



NARAYANA COLLEGE OF NURSING

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Report on National Nutrition Week Celebration – 2025

Organized by: Department of Community Health Nursing & NSS

Dates: 01.09.2025 – 06.09.2025

Venue: Narayana College of Nursing Campus

Participants: II Semester B.Sc. Nursing Students (N = 99) and IV Year B.Sc. Nursing Students

Introduction

National Nutrition Week (1st–7th September) is observed every year in India to raise awareness about the importance of nutrition and healthy eating practices. In line with this, Narayana Nursing Institutions celebrated **National Nutrition Week 2025** from 01.09.2025 to 06.09.2025 with a series of educational, creative, and community-oriented activities.

The week aimed to:

- Promote awareness of nutrition among students and the community.
- Encourage students to adopt innovative methods for health education.
- Enhance practical knowledge through competitions, exhibitions, and outreach programs.
- Evaluate knowledge improvement through pre- and post-tests.

Day-wise Program Highlights

Day 1 – 01.09.2025 (Monday)

Event: Inauguration & Master Chef Competition – *Low-cost, High-calorie Diet*

Participants: II Semester B.Sc. Nursing Students (N = 99)

Time: 2:00 pm – 5:00 pm

Faculty Coordinators: Mrs. G. Pavithra & Mrs. Shiny Swaroopa

- The event was formally inaugurated by the Chief Guest Mrs. Padmaja, Dietetician, Narayana Medical College Hospital, Dr. B. vanaja Kumari, Principal, followed by a welcome address.
- Students prepared nutritious recipes using locally available, cost-effective ingredients.
- A total of **28 groups participated**, with each group preparing a **nutritious, cost-effective recipe**.

- **Panel of Judges:**

Dr. B. Vanaja Kumari, Principal, NCON

Mrs. Padmaja, Dietician

Dr. Latha A, Professor

Dr. Usha Rani, Professor

- Dishes were judged based on **nutritional value, cost-effectiveness, creativity, and presentation.**
- Winners were awarded prizes during the valedictory session.

