

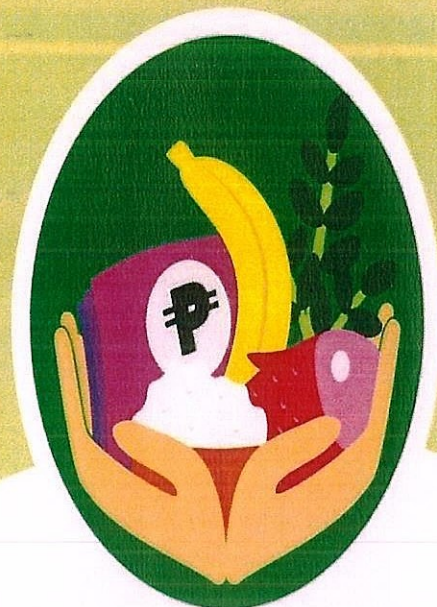
REPORT ON  
"NATIONAL NUTRITION WEEK  
PROGRAMME"



Godavari Foundation's  
**Godavari College of Nursing, Jalgaon**  
Department of community Health Nursing

NATIONAL  
**NUTRITION**  
WEEK CELEBRATION

01st - 07th Sept. 2023



: Theme :  
Healthy Diet Gaining Affordable for All!



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**Godavari College of Nursing, Jalgaon**

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**WEEK CELEBRATION**

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**: Theme :**  
**Healthy Diet Gawing**  
**Affordable for All!**



## AGENDA

**GODAVARI COLLEGE OF NURSING, JALGAON**

**COMMUNITY HEALTH NURSING DEPARTMENT**

**CELEBRATION OF NATIONAL NUTRITION WEEK**

**1<sup>ST</sup> – 7<sup>TH</sup> SEPT 2023.**

<b>TIME</b>	<b>DATE</b>	<b>EVENT</b>	<b>EVENT INCHARGE</b>
9:00am- 10:00am	01/09/2023	Inauguration of Nutrition week Celebration (Theme Unfolding)	Community Health Nursing Department Faculty & B.B.sc Students.
10:00am- 11:00am	01/09/2023	Poster Competition	Ms. Swati Gadegone Tutor, Gcon Ms. Bhumika Zanzade Tutor, Gcon.
3:00pm- 5:00pm	01/09/2023	Essay Competition	Ms. Priya Jadhav Lecturer, Gcon & Ms. Bhumika Zanzade Tutor, Gcon.
9:00am- 11:00am	02/09/2023	Video competition	Ms.Rebecca Londhe Lecturer, Gcon & Ms. Swati Gadegone Tutor, Gcon
10:00am- 12:00pm	04/09/2023	Food donation	Ms. Rebecca Londhe Lecturer, Gcon & Ms. Swati Gadegone Tutor, Gcon.

## INTRODUCTION

Most of the people in India are poor and cannot even fulfill their basic requirements. This makes it difficult for many people to afford nutritious foods, which can lead to health problems such as obesity, diabetes, and heart disease. National Nutrition Week is an important opportunity to raise awareness about the importance of nutrition and to promote healthy eating habits. It is also a time to celebrate the diversity of food cultures in India and to promote the enjoyment of nutritious foods. Good Nutrition Provides The Building Blocks of Muscle. When you eat foods that contain protein, they are broken down in the body as amino acids. These amino acids are then used to build and repair any muscle tissue. This is great for those who are physically active or exercise regularly.

The National Nutrition Week is celebrated in India from September 1 to September 7. This week aims to educate people about the importance of diet and nutrition in their life. Various organisations come forward to share diet tips for health and well-being. Prime Minister also asked the listeners to eat nutritious food and stay healthy during the nutrition month. Therefore, National Nutrition Week is observed every year from 1st September to 7th September to aware people of the importance of nutrition for the Human Body and well-being of health.

## AIMS

- ✚ To increase awareness about good nutrition and health.
- ✚ To impart proper information and build awareness through seminars and also camps.
- ✚ To give every child and citizen of India on how children can benefit from proper nutritious diet right from birth.
- ✚ To address malnutrition in the country which is expected to worsen as a result of the pandemic and limited resources for nutrition.

