

Aalok Mehta

Dear Members, In the year 1982, the National Food and Nutrition Board announced the annual celebration of National Nutrition Week in September. It aims to generate awareness among people for the proper intake of a balanced diet. A human body needs proper nutrition for healthy well-being. Proper nutrition boosts metabolism and provides energy to a human body. A proper time table for meals is also very necessary for maintaining a healthy body. National Nutrition Week talks about the right amount of nutrients, its intake timing and keeps a check on the undernourished people. Various NGOs organized awareness campaigns in rural and urban areas highlighting the importance of proper nutrition. They tell them what are the food and green vegetables that should be included by everyone in their diet. Malnutrition is one of the major issues faced in the deprived sections of our society. It is observed more in women and children. In National Nutrition Week, special campaigns are