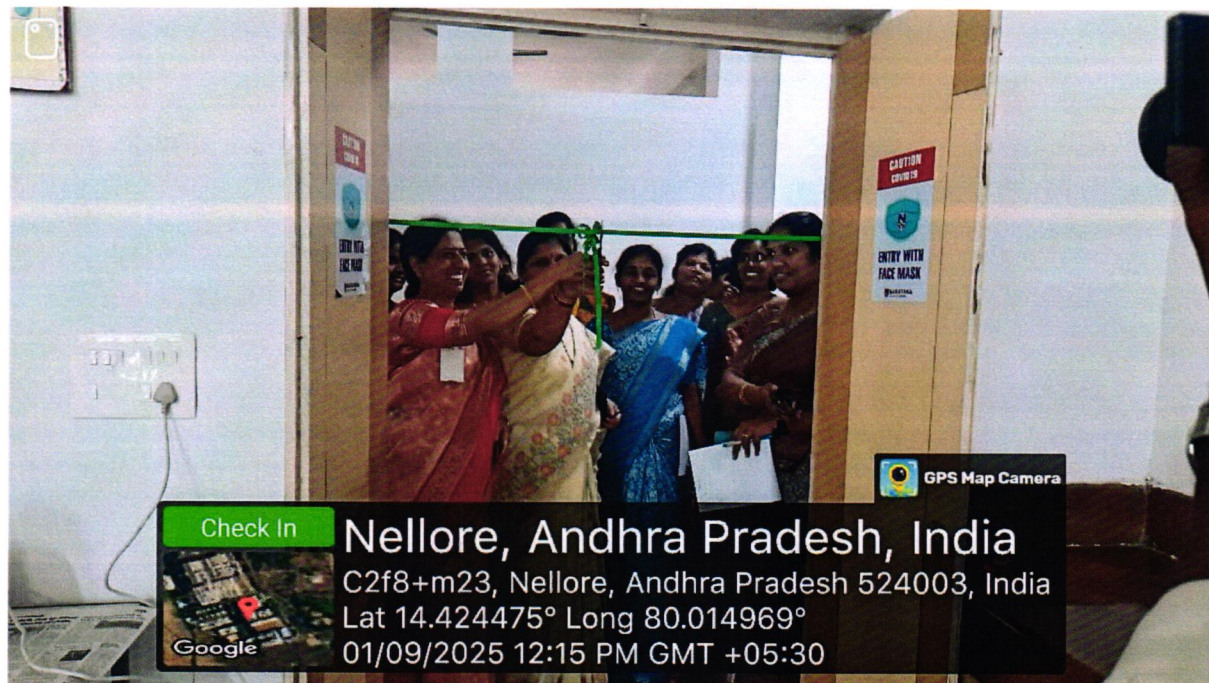


Figure No 1: Inauguration by Chief Guests

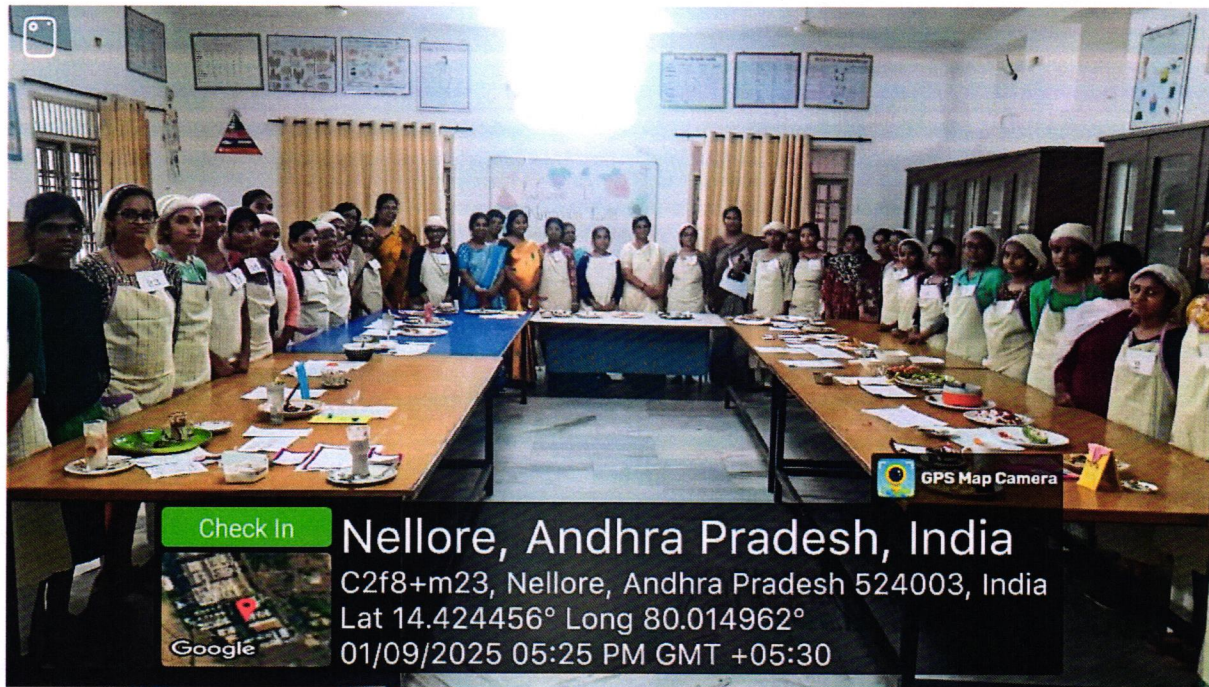


Figure No 2: Master Chef Competition

Day 2 – 02.09.2025 (Tuesday)

Event: Exhibition – *My Plate Challenge*

Participants: II Semester B.Sc. Nursing Students

Time: 11:00 am – 12:00 pm

Faculty Coordinators: Dr. Usha Rani & Mrs. Sindhu Priya

- Students prepared **educational charts, posters, and 3D models** based on balanced diet principles.
- Focus was on dietary division (carbohydrates, proteins, fats, vitamins, minerals) in correct proportions.
- Faculty, senior students, and invitees visited the exhibition.
- **Panel of Judges:**
 Prof. Shanmugavadivu
 Prof. Usha Kiran
 Prof. Megiline Bose
- The evaluation was based on accuracy of content, creativity, clarity of message, and presentation skills.