## MAIN OBJECTIVES

- ✚ To aware students regarding nutritional value.
- ✚ To achieve sustainable food and nutrition security.
- ✚ To eliminate all forms of malnutrition in order to have a well nourished and healthy population that can effectively contribute to national economic development
- ✚ To enhance the nutritional practice awareness among people of the community through the adoptable training, timely education, seminars, different competitions, road shows and many other campaigns and to make a healthy nation

## REPORT ON "NATIONAL NUTRITION WEEK PROGRAMME"

National Nutrition week was celebrated at Godavari college of Nursing, Jalgaon organised by Community Health Nursing department on 1<sup>st</sup> September, 2023 To 7<sup>th</sup> September, 2023 under the theme, "Heathy Diet Gawing Affordable For All ".

Celebration was started with Inauguration of Nutrition week Celebration Themewas Unfolded by Mrs. Jacinth Dhaya C.H., Asso. Professor Cum HOD of Community Health Nursing Department.

in the presence of Vice Principal Prof. Vishakha Wagh ,  
Ms. Ashvini V. HOD of Mental health nursing, Ms. Manorama k. HOD Of Medical surgical nursing, Ms. Ashvini M HOD of Child health nursing , Ms Menao devi HOD of OBGY, Mr. Piyush Wagh HOD fundamental of nursing, Administrative Officer , Mr. Pravin Kolhe Sir.

Godavari college of nursing, Jalgaon. We had organized various competition for the students Under the theme "Heathy Diet Gawing Affordable For All". Essay competition, Poster making competition, short video making competition The students of First And Third year Basic Bsc Nursing students, were actively participated in all the competitions and programmes.

And at the last day of the programme we organized the food donation to kshitij spastic center at Bhusaval . and also distributed fruits and lunch boxes to the students.

all the teachers of community health nursing department takes lots of effort Under the guidance of Mrs. Jacinth Dhaya C.H., Asso. Professor Cum HOD of Community Health Nursing Department.

## GLIMPSE OF THE PROGRAMME



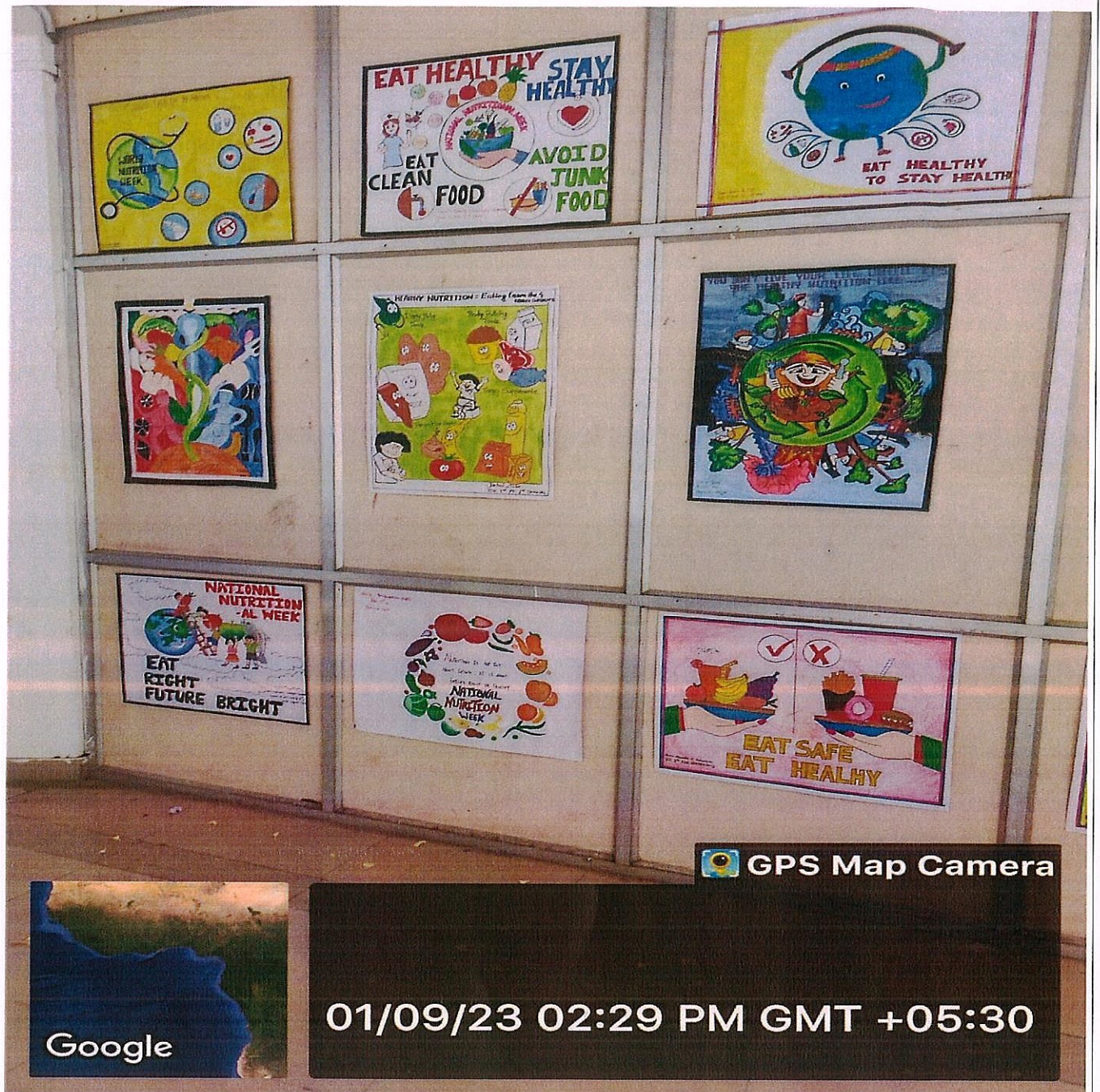
( FIG-1)



