

AMITY COLLEGE OF NURSING
AMITY UNIVERSITY, HARYANA
REPORT ON
“NATIONAL NUTRITION WEEK
1ST TO 8TH SEPTEMBER 2017”

The National Nutrition Week (NNW) is an annual nutrition event initiated by Food and Nutrition Board, Ministry of Women and Child Development, Government of India. It is observed throughout the country from 1st to 7th September every year. The main objective to celebrate nutrition week is to raise awareness on the importance of nutrition for health which has an impact on development, productivity, economic growth and ultimately National development. "Optimal Infant & Young Child Feeding Practices: Better Child Health" is the theme of National Nutrition Week-2017.

Based on the above theme, Amity college of nursing organized one week programme in various areas like, Community, PHC, Schools and College. On the closure of nutrition week one day work shop was organized at A Block Auditorium on 8th Sep 2017. The Detail report of one week celebration is as follows

EVENT 1: POSTER COMPETITION

Theme: Better Nutrition: A Key to development

Date: 1st & 4th Sep 2017

Venue: ACON,AUH

On day 1, Poster competition was organized for students of Amity College of Nursing. It was a great experience and a platform for the students to brush up their innovative skills.

Evaluated By: Mr. BP Maharatha (Dept of Fine Arts), Mr. Pradipta Biswas (Dept of Fine Arts), Ms. Richa Singh (Nutrition & Dietetics Dept.).

Total No.of Participants: 34

Winners of Poster Competition:

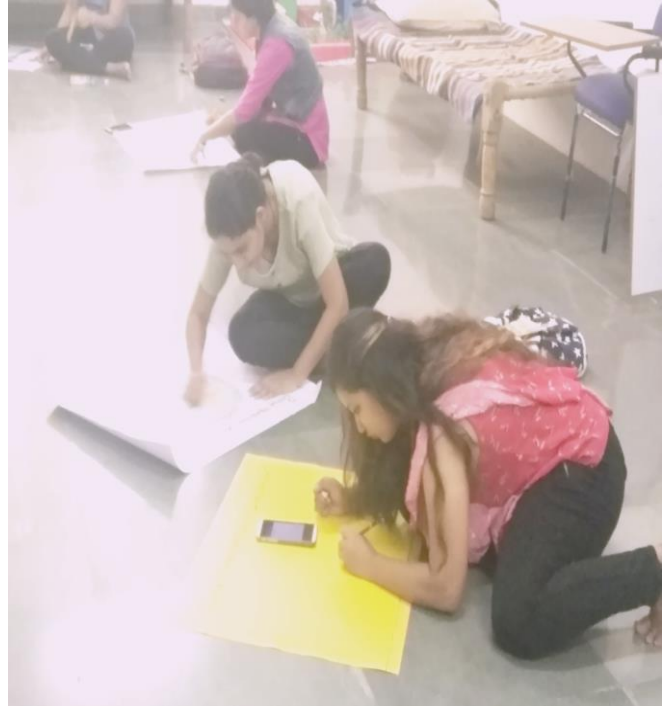
1st Prize: Ms Divya (B. Sc Nursing 7th Sem)

2nd Prize: Ms Nikki (B. Sc Nursing 5th Sem)

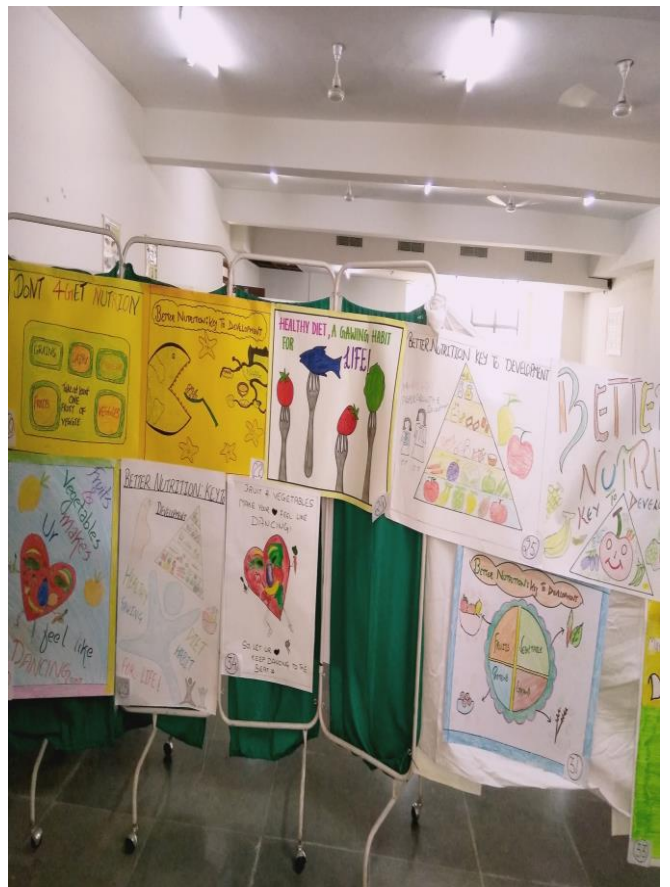
3rd Prize: Ms Madhu (B. Sc Nursing 1st Sem)

