

DEPARTMENT OF HOME SCIENCE
SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

Report

National Nutrition week 2024 was celebrated on 04.09.2024 by the Department of Home Science of our college. The theme for the year 2024 is “Nutritious diets for everyone”. The program was initiated by the welcome address by the seminar secretary Miss Mustareen khatun, student of 5th semester. Miss Sasmita Dandasena, Lecturer in Home Science briefly introduced the members and students about why we are celebrating Nutrition week. She also discussed the importance and objectives of Nutrition week and how nutrition is related to our health. Our Principal Dr. (Mrs) Sasmita Lenka ma'am also addressed the gathering about health and food. IQAC coordinator Mr. Sapan Kumar Panda sir enlightened the students about importance of nutrition as well as Yoga in our day to day life. Miss Alisha Mohanty, Lecturer in Home science introduced the Guest for the program. Our guest Dr. Mahendra Tanty (MBBS) Fellowship in Paediatrics, Government Hospital, Rajgangpur addressed the gathering about importance of Nutrition and how nutrition affects the daily life and shared some knowledge about lifestyle diseases like diabetes, Hypertension, Cancer and tension and how to prevent these diseases with nutrition. He also shared some knowledge about how we can prevent diseases by consuming healthy nutritious diets having all the nutrients in adequate amount. Two students Resina Barla, student of 5th semester and Aroti Kullu, student of 3rd semester also presented their presentation about nutrition. Other staff members of the college were also present in the program. The program was ended with the vote of thanks by Mrs. Nupur Agarwal, lecturer in Home Science and displayed of different food items and posters prepared by the students.









