poster Display Activity
Date of Conduction	01-09-2018
Organized by	Department of Yogashastra
Student Participated	40

Brief Report

A poster display event was organized to commemorate National Nutrition Week, organized by Department of Yogashastra of the University had a significant impact on students, staff and local community. The event was highly successful towards disseminating information, raising awareness, and promoting healthy nutritional practices.

The poster display event aimed to educate the community about nutrition, raise awareness about issues like malnutrition and obesity, encourage healthier lifestyle choices, engage community members, and align with national goals for improving public health. Posters that were presented included balanced diet, reading food labels, nutritional needs for different ages, healthy snack ideas, hydration, and debunking common nutrition myths, emphasizing the importance of a balanced diet, understanding food labels, and consuming water. Clear messaging, eye-catching design, credible information, call to action, local relevance, sourced from reliable health authorities, and specific actions for improving nutrition kept a permanent mark on all attendee of the program.





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Reports for Extension/Outreach Activities Carried out in Year 2018





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Glimpses of National Nutrition Day Poster Display Activity on September 01, 2018.
(In photographs: (i) and (ii) Attendees of the event; (iii) Honourable Registrar addressing in inauguration session and (iv) Dignitaries having view of posters

Extremely thoughtfully designed posters served as excellent educational tool due to their visual learning, interactive content, and multi-lingual accessibility. They encouraged healthy behaviors, provide practical tips, and highlight local success stories. They also raise awareness about common nutritional challenges. Posters can be part of interactive displays, workshops, seminars, and competitions, fostering community engagement. Posters supported national health initiatives, government programs, and policy support. Attendees got clear idea that over time, increased awareness and better nutrition can lead to a healthier community, reduced healthcare costs, improved productivity, and a cultural shift towards valuing and prioritizing nutrition.

The event was graced by Dr. Rasika Deshmukh (Renowned Dietician), Dr. Sadhana Pande (Registrar), Dr. J. Shevtekar (Head, Department of Yogashastra).




Registrar,
Dr. Babasaheb Ambedkar
Marathwada University,