CO-ORDINATOR: Ms. Rashmi Ballyan & Ms. Whiterose (ACON)

GLIMPSES OF THE POSTERS MAKING COMPETITION



-----Students engaged in Poster making-----



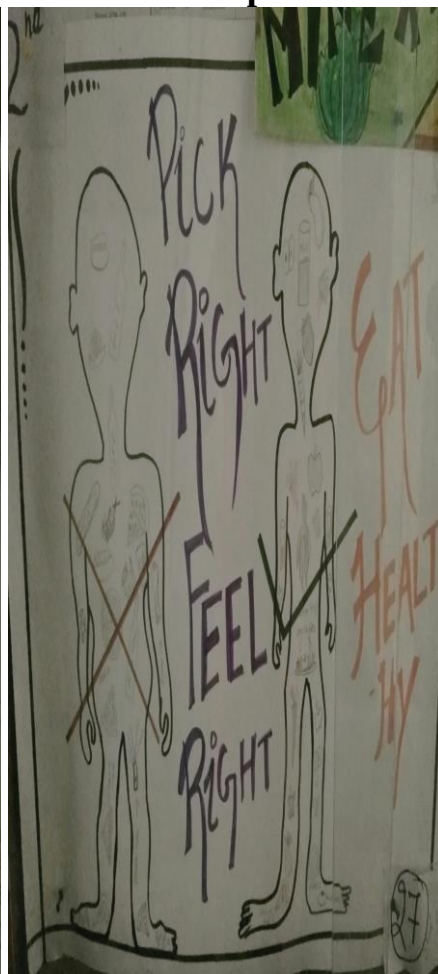
----- Posters displayed in lab for evaluation -----



-----Judges evaluation the posters-----



I Prize



II Prize



III Prize

EVENT 2: ROLE PLAY

Theme: Santhulit Aahar Desh ka Aadhar

Date: 5th Sep 2017

Venue: Kasan PHC

On this occasion BSc (H) Nursing VII Sem students of Amity College of nursing conducted a Mass awareness programme (Role play) regarding Santulith Aahar Desk ka Aadhar at Kasan PHC, Gurgaon under the Supervision of Mr. Naveena J H, Asst. Professor, Department of Community Health Nursing, Amity College of Nursing. The aim of conducting this programme is to create public awareness about the importance of Nutrition and to motivate people for taking Balanced diet.

Synopsis of the role play: A story about two different families living in Kasan. Ramesh's family is having poor knowledge on Nutrition and Vijay's family is educated and have proper knowledge regarding nutrition and balanced diet. How both families run their life and How Ramesh's family members fall sick frequently. After community health nurse visits Ramesh's family many good habits and good health observed. Hence moral of the story is Our food should be our medicine and our medicine should be our food.

Chief Guests: Dr. Sandeep SMO, Dr. Deepika and Dr.Manasvi, MO, PHC, Kasan,

Beneficiaries:- 85 Patients and community people

Venue: Kasan PHC, Gurgaon, Haryana

Supervision & Guidance: Prof. Pranati Barua, Principal, Amity College of Nursing, Gurgaon

Mr. Naveena J.H, Asst. Professor, Dept. of Community Health Nursing, Amity College of Nursing, Gurgaon

Vote of Thanks: Student narrator conveyed thanks to CMO of PHC, Staff, Audience of Kasan village, Participants of Role play and Amity College of nursing faculty for the Successful completion of the role play on National nutritional week.



