

GODAVARI FOUNDATION
GODAVARI COLLEGE OF NURSING
JALGAON, MAHARASHTRA
(ISO-9001:2015 CERTIFIED
INSTITUTE)



REPORT ON
NUTRITION WEEK CELEBRATION
1ST to 7th SEPTEMBER
2026-2027

ORGANIZED BY
DEPARTMENT OF COMMUNITY
HEALTH NURSING



Godavari Foundation's

Godavari College of Nursing, Jalgaon

Run by Godavari Foundation | Affiliated by MUHS Nashik

Accredited by NAAC

Department of Community Health Nursing



NUTRITION

WEEK CELEBRATION

01st - 07th Sept. 2026

-Theme-

**"Discover the Power
of Nutrition"**



01 Sep. 2026



10.00 am



Dr. Akshta Patil Hall, DUPMC
Jalgaon, Kh.

गोदावरी फाउंडेशन संचालित,

गोदावरी कॉलेज ऑफ नर्सिंग

नॅशनल हायवे नं.६, गट नं. ५७/१, ५७/२, खिर्डी शिवार,
ता. जि. जळगांव-४२५३०९ (महाराष्ट्र) भारत



Godavari Foundation's

GODAVARI COLLEGE OF NURSING

NH-6, Gat No. 57/1, 57/2, Khirdi Shivar,
Tal. & Dist. Jalgaon-425309 (Maharashtra) INDIA

(Reg. by INC, MSBPNE, MNC, MUHS, GOVT. of Maharashtra)

(Accredited by NAAC)

(नर्सिंग शिक्षा को संपूर्ण प्राप्त करने का प्रयास)

(Striving to Achieve Complete Nursing Education)

GF/GCON/

/2026

DATE: - 01/09/2026

CIRCULAR

Nutrition Week Celebration

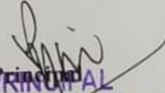
THEME: "Discover the Power of Nutrition"

"This is to inform all the students and faculty that nutrition week will be celebrated from 01/09/2026 to 07/09/2026 in our institution organized by the Department Of Community Health Nursing.

The aim of this week is to create awareness about the Importance of Healthy and Balanced Nutrition for a Healthy Life.

All students are requested to actively participate in the activities and programs organized during the week.




PRINCIPAL
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JALGAON

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AGENDA

GODAVARI COLLEGE OF NURSING, JALGAON

COMMUNITY HEALTH NURSING DEPARTMENT

NUTRITIONAL PROGRAMME (2026 – 2027)

THEME: DISCOVER THE POWER OF NUTRITION

SR NO.	DATE	EVENT	FACULTY
1	1 ST SEPTEMBER	THEME OPENING	ALL THE DIGNITARIES.
2	2 ND SEPTEMBER	NUTRIONAL MELA 1.HEALTHY DRINK COMPETATION 2.HEALTHY PLATE STALL 3.CHILD NUTRION CORNER	ALL THE DIGNITARIES.
3	3 RD SEPTEMBER	NUTRION RELATED QUIZE COMPETATION	COMMUNITY DEPARTMENTAL TEACHERS
4	7 TH SEPTEMBER	PRIZE DISTRIBUTION	COMMUNITY DEPARTMENTAL TEACHERS

GODAVARI COLLEGE OF NURSING, JALGAON

COMMUNITY HEALTH NURSING DEPARTMENT

DETAILED REPORT ON NUTRITIONAL PROGRAMME 2026–2027

Theme: “**DISCOVER THE POWER OF NUTRITION**”

Organized by: Community Health Nursing Department

Institution: Godavari College of Nursing, Jalgaon

Academic Year: 2026–2027

Programme Duration: 1st September to 7th September 2026

1. INTRODUCTION

The Community Health Nursing Department of Godavari College of Nursing, Jalgaon, organized a **Nutritional Programme 2026–2027** from **1st September to 7th September 2026** with the theme “**DISCOVER THE POWER OF NUTRITION.**”

The programme was planned as an educational and interactive initiative to develop awareness regarding the importance of nutrition and healthy dietary practices. The programme provided students with opportunities to acquire knowledge, gain practical experience, demonstrate their creativity, and apply nutritional concepts through various activities.

Nutrition plays an important role in maintaining health and well-being. Therefore, the programme focused on encouraging participants to understand healthy food choices and communicate important nutritional messages through practical demonstrations, competitions, stalls, quizzes, and other activities.

