

Aahaar Kranti Projects



Traditional Recipes

Promote Traditional Thalis



Community Kitchens

Food, Forest & Nutri Gardens



Eat Right, Live Bright.

Aahaar Kranti Projects

- Educational Modules
- Aahaar Kranti App
- Nutritional Awareness Collaterals & Translations
- Nutritional Surveys & Reviews
- Students Led Projects
- Nutritional Supplements

JOIN US!



Empowering Every Plate, Enriching Every Life.



आहार क्रांति
Aahaar Kranti
उत्तम आहार, उत्तम विचार
UTTAM AAHAAR, UTTAM VICHAAR

Eat Food As Medicine

Else Medicine will become Food



Positive Nutrition for a Healthier Nation

Aahaar Kranti Activities



Aahaar Mitra

Ambassadors of Aahaar Kranti who spread nutrition awareness in communities.



Aahaar Kranti Clubs



Nutritional Support Groups



Nutritional Podcast



Train The Trainer Workshops



Speakers for Aahaar Kranti



Social Media Promotions

Key Objectives

- Promote significance of nutritionally balanced diet.
- Provide solutions for improving nutrition for all socio-economic groups
- Address the problem of hunger and diet related diseases across the world.
- Highlight the nutritional value of traditional Indian diets, healing power of local and seasonal fruits & the miracles of a balanced diet.
- Bring into practice the rich knowledge of Ayurveda based nutrition.
- Talk about the importance of food and nutrition across age groups starting embryo stage till individual enters old age.
- Comprehensive research and development in the food and nutrition space.
- Transform healthy lifestyles through awareness and participation.

Contact Us



aahaarkranti@gistforum.org



Vijanana Bharati, D-12, South Extension, Part 1,
New Delhi - 110049

A Nation United for Nutrition.

Right Food. Right Health. Right Future.

What is Aahaar Kranti?

Aahaar Kranti is a national level campaign dedicated to spread nutritional awareness and to renew the focus on the nutritionally balanced diet.

Good Nutrition. Great Immunity.