-----**Students Performance in Role play**-----



-----**Students Performance in Role play**-----



-----**Group photo of participants and Kasan PHC Staffs**-----

EVENT 3: STREET PLAY

Topic: Antenatal Care

Date: 5th Sep 2017

Venue: Bhangrola PHC

On this Occasion Health Education Programme on ANC (Ante Natal Care) conducted by BSc (H) Nursing VI Sem Students under the Supervision and Guidance of Ms. White Rose, MSN, RNRM Tutor, Community Health Nursing, Amity College of Nursing. The aim of conducting this Programme was to upgrade the knowledge and increase the awareness about Ante Natal Care during pregnancy. Antenatal care services are the first steps towards ensuring the health of mothers and the newborn. This is the key component for achieving Millennium Development Goals by 2015. But India's performance continues to be poor in providing antenatal care services to its huge population, particularly in the rural areas. Hence it's very important for the public to be aware about the antenatal care and utilization of ANC services.

The Health Education Programme was presented in very interesting way to make ante natal mother aware. The participants expressed that the whole education programme was very informative and highly beneficial to them and they will spread their knowledge with antenatal mothers in their community. The session ended with a vote of thanks by the group.

Chief Guests: Dr. D.P.Malik SMO,

Beneficiaries:- 60 Patients and community people



-----STUDENTS PERFORMANCE IN STREET PLAY-----



-----**EDUCATION UNDER PROGRESS**-----



-----**CURIOUS AUDIENCE FOR THE PROGRAMME**-----

EVENT 4: GROUP PROJECT

Theme: Santulith Aahar Jeevan ka aadhar

Date: 6th Sep 2017

Venue: Borakalan PHC

The students of B.Sc. nursing 7th semester Borakalan group presented a role play along with health education as a part of Nutrition week celebration on 7th September 2017 at PHC, Borakalan. The theme of the project was “ Santulith Aahar Jeevan ka aadhar”. The skit was based on importance of balanced diet among women and children. Around 60 people from the near by village participated in the event. As a part to promote nutritious diet, students distributed bananas and guavas to all the participants. Doctors and staff actively got involved in the event and appreciated the efforts.

Chief Guests: Dr. M.S Nehra SMO, and Dr.Sachin, MO, PHC, Borakaln,

Beneficiaries:- 60 Patients and community people

Supervision & Guidance: Ms.Minu Joseph, Asst. Professor, Dept. of Community Health Nursing, Amity College of Nursing, Gurgaon

Vote of Thanks: Student narrator conveyed thanks to CMO of PHC, Staff, Audience of Borakalan village, Participants of Role play and Amity College of nursing faculties for the Successful completion of the role play on National nutritional week.



-----STUDENTS PRESENTING STREET PLAY-----



-----Audience involvement in Role play-----



-----Group photo of Audience and Faculty of ACON-----

EVENT 5: SALAD MAKING COMPETITION

Theme: Savor the flavor of eating right

Date: 6th Sep 2017

Venue: Nutrition Lab, AUH

On 6/9/17 Salad making competition was organized in Amity College of Nursing as a part of Nutrition week celebration (1-7th September).

EVALUATED BY: Dr. Suniti Sood faculty (Dept. of Amity School of Fashion Design and Technology), Ms. Sanjita, faculty (Nutrition & Dietetics Dept.) on 6/9/17 (Wednesday) at 4:15pm

RULES FOR SALAD MAKING COMPETITION

- ❖ There must be 2 participants in each team.
- ❖ Time allotted for salad making competition will be 40 minutes. Be strict to the time duration.
- ❖ Participants should bring their own materials required for salad making
- ❖ Readymade dressings can be used if required.
- ❖ Only vegetarian ingredients must be used.
- ❖ Each item will be prepared to fill up a regular quarter plate.

Total No. of Participants: 16 (8 Groups)

Winners of Salad making competition:

1st Prize: Shivani & Shikha (B. Sc. Nursing 1st Sem.), 2nd Prize: Jyoti & Priya (B. Sc. Nursing 1st Sem.)

