

MSSPM
PATHRIKAR NURSING SCHOOL
NATIONAL NUTRITION WEEK PROGRAMME

INTRODUCTION :

Every good food and liquid contains some important nutrition like proteins, carbohydrate, fats, some vitamins, minerals and water. These all play different role to keep our body healthy and build new cells in our body.

These are the important nutrition and their role in our body 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 organizations have 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 wellbeing 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 pathrikar nursing school, pathri organized by Community Health Nursing department on 20th March 2025 To 21th March 2025 under the theme, Feeding smart right form start ". Celebration was started with Inauguration of Nutrition week Celebration Theme Unfolding in the presence of Principal miss. thaku bhanuse Mam, We had organized various competition for the students on the theme "**SIGNIFICANCE, HISTORY & TIPS TO MAKE YOUR BREAKFAST NUTRITIOUS**" like Essay competition, Poster making competition, short video making competition and therapeutic and healthy food making competition. The students of First year gnm Nursing students, were actively participated in all the competitions and programmers. Food Day Celebration was arranged for all students on On 20 /09/2021 at 9:00am-1:00pm In this event students prepare therapeutic diets and present their dishes creatively. On 20/03/2025 at 10:00am-1:00pm Guest speaker MR. KHARAT SIR delivered a lecture on "**SIGNIFICANCE, HISTORY & TIPS TO MAKE YOUR BREAKFAST NUTRITIOUS**" and Price distribution for all the winner in various competition during National Nutrition Week. For the success of programed all the teachers of community health nursing department takes lots of effort Under the guidance of Miss. Thaku bhanuse professor of Community Health Nursing Department.



PRINCIPAL

Principal

Pathrikar Nursing School
Pathri, Tq. Phulambri,
Dist. Chhatrapati Sambhajnagar





Library

Mitra Sadhana Shiksham Prasarak Mandal's
Pathrikar Nursing School (GNM)
Pathri, Tq Phulambri, Dist.Chhatrapati Sambhaji Nagar.
:: Celebrates ::
NUTRITION DAY
Theme : NUTRITIONAL WEEK
Venue : NUTRITION LAB
Date : 20/03/2025

 **GPS Map Camera**



Pathri, Maharashtra, India

4fhm+57m, Sillod - Aurangabad Rd, Pathri,
Maharashtra 431111, India

Lat 20.128248° Long 75.483412°
20/03/2025 04:39 PM GMT +05:30