Figure No 3: My Plate Challenge by students

Day 3 – 03.09.2025 (Wednesday)

Event: Community Awareness Program – *Rainbow Diet Campaign*

Participants: IV Year B.Sc. Nursing Students (B Batch)

Time: 8:00 am – 12:00 pm

Faculty Coordinators: Mrs. Anusha J & Ms. Esther Joel

- Final-year students conducted **awareness sessions in the community** about the importance of including colorful fruits and vegetables in daily diet.
- Methods used: **street plays, pamphlets distribution, and interactive Q&A.**
- Good participation from community members was observed.



Figure No 4: Awareness on Rainbow Diet among School Children and Community

Day 4 – 04.09.2025 (Thursday)

Event: Flash Mob – *Nutritional Awareness & Deficiency Diseases*

Participants: IV Year B.Sc. Nursing Students (C Batch)

Time: 12:00 pm – 1:00 pm

Faculty Coordinator: Mrs. B. Kalpana

- A lively flash mob was performed in the campus courtyard.
- Students conveyed messages on **nutrition-related diseases (anemia, goiter, rickets, obesity, diabetes).**
- It attracted large audience attention and created enthusiasm for nutrition awareness.



Figure No 5: Flash Mob on National Nutrition Week Theme

Day 5 – 06.09.2025 (Saturday)

Event: Quiz Competition

Participants: All batches

Time: 12:00 pm – 1:00 pm

Faculty Coordinators: Mrs. Pratima V, Ms. Nandeswari & Ms. Rajeswari

- Nutrition Quiz was conducted in multiple rounds (MCQs, rapid-fire, case-based).
- Winners were announced and felicitated.



Figure No 6: Quiz Competition for Students

Valedictory Session – 06.09.2025 (Saturday)

The **Valedictory Function** of National Nutrition Week 2025 was held on 6th September, following the Quiz Competition. The program was graced by the presence of the **Chief Guest, Mrs. Padmaja, Dr. B. Vanaja Kumari, Principal, Narayana College of Nursing.**

- **Prize Distribution:** Winners of all competitions (Master Chef, My Plate Challenge, Flash Mob, and Quiz) were felicitated by the Chief Guest and faculty coordinators. Certificates and prizes were awarded to encourage the efforts and creativity of students.
- **Chief Guest's Message:** Mrs. Padmaja, Dietician delivered an inspiring address on the theme of the celebration, highlighting the importance of **nutrition as the foundation for health and academic success.** She motivated students to practice and promote healthy dietary habits not only in hospitals and communities but also in their personal lives.
- The valedictory session concluded with a **Vote of Thanks** delivered by the organizing faculty, followed by the **National Anthem.**



Figure No 7: Valedictory



Figure No 8: Prize distribution by Guests to Winners

Pre-test and Post-test Evaluation

Table No 1: Pre and Post Test Evaluation of students

N = 99

Level of Knowledge	Pre-test f (%)	Post-test f (%)
A+ (Excellent)	10 (10.1%)	35 (35.4%)
A (Very Good)	20 (20.2%)	45 (45.4%)
B+ (Good)	15 (15.2%)	10 (10.1%)
B (Average)	25 (25.3%)	6 (6.0%)
C (Below Average)	20 (20.2%)	3 (3.0%)
D (Poor)	9 (9.1%)	0 (0%)
Total (N=99)	99 (100%)	99 (100%)

