

# GDC Kalakote observes National Nutritional Week

## EARLY TIMES REPORT

**KALAKOTE, Sept 7:** Department of Physical Education & Sports, GDC Kalakote under the guidance of Principal Dr Romesh Kumar Gupta, observed the National Nutrition Week from 1st to 7th September 2020.

During this period various initiatives centered around nutrition and the effects of good food on healthy body, mind and lifestyle were taken. The aim of the program was to educate people with regards to the importance and necessity of good nutrition in diets. This, in turn helps in identifying and resolving many health issues that occur due to dietary negligence. According to State of Food Security and Nutrition in the World, over 10% of the Indian population is malnourished. This accounts for many problems related to poor dietary practices and undernourishment. This is visible in symptoms like stunted growth, weaker bones and muscles, higher risk of diseases, etc.

On this occasion Dr Dinesh Kumar Sharma, Physical Di-

rector delivered lecture on "Nutritional interventions for healthy Immune System" while speaking Dr Dinesh added wellness of the immune system is directly depends on how healthy, fit and efficiently different cells, tissues, organs and systems of the human body is functioning. For a healthy immune system it is prerequisite that all the cells, tissues, organs and systems of the body are at optimum state of wellness independently and are also functioning well in communication with other organs of the body, while warning that the small disturbance in digestive system is the root cause of all the ailments, so suggested to keep digestive system always healthy.

Drinking Apple, beetroot and carrot juice (ABC Drink) can be a life giving and a single solution for everything. During 1 hour long lecture Dr Dinesh shared many interesting facts about Nutrition and its method of consuming to alleviate immune system, the full lecture may be viewed on GDC Kalakote Facebook Page.

# Nutrition Week: GDC Kalakot holds awareness events

## ■ STATE TIMES NEWS

KALAKOT: Department of Physical Education & Sports, Government Degree College, Kalakot under the guidance of Principal Dr Romesh Kumar Gupta, held series of awareness activities to mark the National Nutrition Week (September 1 to September 7).

During the week various events centering around the nutrition and the effects of good food on healthy body, mind and lifestyle were held.

The aim of the programme was to educate people with regard to the importance and necessity of good nutrition in diets.

The last day witnessed a lecture by Dr Dinesh Kumar Sharma, Physical Director, on "Nutritional interventions for healthy Immune System." Dr Dinesh said that for a healthy immune system it is prerequisite that all the cells, tissues, organs and systems of the body are at optimum state of wellness

independently and are also functioning well in communication with other organs of the body. He cautioned that a small disturbance in digestive system is the root cause of all the ailments, so suggested to keep digestive system always healthy. He further reiterated the guidelines issued by ministry of AYUSH, GOI for optimising immune system and safeguarding against Covid-19. He suggested eating steamed vegetables and use of raw garlic, dry ginger, cinnamon, Clove, red-pepper, Aijwan, Turmeric in cooking vegetables as these increase nutritive value of the food unimaginably. Drinking Apple, beetroot and carrot juice (ABC Drink) can be a life giving and a single solution for everything.

During one hour long lecture Dr Dinesh shared many interesting facts about Nutrition and its method of consuming to elevate immune system.