



# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana\_nursing@yahoo.co.in | | principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



## REPORT ON POSHAN PAKWADA 17.04.2025

Poshan Pakhwada is a nationwide initiative launched under the **POSHAN ABHIYAAN** (Prime Minister's Overarching Scheme for Holistic Nutrition), aimed at promoting nutritional awareness and ensuring community participation in building a healthier India. Celebrated annually, this fortnight is dedicated to advocating improved nutritional outcomes for children, pregnant women, lactating mothers, and adolescents through education, health services, and community engagement. The focus lies in fostering behavior change towards healthy eating practices, hygiene, and dietary diversity.

**Event Highlights:** In alignment with this national campaign, **Narayana College of Nursing**, Nellore, organized a community outreach program on **April 17, 2025**, in collaboration with the departments of **Community Health Nursing (COHN)**, **Obstetrics and Gynecology (OBG)**, and the **NSS unit**. The event took place at a local **Anganwadi center and primary school** in Nellore and was attended by students, teachers, health professionals, and community members. The support and cooperation extended by the school authorities Mr.Sudheer Head master and Mrs.M.Malleswari were instrumental in the successful arrangement of student participation. Their active involvement and assistance greatly facilitated the smooth coordination and execution of the planned activities.

**Dr. B. Lokesh** conducted **comprehensive health checkups and nutritional assessments** for the children present at the Anganwadi. He also addressed the gathering and delivered an insightful talk on the significance of **nutrition in early childhood**, emphasizing the role of balanced diets and timely health interventions.

Faculty members including **Mrs. G. Pavithra** (COHN), **Mrs. Usha Kiran** (OBG), and **Mrs. S.Suchithra** (NSS) coordinated the event efficiently. They spoke about the importance of maternal and child health, the impact of malnutrition, and encouraged community involvement in promoting nutritional well-being.

### Activities Conducted:

- A **poster competition** was conducted at Narayana College of Nursing, where nursing students creatively showcased themes related to nutrition, healthy eating habits, and child care. Winners of the competition were recognized and awarded prizes for their outstanding efforts and innovative presentations.



## NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana\_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



- A **food exhibition** was organized at the primary school, where various nutritious and locally available food items were displayed to promote healthy food choices. Recipes and meal planning tips were also shared with the attendees to encourage practical adoption of healthy diets in daily life. Students from Narayana College of Nursing participated actively in organizing the exhibition, preparing informative displays and offering dietary tips to children and parents. This hands-on involvement provided them with valuable community engagement experience.
- **Buttermilk and healthy snacks** were distributed to all children and participants, promoting the idea of safe, nutritious, and cost-effective refreshments during hot weather conditions.
- Teachers from the primary school and Anganwadi actively participated and appreciated the initiative. They expressed gratitude to the organizing team for their dedication to community health and education.

The event was a resounding success, creating awareness about the importance of nutrition and engaging the local community through interactive and educational activities. It reflected Narayana College of Nursing's continued commitment to public health, preventive care, and outreach. The collaborative efforts of faculty, students, and local stakeholders made the Poshan Pakhwada celebration a meaningful and impactful experience for all.



Faculty & students participated in the program





# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana\_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



**Food Exhibition**



**Dr. B. Lokesh conducted comprehensive health checkups**





# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana\_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



**Students are doing Nutritional Assessment**



**Providing Health Education To Postnatal Mothers**





# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

Ph No: 0861-2317969 | Fax: 0861-2311968.

e-mail: narayana\_nursing@yahoo.co.in || principal.ncn@narayanannursingcollege.com

website: <https://www.narayanannursingcollege.com>



**Distribution of Snacks to the Students**

*C. Pavithra*  
HOD

*B. Shree*  
PRINCIPAL

Principal  
NARAYANA COLLEGE OF NURSING  
Chinthareddypalem,  
NELLORE - 524 003