

WORLD FOOD DAY REPORT

A virtual session through Zoom platform was held at JSSINYS on account of World Food Day on 16th October 2020 from 11 am to 12 pm. The theme for the year 2020 is 'Grow, Nourish, Sustain together'. The speaker of the session was Dr. Sharmila G. S, Assistant Professor and MO, JSSINYS and the participants were the Principal, teaching faculty, 3rd and 4th year students, interns and health seekers of the hospital. Introduction of the speaker was given by Dr. Dhilip. V. R, Principal and CMO. Dr. Sharmila. G. S started by pointing the reason for celebrating the World Food Day on 16th October every year. She elaborated the food insecurity and detailed on the measures to be taken care of on the need for food security. Principles of Naturopathy were highlighted and then explained on sustainable food choices followed by explanation on Naturopathic diet plans. The session was an eye opening one for the participants.



Report prepared by

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