



NARAYANA COLLEGE OF NURSING



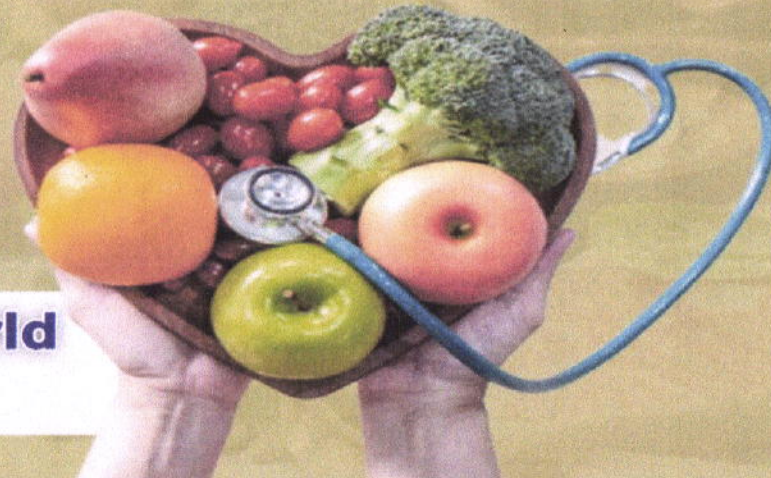
Chinthareddypalem, Nellore.

Department of Community Health Nursing



**NATIONAL
NUTRITION
WEEK:**
2022

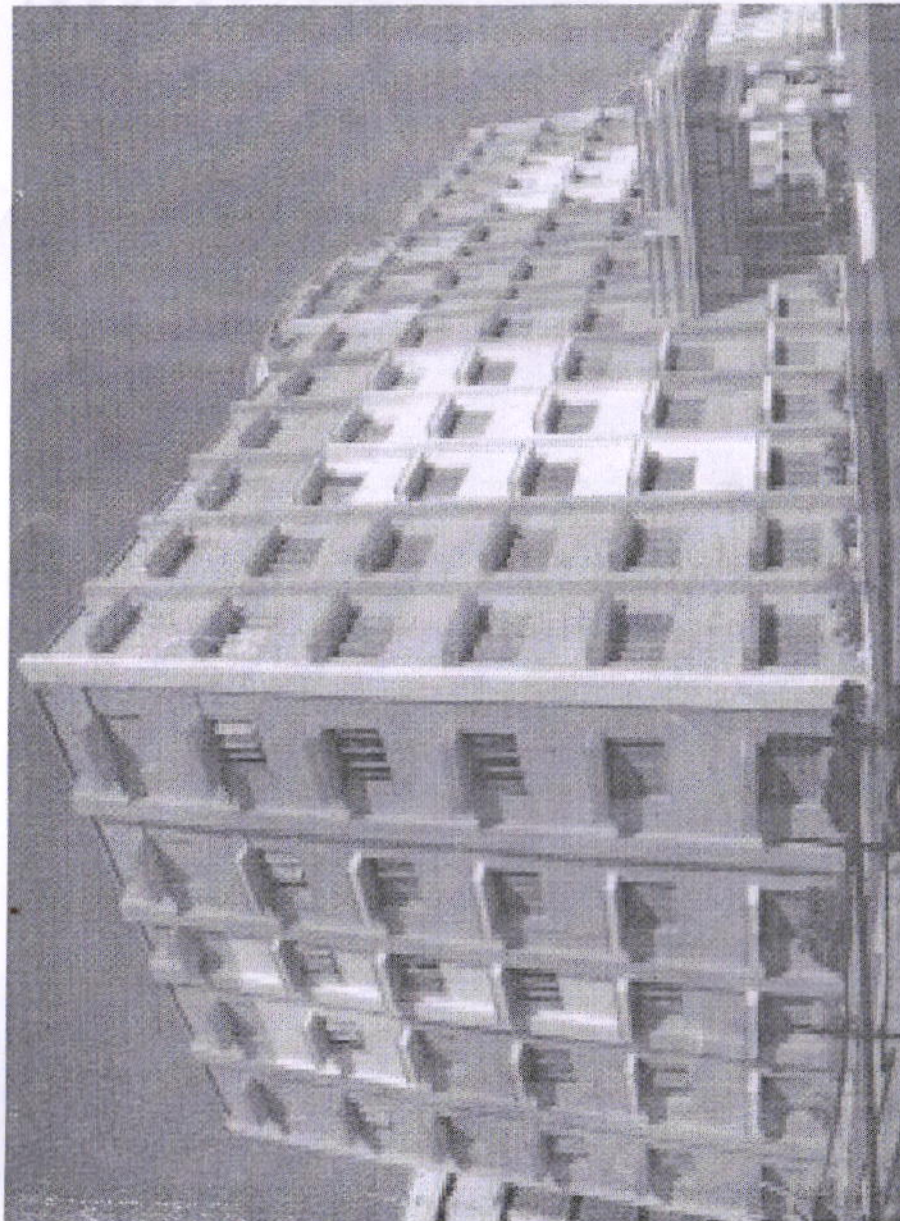
**Theme: Celebrate a World
of Flavours**



Date: 01 Sep 2022 - 07 Sep 2022 || Time: 10:00 am - 12:00 pm || Venue: UHC, Saraswathi Nagar, Nellore.

