

# Symbiosis School of Biological Sciences

## Dietetics Day 2019

### Theme: Anemia Mukta Bharat

Dietetics day is celebrated to increase the awareness regarding dietician/ nutritionists as the indispensable providers of food and nutrition services and to recognize them for their commitment to helping people enjoy healthy lives. As nation's food and nutrition experts, dietitians/ nutritionists are committed towards improving the health of their patients, clients and communities. SSBS Nutrition and Dietetics faculty and students celebrated "Dietetics Day (Theme: Anemia Mukta Bharat)" on 10<sup>th</sup> January 2019 with great enthusiasm. Self explanatory informative posters were prepared and displayed by the students for non-nutrition background staff and students to impart knowledge on anemia and nutrition. These included topics such as current status and target at 2022, interventions for anemia, anemia in various age groups, iron rich foods, dietary tips to improve iron absorption etc. Competitions such as crossword puzzle, slogan writing, blog writing were organized for the students.

