

## National Nutrition Week celebrated at ICAR-NBFGR

In commemoration of Azadi ka Amrut Mahotsav, ICAR - National Bureau of Fish Genetic Resources, Lucknow celebrated National Nutrition week between September 01-07, 2021.

A webinar was organized for the same on September 06, 2021. Dr. Kiran Bains, Professor and Head Food and Nutrition Department, Punjab Agricultural University, Ludhiana, was the Chief Guest of the programme. Dr. Kuldeep Kumar Lal, Director ICAR-NBFGR welcomed the Chief Guest and all the attendees. Dr. Vindhya Mohindra, Chairman Women's Cell and Head Fish Conservation Division, introduced the Chief Guest to the webinar participants.

Dr. Kiran Bains, gave a talk on the topic "Intuitive Eating: Making peace with your food", focusing mainly on the benefits of eating food, that a person has eaten since childhood based on region/locality instead of shifting to new eating habits. Chief Guest elaborated the bad effects of obesity and the causes of it that lead to body dissatisfaction and mind stigma. She reiterated that nutrition and health is in eating moderately and till the mind is satiated. She pointed out the importance of intuitive eating that integrates instinct, emotion and rational thought.



The basic principles that outline intuitive eating were discussed, viz., rejecting diet mentality, understanding your fullness, discovering the satisfaction factor, not to cope with emotions using food, respecting body as it is etc. among many others. She also stressed the importance of including exercise in our daily routine, not as a medium to lose weight, but to be healthy in the long run. She encouraged everybody to accept their body type, as it is and stick to the age-old traditional foods, that we have been eating since childhood. She suggested not to be influenced by fad diets popularised by diet community. Including a balanced diet pertaining to our roots with mindful eating and body positivity shall benefit everyone was the take away message from the webinar. All the staff members of ICAR-NBFGR Headquarters, A total of 49 participants, from PMFGR Centre Kochi, ARTU Unit Chinhat and IISR, Lucknow attended the programme virtually.

Vote of Thanks was proposed by Dr. Rejani Chandran, Scientist & Member Secretary, NBFGR Women's Cell.