



NITTE SPECIAL CHILD CARE CENTRE

in collaboration with

PM Poshan (Mid-day Meal) Scheme

Akshara Dasoha, Dakshina Kannada Zilla Panchayat

is organizing

POSHAN BHI-PADHAI BHI

(An Awareness Program For Children on Proper Nutrition Education)

through a Awareness Program Week

Nutrition & Oral Health

Venue: Lions Special School, Surathkal
on 22nd & 23rd September 2022

Nethaji Subhas Chandra Bose Government School,
Deralakatte on 24th September 2022

Resource Persons

Prof. (Dr.) Amarshree A. Shetty

Associate Dean, Student Welfare & Secretary, NSPECC, ABSMIDS

Dr. Arun Thejaus K. P.

Assistant Professor, Nitte - Centre for Integrative Medicine & Research

Prof. (Dr.) U. S. Krishna Nayak
Principal & Dean

Prof. (Dr.) Amitha M. Hegde
Chairperson, N-SPECC

POSHAN BHI - PADHAI BHI: AN AWARENESS PROGRAM FOR CHILDREN THROUGH PROPER NUTRITION EDUCATION

22nd & 23rd SEPTEMBER 2022

LIONS SPECIAL SCHOOL, SURATHKAL

NITTE Special Childcare Centre (NSPECC) a unit of Department of Pediatric and Preventive Dentistry with the support of Department of Public Health Dentistry, A.B Shetty Memorial Institute of Dental sciences collaborated with PM Poshan (Mid-day meal) Scheme, Akshara – Dasoha, Dakshina kannada Zilla Panchayat to organize an awareness program for children on proper nutrition education PHOSHAN BHI – PADHAI BHI. The program was organized at Lions Special school, Surathkal.



This camp was organised to raise awareness on maintenance of oral hygiene through proper nutrition education through an awareness program week Nutrition & Oral health.



The talk was organised for the parents, caretakers, and special educators of Lions special school. Prof. (Dr.) Amarshree A Shetty explained the importance of nutrition for maintenance of oral health among children with special health care needs. The need for proper nutrition to maintain a good oral hygiene and the method of Minimal Invasive Dentistry (MID) for treating special children were further explained to the parents.

**POSHAN BHI –PADHAI BHI: NETHAJI SUBHAS CHANDRA BOSE
GOVERNMENT SCHOOL, DERALAKATTE**

DATE: 24th SEPTEMBER 2022

(An awareness program for children through proper nutrition education)

Nitte special childcare centre (NSPECC) in collaboration with AKSHARADAASOHA (Mid-day meal scheme), Dakshina Kannada zilla panchayat organized an awareness program for children and parents on Nutrition & Oral Health at Nethaji subhas Chandra Bose Government school, Deralakatte on 24th of September 2022. This program was organized as a part of nutrition education advocacy by the Government of India a part of Mid-Day Meal Scheme” POSHAN BHI-PADAI BHI”- directed towards school children is spreading its mission of helping children reach their dreams through proper nutrition education.

The awareness talk program was jointly conducted by Nitte special childcare centre and Nitte centre for Integrative medicine & Research.

Resource persons:

Prof. Dr Amarshree A. Shetty, Associate Dean, student welfare & secretary, NSPECC

Dr Arun Thejaus, Nitte Centre for Integrated medicine & Research.





A total of 220 students and 180 parents attended the talk. The first session was held for the students of the school followed by a second session for the parents of the children.

Dr Amarshree Shetty highlighted the importance of Nutrition and the influence of substance abuse on the overall development of the body and oral health and the association of poor oral health & nutrition to various health problems among adolescence.

Dr Arun Thejaus spoke about Nutritional deficiency, overnutrition and junk food causing lifestyle disorders and other health issues. He also highlighted the use of locally available condiments in food to attain optimal health.