



**GAYATRI VIDYAPARISHAD COLLEGE OF ENGINEERING (A)**

**CENTER FOR FOSTERING SOCIAL RESPONSIBILITY**

**EMPATHIZE – ENGAGE – EXECUTE – EXCEL**



**GAYATRI VIDYA PARISHAD COLLEGE OF ENGINEERING(A)**

**NATIONAL SERVICE SCHEME**

**NSS UNIT-GVPCE (A)**

**DATE: 29-09-22 (THURSADY)**

## **NUTRITION DAY**

Activity conducted by	90214307 - Gayatri Vidya Parishad College of Engineering(A) Unit-I, Madhurawada, Visakhapatnam-530 048		
Activity Type	Other Event	Title of the Event	Nutrition Day
Event Start Date:	29/09/22	Event End Date:	29/09/22
Volunteers involved	-	Male Volunteers involved: Female Volunteers involved:	- -
Description	Together, the volunteers from NSS Unit-1 created videos of various fruits, vegetables, and dried fruits to commemorate Nutrition Day. In the videos, they also discussed the significance of the particular fruit or vegetable they chose for a well-balanced diet.		



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All of the NSS Unit-1 volunteers joined together to raise awareness on Nutrition Day about the value of eating a balanced diet to keep healthy. Each NSS Unit volunteer chose a fruit, vegetable, or dried fruit and discussed why they were important for day-to-day usage.





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Each volunteer created a nearly two-minute-long film to describe the nutritional worth of the selected item and whether it should be consumed regularly or not.





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To help the students understand the significance of that particular item, all the nutritional elements and specs of that particular item have been explained.





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In order to cover a larger variety of fruits and vegetables, each volunteer selected a different item. These videos were made to help kids understand the value of a healthy diet.







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Because so many individuals tend to disregard the value of a balanced diet and eat whatever they choose, this day is observed all around the world.





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As everyone now consumes foods that do not provide the body with adequate nutrition and nutrients, these videos could aid many pupils in understanding what to eat and what not to eat.





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Many individuals might become aware of the significance and details of the food they consume on a daily basis thanks to the awareness raised by this day. Furthermore, by 2030, a balanced diet may cut health care costs by as much as 97%.







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*Service which is rendered without joy helps neither the servant nor the server.*

