



# NARAYANA COLLEGE OF NURSING

Chinthareddypalem, Nellore - 524003. A.P.

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

Recognized by Indian Nursing Council and A.P. Nurses & Midwives Council

Affiliated to Dr. N.T.R. University of Health Sciences, A.P. Vijayawada.

Accredited by "International Accreditation Organization (IAO)"



## REPORT ON "SWASTH NARI SASHAKT PARIVAR ABHIYAN"

Narayana College of Nursing organized the program "*Swasth Nari Sashakt Parivar Abhiyan*" on **27th September 2025 at 10:00 AM** at the Anganwadi Center, Kakutur (V), Venkatachalam (M), Nellore. The event focused on promoting awareness and behavioral changes in nutrition among women and adolescent girls. A special presentation was delivered by **Mrs. S. Suchitra**, NSS Program Officer, Narayana College of Nursing, on the topic "*Awareness and Behavioral Changes on Nutrition among Women and Adolescents.*" The session aimed to improve knowledge and practices related to nutrition, highlighting the importance of a balanced diet, dietary diversity, and the use of affordable, locally available foods to ensure good health. Particular emphasis was given to the nutritional needs of pregnant women, including the adequate intake of iron, folic acid, calcium, proteins, and vitamins essential for maternal health and fetal development. **Mrs. T. Chandana** also addressed key behavioral practices such as eating meals on time, reducing junk food intake, ensuring proper hydration, and including green leafy vegetables, fruits, and pulses in daily diets. The interactive nature of the program encouraged enthusiastic participation from women and Anganwadi workers, motivating them to adopt healthier dietary and lifestyle practices for improved individual and family well-being.



*[Signature]*  
HOD

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Principal

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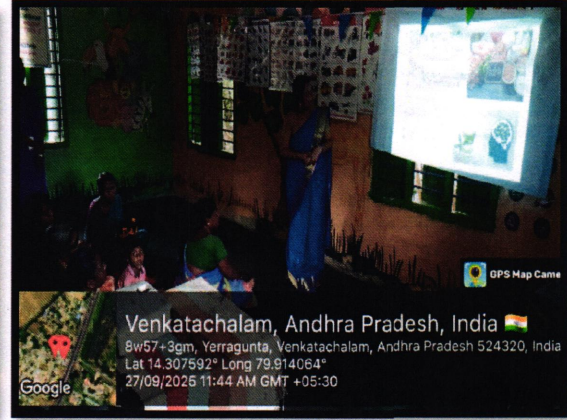
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*Saumya*  
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*B. Anurag*  
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