

## **RALLY ON STOP MALNUTRITION**

Department of Nutrition and Dietetics, School of Allied Health Sciences, MRIIRS conducted a rally on STOP MALNUTRITION on 18th August 2023. The students of BSc Nutrition and Dietetics 5th semester along with faculty member Ms. Ankita Sharma, Assistant professor and Dr Divya Sanghi, Head of the Department, Department of Nutrition and Dietetics conducted a rally on STOP MALNUTRITION to create awareness among the masses regarding the ill effects of malnutrition. India as a country is still fighting with problem of malnutrition. The prime causes are poverty; unemployment; ignorance and lack of education; unhealthy lifestyle; lack of access to nutritious food, safe water, sanitation and hygiene; non-availability of reliable and timely data, and sufficient funds; and unimpressive performance by the government in the implementation of schemes. Most of the reasons for the occurrence of malnutrition, as well as the solutions to overcome the challenges, are known. Attention, however, needs to be paid to understanding what prevents the nation from achieving its goals related to nutrition. Keeping these problems in mind, the students of BSc Nutrition and Dietetics 5th semester through this rally made people aware about the three types of malnutrition namely, underweight, overweight and obesity. The causes, symptoms and preventive strategies were showcased by the students. The rally was done at various sites of the university to spread the message effectively to large number of people.

Overall the students enjoyed the activity disseminating this important message.



Students started the rally on Combat Malnutrition



Students addressed the triple burden of India