



Community Health Nursing Department

Topic: Food and Health: Fuelling a Better Future

Date: October 16,

Venue: Parackal, Govt. UPS

Organized by: Community health nursing department

Participating Students: UP Students

Motto of the Day: "Our Health is Our Future: Make Every Meal Count"

Faculties: Mrs. Neenu, Mrs. Nivya

Introduction

The school successfully observed World Food Day on October 16th with a comprehensive awareness programme centered on the theme of "Food and Health." The global observance, which highlights the need for sufficient, safe, and nutritious food for all, was used as a platform to educate students on making informed dietary choices and understanding the profound link between what they eat and their overall well-being.

objectives

- To promote a balanced diet: Educate students on the components of a healthy diet (macronutrients, micronutrients) and the importance of variety.
- To highlight the impact of food on health: Raise awareness about how good nutrition prevents chronic disease (like diabetes and heart disease) and boosts physical and mental health.
- To address the 'Double Burden' of Malnutrition: Discuss the simultaneous global issues of undernourishment/hunger and overweight/obesity due to poor dietary choices.
- To inspire responsible consumption: Encourage students to reduce food waste and prioritize locally sourced, nutritious foods.



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Report

The session starts with inaugural address by the Headmistresses Mr. Manju. This awareness includes the importance of selection of nutritious food in our diet, the students also take part discussion with Mrs. Neenu. After the successful session ends by a pledge about healthy diet by Ms. Nivya.



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OCTOBER 16
**WORLD
FOOD DAY**

കുട്ടികളോടൊപ്പം

NEENU. R. S
Lecturer
Sree Gokulam Nursing college



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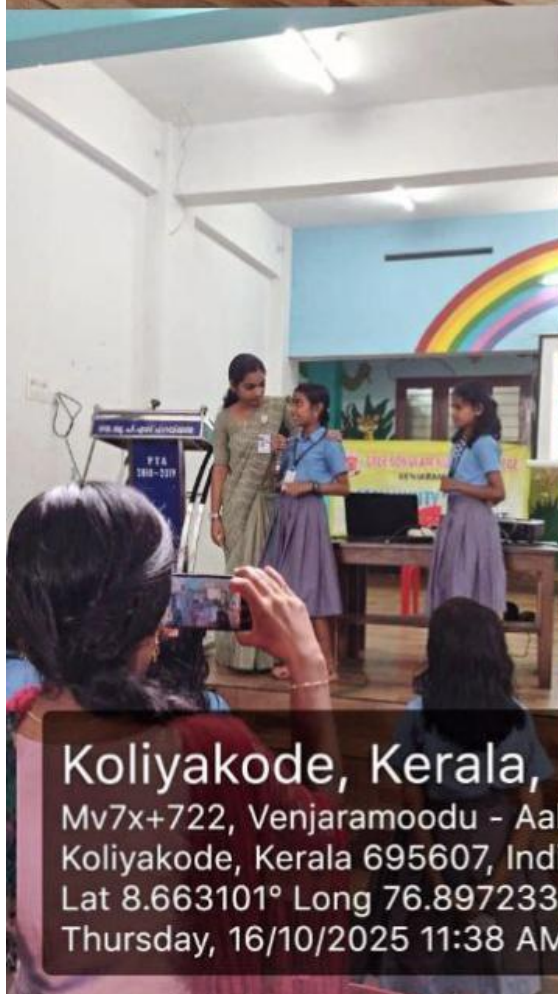
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