

### REPORT ON NATIONAL NUTRITION WEEK

1	Name of the Department	School of Nursing
2	Name of the Event	National Nutrition Week
3	Date and Time	01/09/2025 to 07/09/2025 3:00PM
4	Venue	School of Nursing, GHRUS
5	Organizer	School of nursing
6	Programme Convenor	Ms. Jigyasa Bandewar
7	Number of students Participant	28
8	Objectives of the Event	<ol style="list-style-type: none"> <li>1. <b>Enhance students' nutritional knowledge:</b> To provide a comprehensive understanding of the science of nutrition, covering macronutrients, micronutrients, balanced diets, and their role in health and disease.</li> <li>2. <b>Develop practical skills:</b> To teach students how to assess a patient's nutritional status, plan therapeutic diets, and provide effective dietary counseling for various conditions like diabetes, hypertension, and malnutrition.</li> <li>3. <b>Promote healthy personal habits:</b> To encourage nursing students, who are future role models, to adopt healthy eating habits themselves.</li> <li>4. <b>Increase awareness of public health issues:</b> To highlight the prevalence and impact of malnutrition and lifestyle-related diseases in the community, and the nurse's role in addressing these challenges.</li> <li>5. <b>Equip students for patient education:</b> To prepare students to effectively communicate nutritional information to diverse patient populations, considering cultural and socioeconomic factors.</li> </ol>
9	Outcome of the Event	<p>Below are the key outcomes of the event:</p> <ol style="list-style-type: none"> <li>1. <b>Improved knowledge and skills:</b> Students will demonstrate a significant increase in their understanding of nutrition concepts and their ability to apply this knowledge in clinical practice. Studies have shown a positive correlation between nutrition education programs and students' knowledge and practice scores.</li> <li>2. <b>Enhanced patient care:</b> Nurses will be better equipped to provide comprehensive care by incorporating nutritional</li> </ol>

# G H RAISONI UNIVERSITY

Established Under UGC (2f) and Madhya Pradesh Niji Vishwavidyalaya (Sthapana evam Sanchalan) Adhiniyam 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](http://www.ghru.edu.in), E-Mail: [info@ghru.edu.in](mailto:info@ghru.edu.in)

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		<p>assessment and counseling into their daily routines, leading to improved patient outcomes.</p> <ol style="list-style-type: none"> <li>3. <b>Increased confidence:</b> Students will feel more confident in their ability to provide accurate and relevant nutritional advice to patients and their families.</li> <li>4. <b>Positive role models:</b> The nursing students will serve as positive examples of healthy living, influencing their peers, families, and future patients.</li> <li>5. <b>Innovative learning environment:</b> The week's activities will encourage active and experiential learning, making nutrition education more engaging and memorable..</li> </ol>
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**Summary** - National Nutrition Week is celebrated annually in India from September 1st to 7th to raise awareness about the vital role of proper nutrition for health. The event, initiated in 1982, aims to combat malnutrition and promote healthy eating through various activities like workshops, health camps, and educational programs. It highlights the importance of balanced diets and supports government efforts to improve the nation's nutritional status.

### Banner of the Event:-



**G H Raison**  
UNIVERSITY  
Saikheda

School of  
Nursing

# National Nutrition Week

## Balanced Nutrition in Your Pocket

**Date :** 1<sup>st</sup> to 7<sup>th</sup> September, 2025  
**Time :** 11.00 AM to Onwards  
**Venue :** Chess Board Area, Admin Building, GHRU, Saikheda, Tehsil Saunsar, Dist. Pandhurna (M.P.)

**Theme: Eat Right for a Better Life**





Nagpur | Pune | Jalgaon | Amravati | Pandhurna | Bhandara

### Photographs of the Event:-



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Signature of Event Co-ordinator

Signature of HoD