

## **Division of Agricultural Extension Celebrated**

### **“National Nutrition Week 2017”**

The Division of Agricultural Extension, ICAR-Indian Agricultural Research Institute (IARI), New Delhi organized “**National Nutrition Week**” celebration activity to promote and spread awareness about nutrition and Milestones of healthy life style in busy days. The activity was organized under the DST funded project “**A Nutrition led Extension Model of Community Agri-Nutri Centres (CANSCs) for Nutrition Security of Women**” at Faculty Club, IARI, Pusa New Delhi on 6<sup>th</sup> September, 2017. Dr Premlata Singh, Co-ordinator, Social Sciences and Head, Ag.Ext., IARI. Dr D.K. Sharma, Principal Scientist, CESCRA and Secretary, Faculty club and Dr. C. Viswanathan, Head, Division of Plant Physiology were present at this event. This activity was organized by Dr. V. Sangeetha, Scientist, Agril.Ext. & PI, Dr. Sitaram, Scientist, Ag.Ext., Dr. Shalini Gaur Rudra, Scientist, Food science & PHT, and Dr. P. Venkatesh, Scientist, Ag.Economics (Co-PIs of the project) and project staff Ms. Shivani Singh, SRF and Mr. Sumit Gupta, Project Assistant.

The program started with introduction of the participants and lecture on Healthy eating habits in today’s modern life by Dr Premlata Singh. In this event, a significant number of children and some of their mothers participated enthusiastically. The entire program encompasses various activities like Nutritional Quiz, poster competition on nutritionally rich healthy foods, information session regarding nutrition & healthy eating habits and discussion about the serious concerns of food habits and also what small changes can help in leading a healthier life in today’s busy life. The next activity on Poster Making was solely dedicated to children to show their creativity and also teams of two were made to develop a team spirit among kids. This session also included information and presentation of nutrient oriented IARI Technologies through poster to create awareness about less consumption of junk foods and to promote minimally processed nutri rich food products.

The programme ended with prize distribution and vote of thanks to all who participated and helped in organizing the event.

## Here are some glances of “National Nutrition Week” Celebration



**Dr. Premlata Singh delivering lecture on healthy eating habits**



**Kids participation in Nutri quiz**





**Parents and Kids participating in Poster competition**



**Discussion about healthy food habits by Dr. V. Sangeetha and Dr. Shalini Gaur Rudra**



**Prize Distribution by Dr. Vishwanathan (Nutri-Kitchen garden kits and Soy nuts)**