



### **REPORT ON NATIONAL NUTRITION WEEK 2025**

**Name of the Event :** National Nutrition Week

**Date :** 03/09/2025 – 07/09/2025

**Time :** 2pm – 3pm

**Venu :** Smt. Vimaladevi Khyalilalji Vagarecha College of Nursing, Thane.

The National Nutrition Week 2025 was celebrated with great enthusiasm by the 1st Year GNM students (2025–26 Batch) at Smt. Vimaladevi Khyalilalji Vagarecha College of Nursing from 3rd to 7th September 2025. The week aimed to raise awareness about the importance of healthy eating habits for the well-being and prevention of lifestyle-related diseases, particularly among nursing students who are future health educators.

The celebrations commenced with various planned activities spread over the week. The theme inauguration was held on 3rd September 2025 around 11:00 am and was graced by our respected Vice Principal Sir, who formally inaugurated the event. The session began with an introduction to the theme **“Eat Right for a Better Life,”** emphasizing the vital role nutrition plays in everyday health, disease prevention, and improving quality of life.

The students presented detailed information on the basic food groups, with a focus on carbohydrates and fats. Their presentation included visual aids like charts and posters, PowerPoint slides, and working models. The teaching method used was primarily discussion-based, encouraging active student engagement, peer learning, and question-answer interaction for better retention and understanding. This introductory session helped lay a strong foundation for the rest of the week's activities.

On 4th September 2025, the students actively participated by presenting information on dietary modifications and therapeutic nutrition. They covered the role of fats in the body, the dietary management of diabetes mellitus, and hypertension-friendly diets. The students highlighted the importance of low-sodium diets, balanced carbohydrate intake, and the avoidance of saturated fats. Real-life examples, sample meal plans, and diet charts were presented, which helped simplify complex dietary guidelines for better understanding. The session proved to be educational, both for the students and attendees, and reinforced the significance of preventive nutrition in managing chronic diseases.

The students demonstrated excellent teamwork, communication, and presentation skills throughout the week. The involvement of all faculty members, who were present during the activities, further encouraged and motivated the students to deliver their best performance. The guidance provided by Ms. Dhanashri Wagh and Ms. Torsha Chatterjee ensured the smooth execution and academic quality of the program.

On the following days, the students continued preparing for upcoming topics by working in groups, creating educational material, and practicing presentations. The preparations and participation not only enhanced their knowledge of nutrition but also developed their confidence in public speaking and health education, which are essential components of nursing practice.

The week-long celebration was highly impactful, combining theoretical knowledge, practical presentations, and interactive learning. It successfully spread awareness, encouraged healthy dietary practices, and reflected the dedication of both faculty and students in promoting health and nutrition awareness in the community. The activities provided a platform for students to apply classroom knowledge to real-world contexts and demonstrated the value of health promotion as a part of nursing education.



Reported by : Ms. Dhanashri Wagh, Clinical Instructor  
Ms. Torsha, Clinical Instructor

Signature of the Principal