

## World Health Day 2023 celebrated by Department of Food & Nutrition, on 11th April, 2023.

Raidighi College's Department of Food and Nutrition pulsated with purpose as it embarked on a transformative community outreach program. Armed with knowledge and empathy, faculty members and students descended upon the local community, their mission etched in their hearts: promoting the well-being of girls and women through nutritional assessment and dietary counseling.

The program blossomed into a vibrant tapestry of engagement. Food and Nutrition experts meticulously conducted individualized nutritional assessments, tailoring them to the specific needs of each participant. Mothers learned about the crucial role of iron-rich foods in combatting anemia, teenage girls were empowered with knowledge about calcium-rich meals for strong bones, and elderly women received guidance on managing age-related dietary concerns.

But knowledge alone wasn't enough. In interactive sessions, the department transformed into a culinary classroom. The air buzzed with the clatter of pots and pans as students, guided by faculty members, demonstrated simple, wholesome recipes packed with nutrition. From vibrant beetroot salads to fortifying dal fry, each dish whispered a culinary secret: nourishment can be delicious and affordable.

The program resonated far beyond the immediate impact. Women returned home not just with personalized dietary plans, but with a newfound confidence to prioritize their health and that of their families. Girls embraced the empowering knowledge about optimal nutrition, forging a path towards a healthy future. The college corridors echoed with positive feedback, a testament to the program's success in bridging the gap between academic knowledge and real-world needs.

Raidighi College's community outreach program was more than just a one-day event; it was a catalyst for change. It instilled a sense of responsibility within the academic community, reminding them of their power to empower and transform lives. This program was a beacon of hope, illuminating the path towards a future where girls and women thrive, fueled by the vital spark of nutritional knowledge.





**RAIDIGHI COLLEGE**  
**DEPARTMENT OF FOOD AND NUTRITION**  
**CORDIALLY INVITES YOU TO ATTEND**

**“ A COMMUNITY OUTREACH PROGRAMME:  
 ON NUTRITIONAL ASSESSMENT & DIET  
 COUNSELING SESSION”**

**(SPECIAL FOCUS ON GIRL'S & WOMEN HEALTH)**

**ON  
 11<sup>TH</sup> APRIL, 2023**

**TO OBSERVE  
 WORLD HEALTH DAY, 2023  
 (THEME: HEALTH FOR ALL)**

**VENUE: DEPARTMENT OF FOOD & NUTRITION, RAIDIGHI COLLEGE**  
**TIME: 12 NOON TO 1.30 PM**

