

G H RAISONI UNIVERSITY

Established Under UGC (2f) and Madhya Pradesh Niji Vishwavidyalaya (Sthapana evam Sanchalan) Adhinyam Act No. 17 of 2007), Gram Dhoda Borgaon, Village-Saikheda, Teh-Saunsar, Dist.- Pandhurna, (M.P.) – 480337 Tel: +91 9111104290/91, Web: www.ghru.edu.in, E-Mail: info@ghru.edu.in

School of Nursing

Recognised by MPNRC

B.Sc. Nursing

G H Raison University, Saikheda

Activity Report

GUEST LECTURE ON “PEDIATRIC NUTRITION & GROWTH MONITORING”		
1	Name of the Department /School	School of Nursing
2	Name of the Event	Guest Lecture
3	Venue	Seminar Hall GHRU Saikheda
4	Date and Time	08/09/2025 & 03.00 Pm Onwards
5	Resource Person (if Applicable)	Prof. Divya Gayki
6	Objectives of the Event	<p>Foundational Knowledge:-</p> <p>1. Define pediatric nutrition and growth: Explain the core concepts of growth as a physical increase in size (weight, height, head circumference) and development as an increase in skills and functions. Emphasize that these processes are intertwined and depend on optimal nutrition.</p> <p>2. Identify key nutritional requirements: Outline the changing nutritional needs of children at different stages of life, from infancy through adolescence. Discuss the roles of macronutrients (carbohydrates, proteins, fats) and micronutrients (vitamins, minerals) in supporting growth, development, and overall health.</p> <p>3. Explain the importance of growth monitoring: Describe why regular growth monitoring is a critical tool in pediatric care. Emphasize that it's the most sensitive indicator of a child's health and can help with the early detection of underlying issues like malnutrition, chronic illness, or other growth disorders.</p>

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		<p>Practical Application & Skills:-</p> <p>1. Demonstrate accurate measurement techniques: Provide practical guidance on how to correctly measure a child's weight, length/height, and head circumference. Highlight the differences in techniques for infants versus older children.</p> <p>2. Teach how to use and interpret growth charts: Explain the purpose and proper use of standardized growth charts, such as those from the World Health Organization (WHO) or the Centers for Disease Control and Prevention (CDC). Instruct on how to accurately plot measurements and interpret the plotted data to identify growth trends and patterns.</p> <p>3. Recognize and assess nutritional problems: Teach attendees how to identify and assess common nutritional issues, including undernutrition (stunting, wasting, underweight), overnutrition (overweight and obesity), and specific micronutrient deficiencies.</p> <p>4. Develop effective interventions: Provide strategies for counseling parents and caregivers on healthy eating habits and addressing identified nutritional concerns. Discuss when to refer a child to a specialist, such as a nutritionist or a pediatrician.</p>
7	Outcome of the Event	<p>Below are the key outcomes of the event:</p> <ol style="list-style-type: none"> 1. Explain the critical role of nutrition. 2. Differentiate between physical growth developments. 3. Identify the changing nutritional needs of children. 4. Develop effective counselling strategies. 5. Understand the factors that influence child growth. 6. Explain the importance of growth monitoring. 7. Recognize when to refer a child.

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8	Target Audience	Students & Faculties
9	Total Number of Participants	41
10	Name of the Event Coordinator	Ms. Nidhi Malviya
11	NAAC criteria	

Summary:-

The School of Nursing at G H Raison University organized a Guest Lecture on the occasion of National Nutrition Week on 08th September 2025.

Prof. Divya Gayki was felicitated by Prof. Gyaneshwar Barde, HoD of School of Nursing & School of Paramedical Sciences G H Raison University, in a gesture of appreciation for her valuable contribution to the Nursing Field.

The event witnessed the participation of 41 attendees, including students, faculty members, and professionals from related fields. The interactive Q&A session at the end provided a platform for attendees to clarify their doubts and gain deeper insights into the topics discussed.

The event was meticulously coordinated by Ms. Nidhi Malviya, ensuring smooth execution and an engaging experience for all participants.

The lecture concluded with a vote of thanks, appreciating Prof. Divya Gayki for her time and knowledge, and acknowledging the efforts of all those who contributed to making the event a success.

After the Guest lecture, attendees will be able to apply fundamental knowledge of pediatric nutrition and growth to accurately assess a child's health status and provide effective, evidence-based guidance to caregivers. They will understand how to use growth charts as a primary tool for early detection of nutritional problems and other health concerns.

Banner of the Event:-



Organises **Guest Lecture on**

Pediatric Nutrition & Growth Monitoring

In association with **IIIC & IIC**

On the occasion of **National Nutrition Week**



Guest Speaker

Prof. Divya Gayki

Assistant Professor,
S D College of Nursing,
Devgao, Betul

Date - Monday 8th Sept. 2025 | Time - 3:00 PM

Venue - Seminar Hall (Admin Building)

Program Coordinator
Ms. Aruna Pawar
IIIC & IIC Coordinator,
SON, GHRU Saikheda

Program Coordinator
Ms. Satyata Golait
IIIC & IIC Coordinator,
SON, GHRU Saikheda

Coordinated By
Ms. Nidhi Malviya
Nursing Tutor SON,
GHRU Saikheda

Organizing Chair
Prof. Gyaneshwar Barde
HoD, School of Nursing &
School of Paramedical Sciences,
GHRU Saikheda

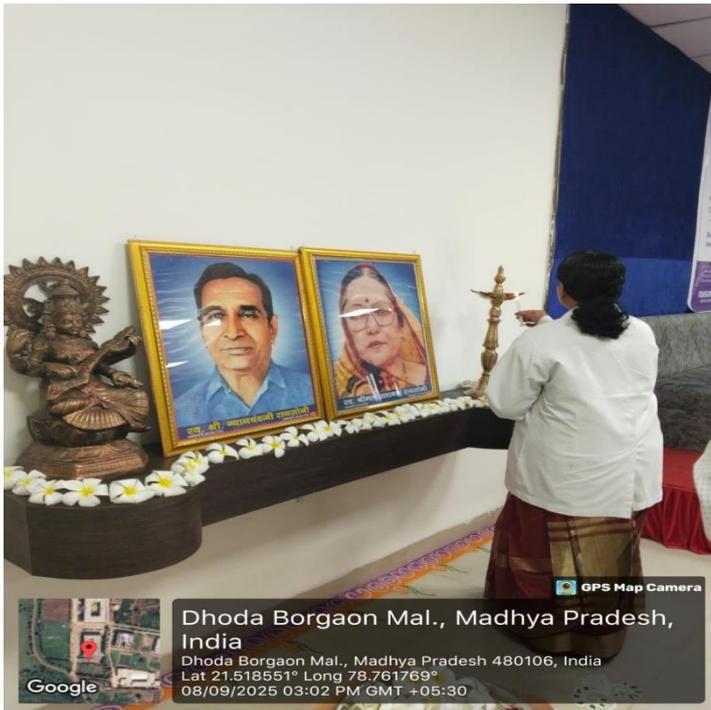
Patron
Dr. Meena Rajesh
Vice Chancellor,
GHRU Saikheda

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Photographs of the Event:-



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Signature of Event Co-ordinator

Signature of HoD