

# NUTRITION RALLY

**Topic:** Healthy Eating

**Date:** 1st September, 2022

**Time:** 10 AM

**Place:** Fakirgudem streets, Vijayawada

**Report:** On 1st Sept 2022, **Nutrition Rally on "Healthy Eating"** was organized by the Dept. of Food Science and Technology in collaboration with the Inner Wheel Club, Vijayawada. The program was kick started on the first day of **"Poshan Maah or Nutrition Month"**, one of the flagship programs of the Government of India by creating awareness among the residents of Fakirgudem, Vijayawada. Nearly 100 students participated in the rally. The students enlightened the public with their enthusiastic slogans like – "Healthy outside starts from inside. Fruits are healthy, they make you wealthy. Came from a plant, eat it; Made in a plant, don't eat it. Eat fresh, organic and natural foods. Less sugar, more fruits. Less soda, more milk. Less alcohol, more water. Less junk food, more protein food. Eat eggs, increase your strength. Have carrots, improve eye sight." The students emphasized the need for a nutritious diet and a healthy lifestyle to lead a happy life. They interacted with Anganwadi workers, Anganwadi children and public of Fakirgudem.