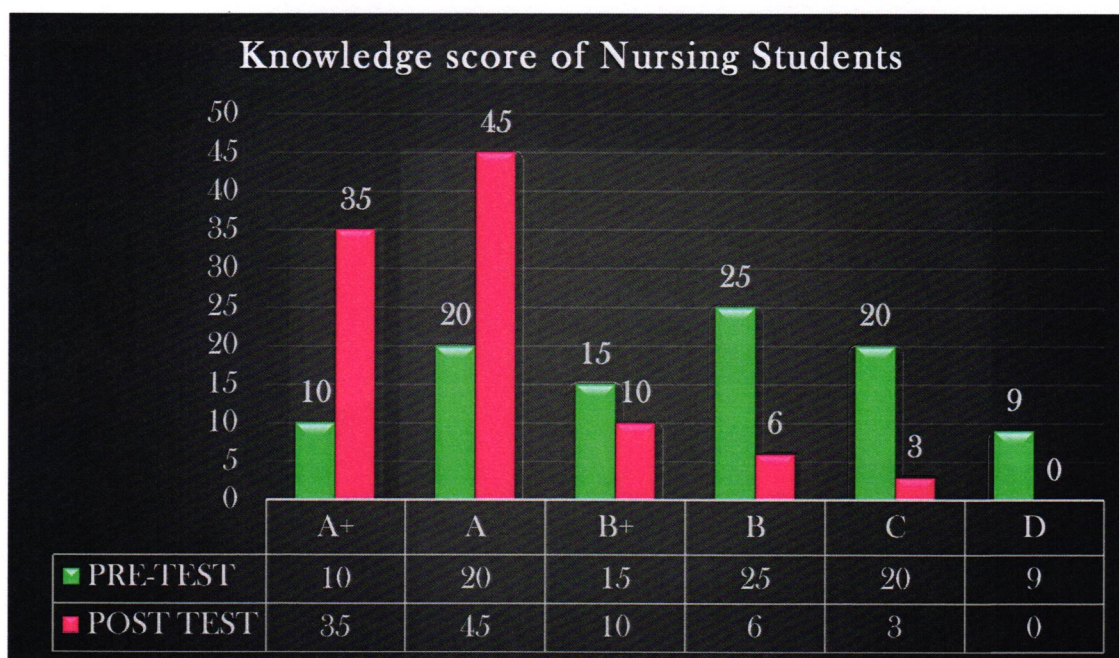


Figure No 9: Pre and Post test Knowledge scores of nursing students .

Interpretation:

- Pre-test revealed only **30.3% students (A+ & A)** had good knowledge.
- After the week-long sessions, **80.8% achieved A+ & A levels.**
- No student remained in *Poor* category.
- This shows a significant knowledge improvement.

Student Feedback Analysis (II Semester, N = 99)

Feedback Level	Frequency (f)	Percentage (%)
Poor	0	0%
Average	3	3%
Good	20	20%
Very Good	35	35%
Excellent	41	42%
Total	99	100%

