

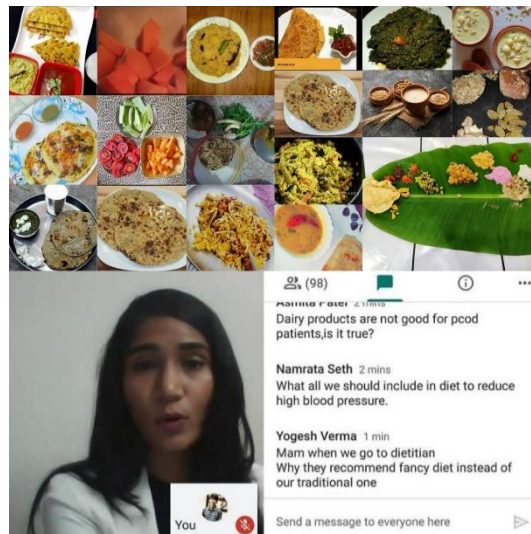


2020-2021

Name of the Department/Society: **National Service Scheme**

Name of the Event **5: National Nutrition Month 2020**

Date of the Event: 23rd September, 2020



National Nutritional Month 2020 is one of the government led initiative, which promotes fitness and wellness among people which can be acquired through nutritious food. In this regard, we organised an online event in which volunteers were asked to share pictures of their regional food with its nutritional information. Also, a fun and interactive session was also organised about "Nutrition and Fitness" by a well known nutritionist, Ms. Aaina Singhal on September 23, 2020. Everyone took great interest in the session and learnt many new healthy eating habits, which would definitely help in improving one's health, mind and overall balance of the body.