



**REPORT ON
NATIONAL NUTRITION WEEK
(1 - 7th September 2022)**

Program Organized BY

Dept. of Pharmacy Practice
JSS college of Pharmacy
Ooty -643001
The Nilgiris.

Report Submitted By

Dr S Ponnusankar
Professor and Head
Dept. of Pharmacy Practice
JSS College of Pharmacy
Ooty-643001

**Submitted to
JSS AHER, Mysore**

September 2022

NATIONAL NUTRITION WEEK

(1 – 7th September 2022)

Organized by: Department of Pharmacy Practice JSS College of Pharmacy Ooty In association with Indian Pharmaceutical Association Nilgiris Local Branch	Date: 1 -7 th September 2014 Venue: 1. Govt. Panchayat Union Middle School, KilKawhatty Village, Ooty 2. Govt. Panchayat Union Middle School, Odaikadu Village, Ooty 3. Govt. Panchayath Union Middle School, Glenmorgan Camp, Ooty	Time: 10:30 AM – 2:30 PM
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Contents

Sl. No	Contents	Page Number
1	Report on National Nutrition Week program	03
2	Glimpses of some moments	05

Report on National Nutrition Week 2022

Report by

Date: 1- 7th September 2022

Dr. S. Ponnusankar
Professor & Head
OUTREACH Program Coordinator
Dept. of Pharmacy Practice
JSS College of Pharmacy
Udhagamandalam – 643001

National Nutrition Week Program was organized and celebrated from 1 – 7th September 2022. Nutrition is the focal point of health and well-being. In other words, it allows you to be strong, provides you with the energy to do the things you want to do, and makes you look and feel your best. The aim of the program is to create nutrition awareness through training education, seminars, competitions, road show and campaigns.

National Nutrition Week 2022 program was organized by Dept. of Pharmacy Practice, JSS College of Pharmacy, Ooty between 1 – 7th September 2022.

The programme contents of the nutrition week include:

- Nutrition Awareness - Key to Healthy Nation –Power Point presentations
- Nutrition Awareness Campaign in Community (including Schools)
- Activities and games for middle school children
- Preparation of Nutritious Food charts (to be placed in schools)

01.09.2022

National Nutrition Week program was organized at Govt. Panchayat Union Middle School KilKawhatty Village, Ooty, The Nilgiris. Mrs. Sharadha, Headmistress of the school welcomed the team members of Dept. of Pharmacy Practice and introduced the team to children and teachers of the school. The program was inaugurated by Mrs. Sharadha and she spoke about the importance of the nutrition.

Mr. Manojkumar V and Mr. Sugash M (Pharm D Interns) emphasized the various types of food, food habits, balanced food, and foods to avoid etc. to the school children through video and power point presentations. Following which, students were asked to do an activity of identifying the correct the food based on food plate models on healthy food including fruits, vegetables and grains etc. which was organized by Ms. Inthuja S and Ms. Sangeetha Kamal. School children were assessed for their height and weight and their Body Mass Index was calculated and under nutrition children were identified and counseled separately.

02.09.2022

The second program was organized at Govt. Panchayat Union Middle School Odaikadu Village, Ooty, The Nilgiris between 9:30 AM – 4:00 PM. Mrs. Shoba, Headmistress of the School welcomed the staff and students of the Dept. of Pharmacy Practice.

Mr. Manojkumar V and Mr. Sugash M informed the students about the nutrition week and its importance including the types of food, food habits and foods to be avoided etc. through PowerPoint presentations and video presentations. After the program, school children were encouraged to participate in an activity in identifying the healthy foods from food plate. School children were assessed for their height and weight and their Body Mass Index was calculated and under nutrition children were identified and counseled separately.

06.09.2022

The third school program was organized at Govt. Panchayath Union Middle School, Glenmorgan Camp, Ooty, The Nilgiris. Mr. Siva Mani, Head Master of the school welcomed the staff and students of the Dept. of Pharmacy Practice.

A video presentation on healthy food eating habits was presented by Pharm D Interns to the school children emphasizing the importance of having healthy food habits through a PowerPoint Presentation.

Pharm D, M Pharm (Pharmacy Practice) students participated as volunteers in the nutrition week program. Staff members of Dept. of Pharmacy Practice; Mr. Jayakumar C, Dr. M Deepalakshmi, Dr. Swathi Swaroopa B, Dr. Aneena Suresh and Dr. Mohsina Hyder actively participated in the program and helped the students to conduct this program effectively.

Dr S Ponnusankar, Professor & Head, Dept. of Pharmacy Practice coordinated this program.

Dr S Ponnusankar

Program Coordinator

GLIMPSES OF THE EVENT



The Nutrition Week Program was inaugurated at Govt. Panchayat Union Middle School KilKawhatty Village, Ooty, The Nilgiris after Prayer and Invocation song.



Mr. Manojkumar V and Mr. Sugash M (Pharm D Interns) emphasized the various types of food, food habits, balanced food, foods to avoid etc. to the school children



Ms. Inthuja S, Pharm D student explaining the school children about Food Habits



Students listening to the lecture about healthy eating



School students participating actively in the program



Students and staff volunteers distributing “Gifts” to the school children



Volunteers preparing school children for BMI measurement



Student volunteers measuring the Height and weight of the children for Nutrition week program



Student volunteers measuring the Height and weight of the children for Nutrition week program



Interaction of volunteers with school children regarding food habits



Fruit Salad - A small gift to school children to promote the nutritious food



Student volunteers preparing and serving the fruit salad to school children



School children taking the Lunch with nutritious fruit salad



Our volunteers of National Nutrition week program posing for a click



School Children doing Nutrition Week activity



Student Volunteer doing BMI measurement to estimate nutrition status of school children



Mr Jayakumar C helping a toddler



Student volunteer feeding freshly prepared fruit salad to a school kid



Student volunteer playing with school kids



V Pharm. D Student volunteers handing over the play kits to Govt. Panchayat Union Middle School Odaikadu Village, Ooty

National Nutrition Week 1-7th September 2022

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Ooty -643001. The Nilgiris.

Program Coordinator

Dr. S. Ponnusankar
Professor & Head
Dept. of Pharmacy Practice
JSS College of Pharmacy, Ooty

Joint Coordinator (s):

Dr Keerthana C
Clinical Resident
Dept. of Pharmacy
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Dr J Jeyaram Bharathi
Clinical Resident
Dept. of Pharmacy
Practice
Mr. Vishwas HN
Lecturer
Dept. of Pharmacy
Practice

Student Coordinator(s):

Mr. Sugash M
Mr. Balamurugan G
Pharm D Interns

Mr. Jeevanantham
V Year Pharm D

Student Volunteer (s):

Pharm D Interns

Mr. Manojkumar V
Mr. Sanjay M
Ms. Inthuja S
Ms. Sangeetha Kamal
Mr. Sai Jayadeep M S
Mr. Gokul
Mr. Harshath
Ms. Reena Selvi
Mr. Praveen

V Year Pharm D

Mr. Pavish Kumar
Mr. Sabari
Mr. Saran
Mr. Ashwin
Ms. Preetha
Ms. Suguna

M Pharm (I & II Year)

Ms. Aishwarya
Mr. Sathishkumar
Mr. Syed Omar
Ms. Mitra S D

**Program
Sponsored By
JSS AHER Mysore**

In association with

**IPA – Nilgiris Local
Branch**