Nutrition is very important for the human body as well as many other living beings as due to it everyone can carry out their work properly and accurately. There are many people today in India who are malnourished and require proper diet for their better growth and development. Hence, to make people aware of nutrition and its importance in our lives and to curb the problem of malnutrition, National Nutrition Week is celebrated every year from September 1 to September 7.

In the year 1982, the National Nutrition Week celebration was started by the Central Government in India. The campaign was started to spread awareness and encourage the people as a society to understand the importance of nutrition and adopt a healthy, sustainable lifestyle.

The National Nutrition Week was started with the objectives of reviewing the frequency of problems related food and nutrition, to evaluate the appropriate techniques to prevent and control nutritional problems through operational research, to monitor the status of nutrition across the country, and to create awareness among people through orientation and training programs.[1]

The Food and Nutrition Board of Ministry of Women and Child Development, through its 43 Community Food and Nutrition Extension Units located in 30 states/union territories (UTs), will coordinate with concerned department of the state/UT governments, national institutions, non-governmental organizations and organize state/UT level workshops, orientation training of fields functionaries, awareness generation camps, and community meetings during the week on the specified theme.[2]

Union government is celebrating the entire month of September as “Rashtriya Poshan Maah” (National Nutrition Month) to emphasize the need for healthy need for healthy nutrition. This initiative is aimed at sensitizing public on healthy eating and addressing twin issues of malnutrition and undernutrition. The theme for National Nutrition Month is “complementary feeding.”[3]

According to the WHO estimates for the year 2015–2016, 36.3% of children <5 years are underweight and 2.4% are overweight.[4] As per the National Nutrition Monitoring Bureau data, 33.2% Indian men and 36% women have a body mass index <18.5, which means they are not getting enough food to perform even activities of daily living, leave alone heavy labour.[5] This fact further justifies the need for intervention at the country and global levels.

Observation on National Nutrition Week/Month is an important step in addressing the issue of malnutrition focusing on awareness creation among the general public and various stakeholders with the ultimate aim of control of this essentially preventable cause of human morbidity.

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