

## ***NUTRITION MONTH ACTIVITIES - SEPTEMBER 2022***

<b>S.NO</b>	<b>DATE</b>	<b>LIST OF ACTIVITIES</b>
<b>01</b>	<b>05/09/2022</b>	<b><i>Nutri Quiz</i></b>
<b>02</b>	<b>05/09/2022</b>	<b><i>Conduct Awareness Campaign in the Community on Healthy Dietary Practices Anganwadi Centre</i></b>
<b>03</b>	<b>06/09/2022</b>	<b><i>Promote Counseling Regarding Importance of Diet and Diversity and Age Appropriate Feeding</i></b>
<b>04</b>	<b>07/09/2022</b>	<b><i>Healthy Baby Contest</i></b>
<b>05</b>	<b>09/09/2022</b>	<b><i>Promoting Tricolor Thali</i></b>
<b>06</b>	<b>12/09/2022</b>	<b><i>✓ Conduct Awareness Campaign on among Adolescent Girls and Women on Menstrual Hygiene ✓ Nutri Connection</i></b>
<b>07</b>	<b>13/09/2022</b>	<b><i>Develop an Catalogue on Traditional Nutritious Foods and Share with School Students</i></b>
<b>08</b>	<b>14/09/2022</b>	<b><i>Organizing Diet Counseling Camp at Primary Healthcare Centre</i></b>
<b>09</b>	<b>15/09/2022</b>	<b><i>Conduct Awareness Campaign on Lifestyle Changes for Prevention of Lifestyle Disease like Childhood Obesity in Anganwadi Centre</i></b>
<b>10</b>	<b>16/09/2022</b>	<b><i>✓ Demonstrations in Anganwadi Centre Play-Based Learning Activities ✓ Cookery Competition on Milk-based product sponsored by Indian Dairy Association</i></b>
<b>11</b>	<b>19/09/2022</b>	<b><i>Guest Lecture: Brain Nutrients for Perinatal Brain Development Guest Speaker: Dr.Kumar Kothapalli, MS,PhD, Department of Pediatrics, Dell Medical School, The University of Texas at Austin</i></b>
<b>12</b>	<b>20/09/2022</b>	<b><i>Linking Traditional Food on Local Festival During the Month (<u>Nutrithali with</u></i></b>

<u><i>Ganapathy Pooja)</i></u>		
<i>13</i>	<i>21/09/2022</i>	<i>Grandmother's Kitchen</i>
<i>14</i>	<i>22/09/2022</i>	✓ <i>Ms. Nutrition</i> ✓ <i>Mrs. Nutrition</i> ✓ <i>Promote Breastfeeding and Complementary Feeding Practices</i>
<i>15</i>	<i>23/09/2022</i>	<i>Budget Menu</i>
<i>16</i>	<i>27/09/2022</i>	<i>Assembly Talk (Reg: Nutrition)</i>
<i>18</i>	<i>29/09/2022</i>	<i>Organizing Yoga Session for Girls</i>
<i>19</i>	<i>30/09/2022</i>	<i>Nutri Hunt</i>

### *CONTACT DETAILS*

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**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION  
FOR WOMEN**

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MHRD Re-accredited with 'A++' Grade by NAAC. Recognized by UGC under  
Section 12 B), Coimbatore-641043



Department of Food Science and Nutrition  
Nutrition Association  
Nutrition Society of India, Coimbatore Chapter  
and  
Dr. Rajammal P. Devadas chair

*Cordially invite you for*

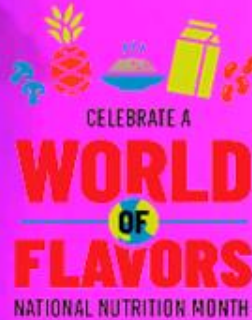
# Nutrition Month Celebration

*September 2022*

## CONVENORS

Dr.A.Thirumani Devi,  
Professor,

Dr.PA.Raajeswari,  
Associate Professor,  
Dept of FSN



STUDENT ORGANIZERS  
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