

# **Best Practices 2016-17**

## **I. Celebration National Nutrition week**

## **II. Celebration of World food day**

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### **1. Title : National Nutrition Week : Sep 01 to 07 every year : 2016-17**

#### **2. Objectives of the Practice**

To spread awareness regarding the things to done to achieve zero hunger by 2030 and to provide food security and nutrition security to all.

#### **3. The Context**

The National Nutrition Week is a central government initiative started in 1982. The need for establishing a day for awareness of nutrition arose because a large population of India, especially children and women do not get basic food supply due to poverty, corruption, illiteracy, lack of awareness and various other contributing causes. Reducing the level of malnutrition and micronutrient deficiency thus became a major concern. To counter this serious problem various governmental agencies and non-governmental organizations observe this week through various activities and programs. Every year Indian National Nutrition Week has a theme which, particularly highlight malnutrition related issues. Hence our college also has also joined hands to achieve this noble cause by arranging the activities. .

#### **4. The Practice**

Every year Department of Food Science and Nutrition in association with Nutrition Society of India, Mysore Chapter, organize a week long activity of essay competitions, quiz, special lectures, community outreach program to create the awareness of Good nutrition. Both UG and PG students of different colleges across the city of Mysore participate in these competitions. Both students and general public are impressed upon the importance of good nutrition. People are urged to include a healthy diet in their

daily routine like whole grains, fruits, vegetables, fat-free milk, etc. full of nutrition which not only helps in growth but also makes the immune system strong.

Further award ceremony is conducted at the end of the week where in students are awarded the prize by the chief guest.

### **5. Evidence of Success**

Department maintains the register of all the activity wherein all the participants sign in register. Students in their comments expressed their happiness to participate in the activity and visitors expressed their opinion how this activity has changed their attitude towards Health diet and malnutrition.

### **6. Problems Encountered and Resources Required**

Normally >50 students are present by students which requires big hall with AV aid equipments. A big multipurpose hall should help and popularize this activity

### **7. Notes (Optional)**

This activity should be conducted in all the institutions since good nutrition is central to good health and young minds should imbibe this knowledge which will helpful in their future.

## **II. World Food Day**

### **1. Title: World Food Day - 16th October every year: 2016-17**

#### **2. Objectives of the Practice:**

To spread awareness regarding the things to done to achieve zero hunger by 2030 and to provide food security and nutrition security to all.

#### **3. The Context:**

World Food Day is an international day celebrated every year worldwide on 16 October to commemorate the date of the founding of the United Nations Food and Agriculture Organization in 1945. The day is celebrated widely by many other organizations concerned with hunger and food security, including the World Food Programme and the International Fund for Agricultural Development. WFP received the Nobel Prize in Peace for 2020 for their efforts to combat hunger,

contribute to peace in conflict areas, and for playing a leading role in stopping the use of hunger in the form of a weapon for war and conflict. So our college has joined hands with the scientific community of the world to meet the goal.

#### **4. The Practice**

Every year department of Food Science and Nutrition in association with Nutrition Society of India, Mysore Chapter, organizes one day symposium wherein students participate in oral+ppt presentation competition on the theme of the World food day of that year. Both UG and PG students of different colleges across the city of Mysore participate in this competitions. Students are impressed upon "Our Actions are our Future". How the food they choose and the way they consume affects not only their health but also that of our planet. It has an impact on the way agri-food systems work. So they need to be part of the change. So our students have developed good awareness on the concept which is helpful for the overall improvement of the health status.

#### **5. Evidence of Success**

Department maintains the register of all the activity wherein all the participants sign in register. Students in their comments expressed their happiness to participate in the activity and visitors expressed their opinion how this activity has changed their attitude towards Health diet and malnutrition.

#### **6. Problems Encountered and Resources Required**

Normally >50 students are present by students which requires big hall with AV aid equipments. A big multipurpose hall should help and popularize this activity.

#### **7. Notes (Optional)**

This activity should be conducted in all the institutions since good nutrition is central to good health and young minds should imbibe this knowledge which will helpful in their future.