

Report on National Nutrition Week – 2025

Date: 1st September – 7th September 20

Organized by: KALYAN COLLEGE OF NURSING, RAJURA

Venue : Multipurpose hall

Theme: “Eat Right for a Better Life”.

Introduction

National Nutrition Week is celebrated every year from 1st to 7th September across India to raise awareness about the importance of proper nutrition for health and well-being. The 2025 celebration focused on promoting balanced diets, preventing malnutrition, and encouraging healthy lifestyle practices among all age groups.

Objectives of National Nutrition Week 2025

- To spread awareness about balanced diet and its components.
- To prevent malnutrition, anemia, and vitamin deficiencies.
- To educate people about healthy eating habits.
- To promote maternal and child nutrition.
- To encourage community participation in nutrition programs.

Importance of Nutrition

Good nutrition is essential for:

Proper growth and development in children

Strong immunity

Prevention of diseases

Healthy pregnancy outcomes

Maintaining ideal body weight

Malnutrition includes both undernutrition and overnutrition (obesity), which are major public health concerns in India.

Activities Conducted in 2025

Nutrition awareness

Cooking demonstrations on healthy recipe

Nutrition counselling

Role of Nurses in Promoting Nutrition

Assessing nutritional status of patients

Providing diet counseling

Educating mothers about exclusive breastfeeding

Promoting complementary feeding practices

Preventing and managing nutritional deficiencies