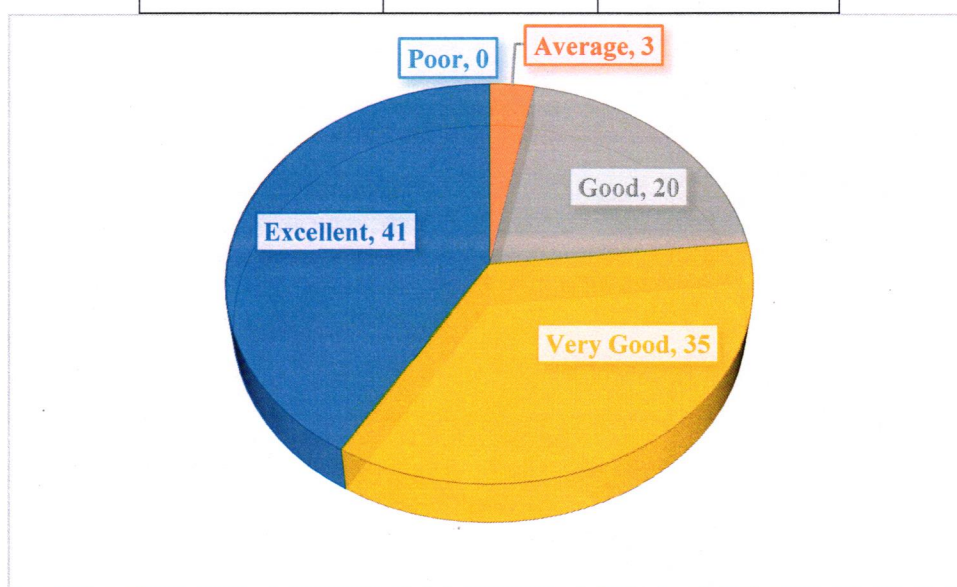


Figure No 10: feedback analysis

Interpretation:

- Majority of students rated the sessions as **Very Good (35%)** and **Excellent (42%)**.
- They appreciated the **interactive nature of competitions and community activities**.

Outcomes

1. **Knowledge Enhancement:** Significant improvement from pre-test to post-test.
2. **Skill Development:** Students demonstrated creativity in diet preparation and exhibitions.
3. **Community Impact:** Rainbow diet campaign increased awareness in the local community.
4. **Team Spirit:** Flash mob and quiz strengthened teamwork, communication, and confidence.

Conclusion

The celebration of **National Nutrition Week 2025** was highly successful. The activities not only improved students' theoretical and practical knowledge but also enhanced their communication skills and community engagement. The week concluded with positive feedback, reflecting that the objectives were fully achieved.



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Chinthareddypalem, Nellore.



Department of Community Health Nursing

NATIONAL NUTRITION WEEK
01st to 06th September 2025
Theme: "Eat Right for a Better Life"





Time : 09:00 am - 12:00 pm || Venue: III Floor, Auditorium, NCON.

Bhavya
HOD

Dept of Community Health Nursing
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003.



Bhavya
PRINCIPAL

Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003



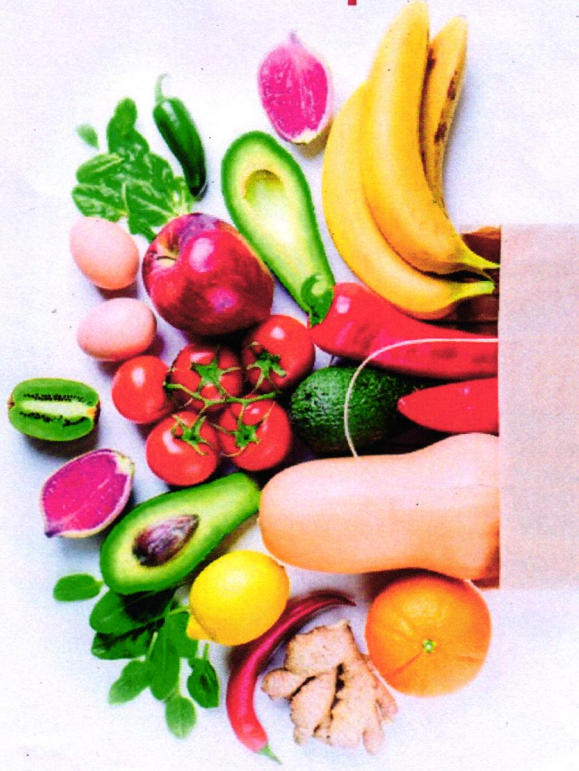
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Department of Community Health Nursing



NATIONAL NUTRITION

WEEK

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Time : 09:00 am - 12:00 pm || Venue: III Floor, Auditorium, NCON.



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COHN/25/08

Date: 26.08.2025

CIRCULAR

The **Department of Community Health Nursing and NSS Department** are initiating to conduct **National Nutrition Week** (Theme: "*Eat Right for a Better Life*") from **01.09.2025 to 06.09.2025** at Narayana College of Nursing.

