

National Nutrition Month - 2020
“Poshan Maah- 2020 “

Message from Dr. JAGMEET MADAN
National President - Indian Dietetic Association

My dear colleagues, friends and students from the fraternity of Food Nutrition and Dietetics,

It is my proud privilege to address each one of you on the eve of the beginning of “Poshan Maah 2020” - a month where we introspect our efforts to contribute to the Nation’s Health and Well-being and plan concrete steps to further consolidate our journey in this year as a fraternity !!

The theme for POSHAN MAAH 2020 as declared by the Government of India focusses on two important aspects -

The first to identify and intervene to arrest damage in the growth of young infants and children with Severe Acute Malnutrition (SAM). This has become all the more important in the recent context of pandemic COVID 19. The food security and nutrition security for the vulnerable groups especially young infants and children is of paramount importance.

The second aspect of the theme relates to plantation drive for Promotion of Kitchen Garden under “ Poshan Ke Liye Paudhe”. Today we as Nutritionists are emphasizing on...

“Nutrients Atmanirbharta”. The most important nutrients which are inadequate in Indian diets across socioeconomic strata are the important antioxidants Vitamins and minerals which create an anti-inflammatory environment in the body. The best way to incorporate them is through fresh, seasonal and local vegetables and fruits. To promote “small kitchen gardens” starting from home windows to academic institutions coupled with empowerment of people at large about the nutritional background of “Poshan ke liye Paudhe” will go a long way in maintaining our immunity and fight the viral infections.

Let’s commit ourselves towards the cause, reach out to all important stake holders for correct and evidence based knowledge dissemination to achieve the goals of this year POSHAN MAAH 2020.

Regards and God Bless !!

Dr. Jagmeet Madan

August, 31st, 2020