The programme was conducted in a systematic sequence beginning with the **theme opening**, followed by the **Nutritional Mela**, **nutrition-related quiz competition**, and finally the **prize distribution ceremony**. The agenda specifically included healthy drink competition, healthy plate stalls, child nutrition corner, nutrition-related quiz competition, and prize distribution.

2. AIM

To promote awareness, knowledge, and practical understanding of **healthy nutrition and balanced dietary practices** among students and the community through educational, interactive, and participatory activities.

3. OBJECTIVES

At the end of the programme, the participants will be able to:

1. Explain the importance of adequate and balanced nutrition for maintaining good health.
2. Identify healthy and nutritious food choices for daily life.
3. Describe the importance of healthy dietary practices for different age groups.
4. Understand the importance of proper nutrition during childhood.
5. Demonstrate the preparation and presentation of healthy drinks.
6. Explain the basic concept of a healthy and balanced plate.
7. Develop awareness regarding appropriate food choices and healthy eating habits.
8. Participate actively in nutrition-related educational activities and competitions.
9. Reinforce their knowledge of nutrition through a quiz competition.
10. Develop communication, creativity, teamwork, and presentation skills.
11. Encourage students to share appropriate nutritional messages with families and the community.
12. Motivate participants to apply appropriate healthy nutritional practices in their daily lives.

4. THEME OF THE PROGRAMME

“DISCOVER THE POWER OF NUTRITION”

The theme “**Discover the Power of Nutrition**” highlights the important role that nutrition plays in every aspect of human health and development.

DISCOVER

“Discover” encourages participants to explore and understand the importance of nutrition. Through the programme, students and community members get an opportunity to discover how different foods and nutrients contribute to health and well-being.

THE POWER

The word “Power” represents the positive impact of adequate and balanced nutrition on the human body. Proper nutrition provides energy, supports growth and development, strengthens immunity, helps maintain body functions, and contributes to overall health.

OF NUTRITION

“Nutrition” emphasizes the importance of consuming adequate and appropriate nutrients through a balanced diet. It also highlights the importance of healthy food choices, nutritious beverages, appropriate child nutrition, and healthy eating practices.

Overall Meaning of the Theme

“**Discover the Power of Nutrition**” means encouraging individuals to understand the benefits of good nutrition and recognize how healthy food choices can contribute to a healthier life.

The theme therefore connects **knowledge, awareness, practical learning, and healthy action**. The activities conducted during the programme provided participants with an opportunity to explore nutrition in an interesting and practical manner.

5. SEQUENCE OF THE PROGRAMME

DAY 1 – THEME OPENING

DATE: 1ST SEPTEMBER 2026

The Nutritional Programme commenced with the **Theme Opening** on 1st September 2026. The theme “**DISCOVER THE POWER OF NUTRITION**” was formally introduced to the participants.

The theme opening marked the beginning of the four-day nutritional programme. Dignitaries, faculty members, and students participated in the opening activity.

During the opening, the importance of the programme and its theme was highlighted. Participants were introduced to the objectives and planned activities of the programme.

The theme opening created awareness and enthusiasm among the students and encouraged them to participate actively in the activities scheduled during the programme.

Highlights of Day 1

- Formal opening of the Nutritional Programme.
- Introduction of the theme “**DISCOVER THE POWER OF NUTRITION**”
- Orientation regarding the planned nutritional activities.
- Participation of dignitaries, faculty members, and students.
- Encouragement of active student participation.

DAY 2 – NUTRITIONAL MELA

Date: 2nd September 2026

The second day consisted of a **Nutritional Mela**. The Nutritional Mela was organized as an interactive and experiential learning activity.

The purpose of the mela was to provide students with an opportunity to demonstrate their understanding of nutrition through practical activities and presentations.

The Nutritional Mela consisted of three major components:

A. HEALTHY DRINK COMPETITION

A **Healthy Drink Competition** was organized to encourage students to prepare and present nutritious beverages.

Students demonstrated their creativity and understanding of healthy drink preparation. The activity provided an opportunity for students to focus on healthy beverage choices and effective presentation.

Participants prepared and presented their drinks and explained the nutritional aspects of their preparations.

Educational significance

The activity helped students:

- Develop awareness regarding healthy beverage choices.

