

## **A report on 'Awareness Program on the importance of Nutrition for Women's Health' on dated 7th September, 2023**

As a part of National Nutrition Week, Government College, Sundargarh organized an awareness program focusing on the importance of nutrition for women's health. The event, held on 7th September, 2023, was aimed at educating students and staff about the critical role that nutrition plays in maintaining and improving women's health.

The program was a collaborative effort by the Women's Development Cell, led by Ms. A. Kindo, with active participation from Dr. Anima Tirkey and other dedicated team members.

The event commenced with a formal inauguration by the Principal, Dr. L. R. Sahu, who emphasized the significance of nutrition in everyday life. In his opening remarks, Dr. Sahu highlighted the relevance of the program, particularly in the context of increasing health challenges among women due to poor dietary habits and lifestyle choices.

Following the inauguration, the Chief Guest, Dr. Bikrant Kindo, delivered a comprehensive talk on the importance of nutrition for women's health. Dr. Kindo, Ex-CDMO, DHH, Sundargarh, a renowned expert in the field, provided valuable insights into how proper nutrition can prevent various health issues, including anemia, osteoporosis and other diet-related disorders that disproportionately affect women. He cited several examples from his years of experience, illustrating how a balanced diet could lead to significant improvements in overall health and well-being. Dr. Kindo also addressed common myths about nutrition and debunked misconceptions that often lead to unhealthy dietary practices.

The program's Chief Speaker, a Nutritionist from the District Headquarters Hospital (DHH), followed with an in-depth presentation on the subject. The Nutritionist provided a detailed overview of the essential nutrients required by women at different stages of life. She elaborated on the specific dietary needs of women, emphasizing the importance of vitamins, minerals and other nutrients in preventing chronic diseases and maintaining a healthy lifestyle.

In her presentation, the Nutritionist also highlighted practical tips for maintaining a healthy diet despite busy schedules and limited resources. She encouraged the audience to incorporate a variety of fruits, vegetables, whole grains, and lean proteins into their daily meals, and to avoid processed foods and excessive sugar intake. The speaker's advice was particularly valuable for the students, many of whom are at an age where establishing healthy eating habits can have long-term benefits.

Nearly 150 students and staff members attended the program, reflecting the high level of interest in the topic.

The event not only raised awareness about the importance of nutrition in women's health but also empowered the participants with practical knowledge and strategies to make healthier choices in their daily lives.

