

## **AWARENESS PROGRAM ON ADOLESCENT NUTRITION**

<b>Nature of Program</b>	<b>:</b>	<b>Awareness</b>
<b>Title</b>	<b>:</b>	<b>Awareness Program on Adolescent Nutrition.</b>
<b>Participants</b>	<b>:</b>	<b>Food Science &amp; Technology Students</b>
<b>Date</b>	<b>:</b>	<b>4<sup>th</sup> September 2025.</b>
<b>Total No. of Participants</b>	<b>:</b>	<b>50</b>

### **Brief Report:**

The Department of Food Science and Technology organized an Awareness Program on Adolescent Nutrition on 4th September 2025 at Z.P. High School, Punadipadu, as part of the celebration of “Poshan Maah”. The program aimed to educate adolescent girls from the school about the importance of proper nutrition during their growing years. The awareness session covered key topics such as the nutritional requirements of adolescents, the importance of balanced diets, the role of iron and calcium in growth, and the prevention of anemia and malnutrition. Interactive sessions, informative charts, were used to engage the students and enhance their understanding. The program encouraged young girls to adopt healthy eating habits and emphasized the significance of regular meals, hygiene, and physical activity for overall well-being. The event concluded with a question-and-answer session, where students enthusiastically participated and clarified their doubts.