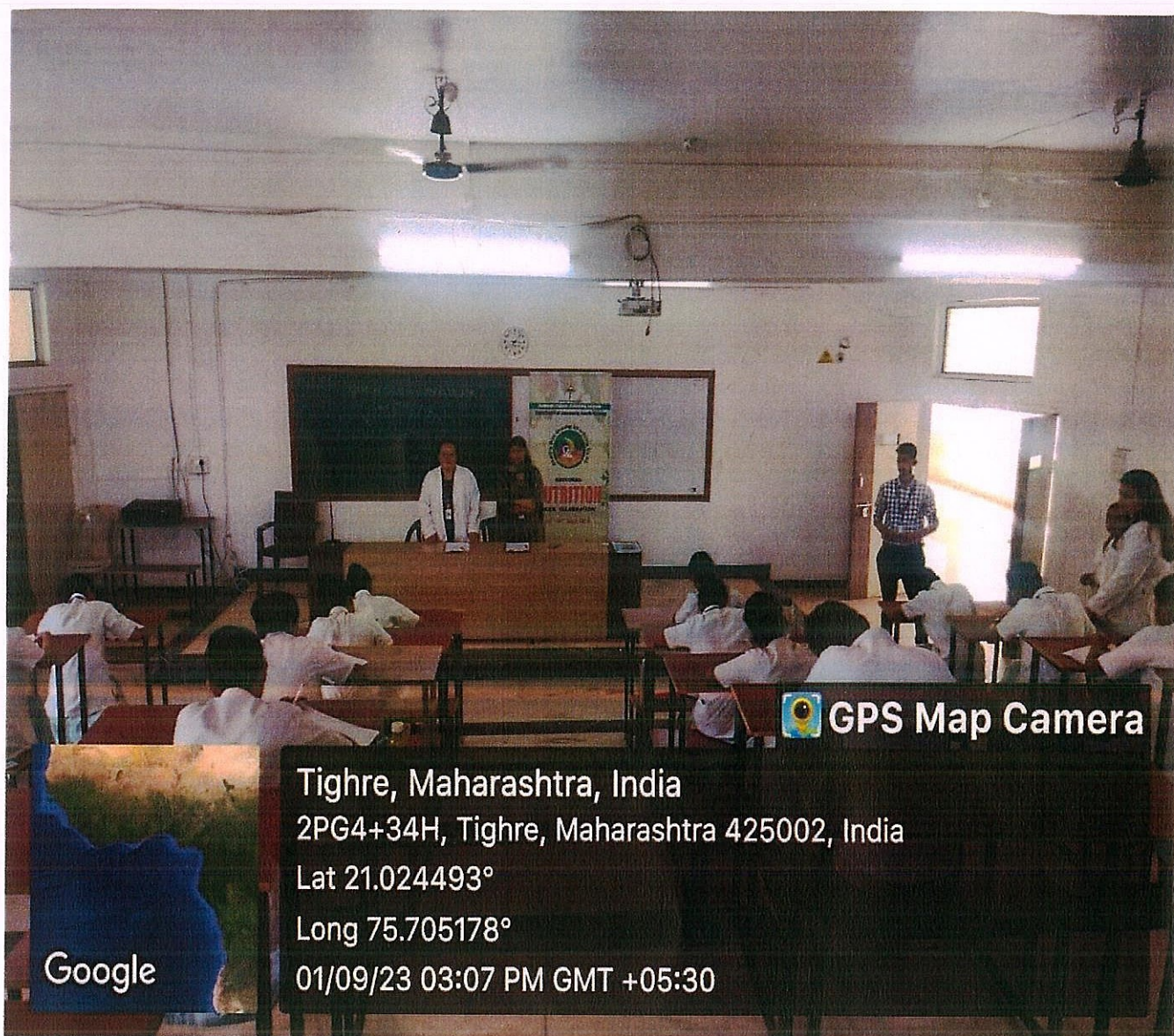
( FIG-2)