All faculty and students are requested to take active participation in the events and make this celebration meaningful and productive.

Venue: Narayana College of Nursing Campus

Days: 6 days

Group: All B.Sc. Nursing students

Copy to:

1. IQAC
2. Dept. HODs
3. Notice Board



B. Anurag
Principal

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Chinthareddypalem,
NELLORE - 524 003



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Date: 01.09.2025

From

The Principal,
Narayana College of Nursing,
Chinthareddypalem,
Nellore, Andhra Pradesh.

To

The Head Master,
Mandal Praja Parishad Pradhamika Patashala,
T.P. Gudur,
Nellore, Andhra Pradesh.

Sub: Request for Permission to Conduct National Nutrition Week Celebration (Theme: "Eat Right for a Better Life") on 04.09.2025 at Mandal Praja Parishad Pradhamika Patashala, T.P. Gudur

Respected Sir/Madam,

I am writing to seek permission to conduct **National Nutrition Week Celebration** at Mandal Praja Parishad Pradhamika Patashala by our IV B.Sc. Nursing students as part of their academic and practical training. This initiative aims to create awareness about the importance of **balanced diet, food safety, and healthy lifestyle practices** among school children, parents, and caregivers.

The program will include activities such as **nutrition awareness talks, poster and slogan competitions, healthy recipe demonstrations, quiz sessions, and interactive discussions** to encourage healthy eating habits and prevent lifestyle-related health problems.

We kindly request that our students be permitted to participate in these educational activities under the supervision of faculty members, ensuring compliance with all necessary norms and guidelines.

Your support in granting permission for this initiative will be greatly appreciated.

Thanking you in anticipation of your positive response.



B. Srinivas
Principal
NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
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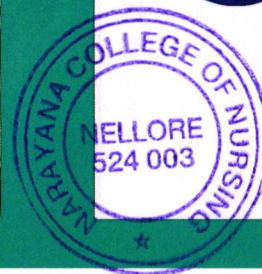


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DEPARTMENT OF COMMUNITY HEALTH NURSING NATIONAL NUTRITION WEEK

Theme : Healthy Eating for a Better Life

LOVE FOR CARE



Date : 01.09.2025 to 06.09.2025

Time : 09:00 am - 12:00 pm

Venue : III Floor, Auditorium,
NCON.

Be Anuj
Principal

NARAYANA COLLEGE OF NURSING
Chinthareddypalem,
NELLORE - 524 003

NATIONAL NUTRITION WEEK WEEK



Program Schedule – National Nutrition Week (01.09.2025 – 06.09.2025)

Day & Date	Activity	Participants	Time	
			B & C	A & D
Day - 1 : MONDAY 01.09.2025	Inauguration and Master Chef Competition – <i>Low-cost, high-calorie diet preparation</i>	II Semester B.Sc. Nursing Students	2 to 5 pm	9 to 12 pm
Day - 2 : TUESDAY 02.09.2025	Nutritional Exhibition – <i>Display of “My Plate Models”</i>	II Semester B.Sc. Nursing Students	11 to 12 pm	
Day - 3 : WEDNESDAY 03.09.2025	Community Awareness Program – <i>Rainbow Diet Awareness Campaign</i>	IV Year B.Sc. Nursing Students	B Batch 8 to 12 pm	
Day - 4 : THURSDAY 04.09.2025	Flash Mob on theme: <i>Nutritional Awareness / Nutritional Deficiency Diseases</i>	IV Year B.Sc. Nursing Students	C Batch 12 to 1 pm	
Day - 5 : FRIDAY 05.09.2025	Quiz Competition on <i>Nutrition</i>	All Batches (B.Sc. Nursing)	3 to 5 pm	
Day - 6 : SATURDAY 06.09.2025	Valedictory Function & Winners Announcement	All Participants	12 to 1 pm	