CO-ORDINATOR: Ms. Minu Joseph & Ms. Rachna (ACON)

Conclusion: The programme was held with the support and co-operation of ACON dept along with DAN department. It was a wonderful experience and a platform for the students to brush up their innovative skills nutrition.

GLIMPSES OF THE SALAD MAKING COMPETITION



Judges

Evaluating Salads-----



----- Salad that won the first prize-----



----- Salad that won the Second prize-----



----- **Coordinators with judge** -----



----- **Salad in competition** -----



----- **Salads in competition** -----

EVENT 6: SCHOOL HEALTH ASSESSMENT

Date: 7th Sep 2017

Venue: Primary school, Bhangrola

On the Occasion of National nutrition week sep 2017, B.Sc (H) Nursing VII Sem Students organized Fruits and vegetable show and school health assessment at primary school Bhangrola. The aim of conducting this Programme was to provide information regarding benefits of fruits and vegetables and through health assessment to find out the diseases or problems among small children. Because eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized. Eating a diet with plenty of fruits and vegetables has been linked to improved health, and for good reason.

Chief Guests: V.K Nagar, Principal, Primary school Bhangrola

Beneficiaries:- 152 Primary school children

Supervision & Guidance: Ms.White Rose, Tutor, Dept. of Community Health Nursing, Amity College of Nursing, Gurgaon

Conclusion: The Fruit and Vegetable show and school health assessment was very beneficial for the students because after completing the programme students have some knowledge regarding benefits of fruits and vegetables. Through health assessment some problems have been identified and reported to the School Principal. At the end of the programme one quiz competition was conducted and prizes were given to the winners. The students were very enthusiastic during the programme and school Principal MR. V.K Nagar was appreciated this effort of the students. At the end of the programme refreshment was given and session ended with a vote of thanks by the group.



-----STUDENTS OF PRIMARY SCHOOL BHANGROLA VILLAGE-----



-----FRUITS AND VEGETABLES SHOW BY STUDENTS OF ACON-----



-----HEALTH ASSESSMENT BY STUDENTS OF ACON-----



-----PRIZE DISTRIBUTION -----



-----DISTRIBUTION OF REFRESHMENT BY ACON STUDENTS.-----
EVENT 7: QUIZ, FRUITS AND VEGETABLES SHOW

Date: 7th Sep 2017

Venue: Primary school, Kasan

On the Occasion of National nutrition week Sep 2017, B.Sc (H) Nursing VII Sem Students organized Fruits and vegetable show and school health assessment at primary school Kasan. The aim of conducting this Programme was to provide information regarding benefits of fruits and vegetables. Sufficient intake of fruits and vegetables has been associated with a reduced risk of chronic diseases and body weight management but the exact mechanism is unknown. The World Health Organisation and Food and Agriculture of the United Nation reports recommend children to consume at least 3 servings of fruits and vegetables per day excluding starchy vegetables. Eating a diet with plenty of fruits and vegetables has been linked to improved health, and for good reason.

Chief Guests: Mr.Satish, Principal, Boys Primary school Kasan

Beneficiaries:- 218 Primary school children

Supervision & Guidance: Mr.Naveena J H, Asst Prof, Dept. of Community Health Nursing, Amity College of Nursing, Gurgaon

Conclusion: The Fruit and Vegetable show and Quiz competition was very beneficial for the students because after completing the programme students have some knowledge regarding benefits of fruits and vegetables and through quiz competition children learn to answer the question in short time and it enhanced more participation of

children in these events. The students were very enthusiastic during the programme and school Principal MR. Sathish appreciated this effort of Amity students. At the end of the programme refreshment was given and session ended with a vote of thanks by the group.

Glimpses of School nutrition programme



-----SCHOOL CHILDREN INVOLVEMENT IN QUIZ COMPETITION-----



-----NURSING STUDENTS INVOLVEMENT IN SHOW-----



-----**NURSING STUDENTS INVOLVEMENT IN SHOW**-----



-----SCHOOL CHILDREN PERFORMANCE OF FRUITS AND VEGETABLE SHOW-----



-----GROUP PHOTO OF NURSING STUDENTS AND SCHOOL STAFFS-----

-----END OF REPORT-----