Institute of Ayurveda Major SD Singh University
Kanpur Road, Krishna Nagar Baghar - Fatehgarh, Farrukhabad, Uttar Pradesh, India

National Nutrition Week Program – 2026

"What's Hidden in Your Food?" – Food Label Detective Activity

S. No.	Contents	Remarks
1.	Name of the organizing Department	Swasthavritta & Yoga
2.	Title of the event	Food Label Detective Activity
3.	Date of the event organized	01/09/2026
4.	Venue of the event	Institute of Ayurveda Major SD Singh University Campus – Class Room No: 2
5.	Name of the coordinator of the event	• Dr Narendra Singh Sanger • Dr Ratan Singh • Dr Jojan J Jerone
6.	BAMS Students Involved	• 2024 Batch Students
7.	No. of participants/Beneficiaries	85 Students
8.	Objective of the event	• To develop the ability to **read and interpret food labels** critically. • To identify **hidden sugars, excess salt, unhealthy fats, and additives** in packaged foods. • To compare nutritional information between different food products. • To promote **scientific and informed food choices** among future healthcare professionals. • To encourage application of **Ayurvedic and modern nutrition principles** in daily dietary practices.
9.	Outcome of the event	• Students were able to **identify and interpret key components of food labels**. • Students recognized **hidden sugars, salt, fats and food additives** in commonly consumed products. • Students developed skills in **comparing and evaluating different food products**. • Students demonstrated improved **critical thinking and nutritional awareness**. • Students became more confident in making **healthier and evidence-based food choices**.

10.	Photo gallery	

PARASNATH PRASAD

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