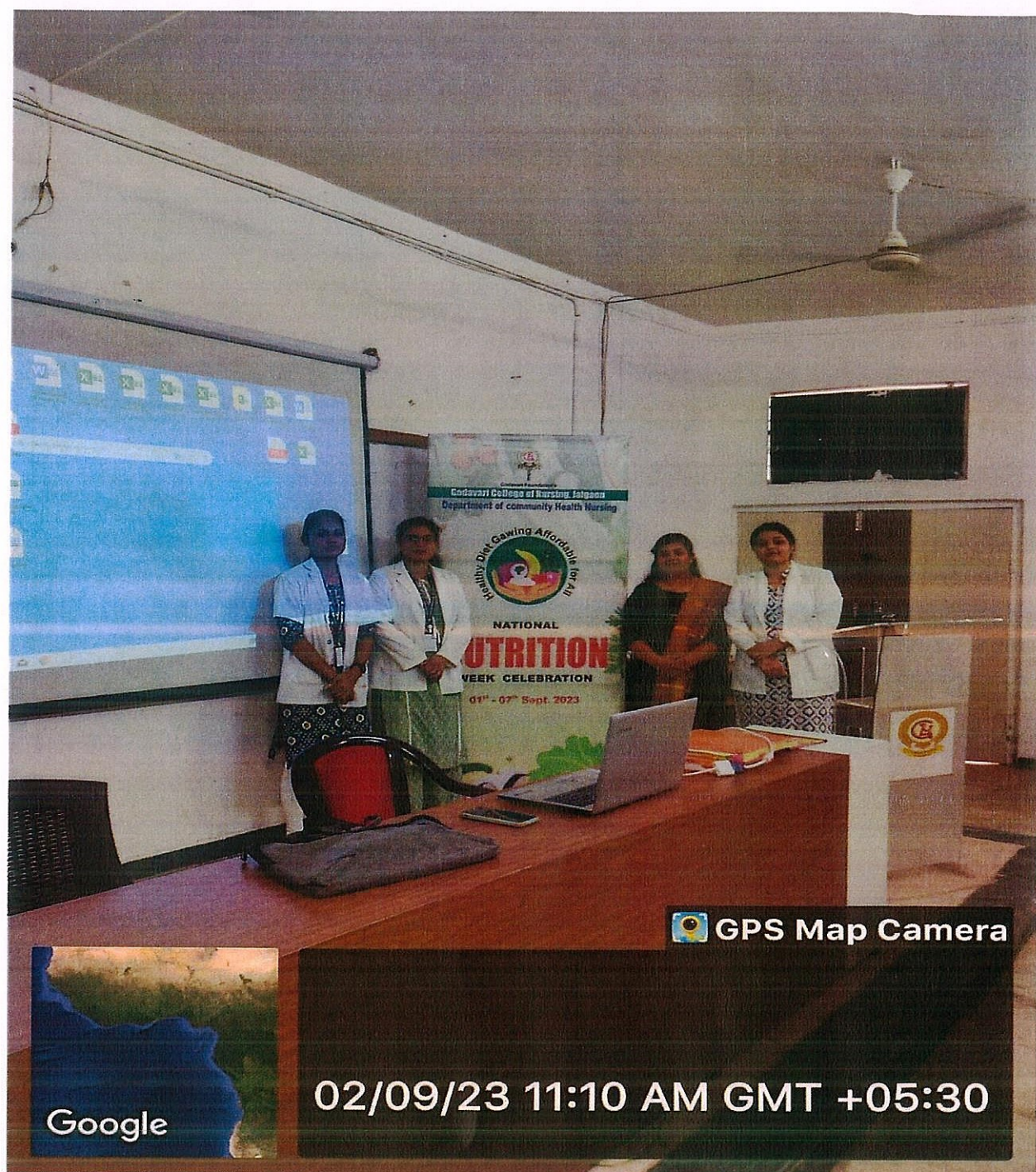
( FIG-3)



