

## **UTTAM POSHAN UTTAM JEEVAN PLEDGE 2023**

Department of Nutrition and Dietetics, School of Allied Health Sciences, MRIIRS conducted a Uttam Poshan Uttam Jeevan pledge on 18th August 2023. This government initiative is taken by all the students of Department of Nutrition and Physiotherapy.

The pledge was as following:

- On this day I take a pledge that i will protect ourselves and our beloved from the curse of malnutrition. I pledge that

I will keep myself well nourished and protect others from malnutrition.

- I will not purchase, promote, use or gift junk foods and unhealthy soft drinks
- I will take and promote balanced diet
- I will adopt and promote safe cooking and eating habits
- I will keep myself informed about healthy foods and food habits
- I will not waste food
- I pledge to be physically active by participating in outdoor games/ sports/ exercises and yoga on a regular basis and sleep for at least 8 hours
- I pledge to conserve water and not dirty any water bodies.

**Link:** <https://pledge.mygov.in/uttam-poshan-uttam-jeevan/>



Certificate Received by students



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