- Demonstrate creativity in preparing healthy drinks.
- Improve presentation and communication skills.
- Apply nutritional knowledge in a practical activity.
- Promote healthy dietary practices.

B. HEALTHY PLATE STALL

The second component of the Nutritional Mela was the **Healthy Plate Stall**.

Students prepared and displayed healthy plate models/stalls to demonstrate the concept of appropriate and balanced food choices.

The stalls served as an educational platform through which participants could explain the importance of including appropriate food groups in daily meals.

Educational significance

The Healthy Plate Stall helped participants:

- Understand the concept of a healthy meal.
- Identify appropriate food choices.
- Learn about balanced dietary practices.
- Develop presentation and health education skills.
- Communicate nutrition-related information effectively.

C. CHILD NUTRITION CORNER

The third component was the **Child Nutrition Corner**, focusing on the importance of proper nutrition during childhood.

The corner was designed to create awareness about healthy food habits among children and the importance of appropriate nutrition for growth and development.

Students used the corner as an interactive educational platform to communicate nutritional messages.

Educational significance

The Child Nutrition Corner helped participants understand:

- The importance of proper nutrition during childhood.
- The role of healthy food habits in child health.
- The importance of communicating nutrition messages in an understandable manner.
- The role of nurses in nutritional education and health promotion.

The three components of the Nutritional Mela—**Healthy Drink Competition, Healthy Plate Stall, and Child Nutrition Corner**—provided students with practical learning experiences.

DAY 3 – NUTRITION-RELATED QUIZ COMPETITION

Date: 3rd September 2026

On the third day, a **Nutrition-Related Quiz Competition** was organized.

The quiz was conducted to reinforce the nutritional knowledge gained by students through the programme. It provided an opportunity for participants to recall, apply, and demonstrate their understanding of nutrition-related concepts.

Students participated actively in the quiz competition. The activity created an engaging learning environment and encouraged students to improve their knowledge through healthy competition.

Educational significance

The quiz competition helped to:

- Reinforce knowledge regarding nutrition.
- Assess participants' understanding of nutritional concepts.
- Encourage active participation.
- Develop confidence among students.
- Promote teamwork and healthy competition.
- Encourage students to learn more about nutrition.

The agenda identifies the nutrition-related quiz competition as one of the scheduled activities of the programme.

DAY 4 – PRIZE DISTRIBUTION

Date: 7th September 2026

The final day of the programme included the **Prize Distribution Ceremony**.

The prize distribution was organized to recognize and appreciate the participation and performance of students in the various activities conducted during the Nutritional Programme.

Students who participated and performed well in the competitions were acknowledged. The ceremony encouraged students to continue participating in educational and health-promotion activities.

Community and departmental teachers were involved in the concluding activities.

Importance of Prize Distribution

The prize distribution:

- Recognized students' participation and efforts.
- Motivated students to participate in future activities.
- Encouraged creativity and healthy competition.
- Promoted appreciation of students' talents.
- Contributed to the successful conclusion of the programme

CONCLUSION

The **Nutritional Programme 2026–2027**, organized by the Community Health Nursing Department of Godavari College of Nursing, Jalgaon, was conducted from **1st September to 7th September 2026** with the theme “**DISCOVER THE POWER OF NUTRITIO.**”

The programme followed a systematic sequence beginning with the theme opening, followed by the Nutritional Mela, nutrition-related quiz competition, and prize distribution. The Nutritional Mela included the Healthy Drink Competition, Healthy Plate Stall, and Child Nutrition Corner.

The programme successfully provided students with opportunities to gain knowledge, experience practical activities, demonstrate their skills, and promote healthy nutritional practices. The active participation of students, faculty members, and dignitaries contributed to the successful completion of the programme.

The programme concluded with appreciation and recognition of student participation through the prize distribution ceremony.

“**DISCOVER THE POWER OF NUTRITION**” served as the guiding principle throughout the programme, linking nutritional knowledge with practical experience and healthy action.

DAY 1 – THEME OPENING

("DISCOVER THE POWER OF NUTRITION")



DAY 2 – NUTRITIONAL MELA

A) HEALTHY DRINK COMPETITION



B) HEALTHY PLATE STALL



C) CHILD NUTRITION CORNER



DAY 3 – NUTRITION-RELATED QUIZ COMPETITION



DAY 4 – PRIZE DISTRIBUTION