( FIG-4)



( FIG-5)



( FIG-6)



( FIG -7)

## गोदावरी नर्सिंग महाविद्यालयातर्फे राष्ट्रीय पोषण आहार सप्ताहांतर्गत विविध कार्यक्रम उत्साहात

जळगाव - गोदावरी नर्सिंग महाविद्यालयात १ ते ७ सप्टेंबर दरम्यान आयोजित राष्ट्रीय पोषण आहार सप्ताह विविध कार्यक्रमांनी संपन्न झाला. शुक्रवार १ सप्टेंबर रोजी सर्वप्रथम २०२३ या वर्षातील 'हेल्दी ऑफोडेबल डाइट फॉर ऑल' या थीमचे अनावरण करण्यात आले.

गोदावरी नर्सिंग महाविद्यालयातील लेक्चर हॉलमध्ये १ रोजी थीम अनावरणानंतर विद्यार्थ्यांसाठी पोस्टर सादरीकरण स्पर्धा, निबंध लेखन स्पर्धा उत्साहात पार पडल्यात. शनिवार २ रोजी व्हिडीओ स्पर्धा तर ४ सप्टेंबर रोजी भुसावळ येथील क्षितीज स्पर्डीतील दिव्यांग विद्यार्थ्यांना हात कसे धुवावे, त्याचे महत्व सांगत पोषण आहाराबाबतही माहिती देण्यात आली. तसेच फळवाटपासह स्टीलच्या डब्याचेही वाटप करण्यात आले. नविन डबे तसेच खाऊ मिळाल्यामुळे विद्यार्थ्यांच्या चेहऱ्यावर आनंद दिसून आला. यासह विविध कार्यक्रमांनी राष्ट्रीय पोषण आहार सप्ताह पार पडला.



गोदावरी नर्सिंग महाविद्यालयाच्या प्राचार्या विशाखा वाघ, संचालक शिवानंद बिरादर, प्रशासकीय अधिकारी प्रविण कोल्हे यांच्या मार्गदर्शनाखाली कम्युनिटी हेल्थ नर्सिंग विभागाने कार्यक्रमांचे नियोजन केले होते. यात समन्वयक प्रा.जैसिंथ धाया, प्रा.निर्भय मोहोड, प्रा.रेबेका लोंडे, प्रा.प्रिया जाधव, प्रा.स्वाती गाडेगोने, प्रा.भूमिका झनझाडे यांचा समावेश होता. सप्ताहाच्या अखेरीस स्पर्धेतील विजेत्या विद्यार्थ्यांना पारितोषीक वाटप करण्यात आले.

### स्पर्धेचे नाव व विजेते विद्यार्थी

पोस्टर सादरीकरण - प्रथम खुशबू घोष, द्वितीय शिवानी उमाटे, तृतीय जान्हवी झाडे.  
व्हिडीओ मेकिंग - प्रथम खुशी ठाकरे, द्वितीय शिवानी धारगावे, तृतीय अंकिता टेंब्रे.  
निबंध लेखन - प्रथम शुभांगी इंगळे, द्वितीय स्नेहल लाखे, तृतीय गायत्री सुर्वसे.

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