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R. Anis
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Chinthareddypalem, Nellore.



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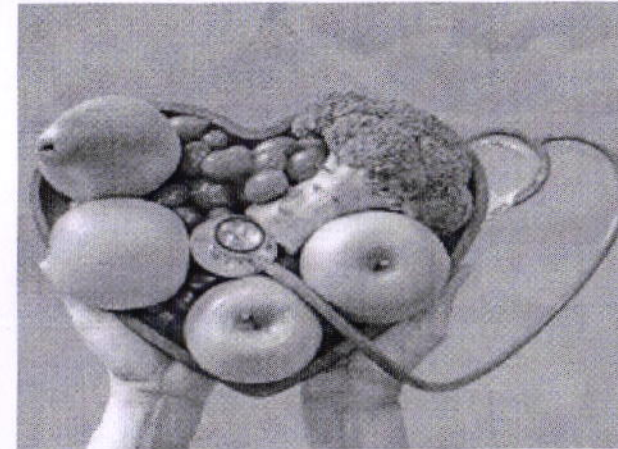


Invitation



Department of Community Health Nursing

National Nutrition Week :
2022



Date : 01.09.2022 - 07.09.2022

Time : 10:00 am - 12:00 pm

Venue: UHC, Saraswathi Nagar, Nellore.

-:Agenda:-

Prayer Song

Welcome Song

Welcome Address

Introduction

Speech by Dignitors

Food Exhibition

Health Assessment

Video Presentation

Vote of Thanks

National Anthem

Time

Topic

Speaker

10:00-10:10 am	Prayer Song	By 2nd Year B.Sc (N) Students
10:10-10:20 am	Welcome Song	By 2nd Year B.Sc (N) Students
10:20-10:30 am	Welcome address	Prof. B. Vanaja Kumari, Vice Principal, NCON.
10:30-10:40 am	Speech	Prof. B. Vanaja Kumari, Vice Principal, NCON. Dr. Divya
10:40-11:00 am	Video Presentation on Nutrition Diet	Ms. Esther Joyal M.Sc (N) I Yr Student
11:00-11:20 am	Health Education on 1. Food Hygiene 2. Balanced Diet 3. Iron Rich Diet	By 2nd Year B.Sc (N) Students Ms. Rama Ms. Divya
11:20-11:30 am	Healthy Food Exhibition	Ms. Mounika M.Sc (N) II Yr Student
11:30-11:40 am	Health Assesment	By 2nd Year B.Sc (N) Students
11:40-11:50 am	Vote of Thanks	Asso. Prof. G. Pavithra, Dept. of Com., NCON.
11:50-12:00 pm	National Anthem	

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DEPARTMENT OF COMMUNITY HEALTH NURSING

RefNo: Acd/FDP/CIR-17

Date: 24-08-2022

CIRCULAR

The Department of Community health nursing is planned to Conduct National NUTRITION WEEK programme on 1st to 7th September at UHC Saraswathi Nagar Nellore from 10:00am to 12:00pm. All are invited to participate and get empowered with current updates.

Copy to:

IQAC Coordinator

NAAC Coordinator

All Heads of the Department

PRINCIPAL

ndee-s
Principal

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REPORT ON NATIONAL NUTRITION WEEK

Date: 1st to 7th September and **Time:** 10:00am to 12:00pm

Venue: URBAN HEALTH CENTER: Saraswathi Nagar, Nellore 2

Name of the Activity	National Nutrition Week
Title of the programme	National Nutrition Week
Theme	Celebrate A World of Flavours'.
Date of the activity	1 st to 7 th September
	Prof: B. Vanaja Kumari HOD COM
Venue	Saraswathi Nagar, Nellore 2 Urban Health centre.
No. of participants	100
Objective of the Activity	<ul style="list-style-type: none">➤ To define nutrition and nutritional requirements.➤ To list types of nutrients and their relation to health.➤ To educate about Nutritional requirements of growing children, pregnant women, lactating mother and geriatric people.
Outcome of the Activity	Created knowledge about nutritive food and required food needed for all age groups by various methods like health education, exhibition, health assessments on growth and development along with effect on health.

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REPORT ON NATIONAL NUTRITION WEEK

THEME: Celebrate A World Of Flavours!

Department of Community Health Nursing conducted National Nutrition week day on 1st to 7th September between 10:00 am. and 12:00 pm. At Urban Health Centre: Saraswathi Nagar, Nellore. The program started with the prayer song and welcome song by II Year B.Sc. Nursing students

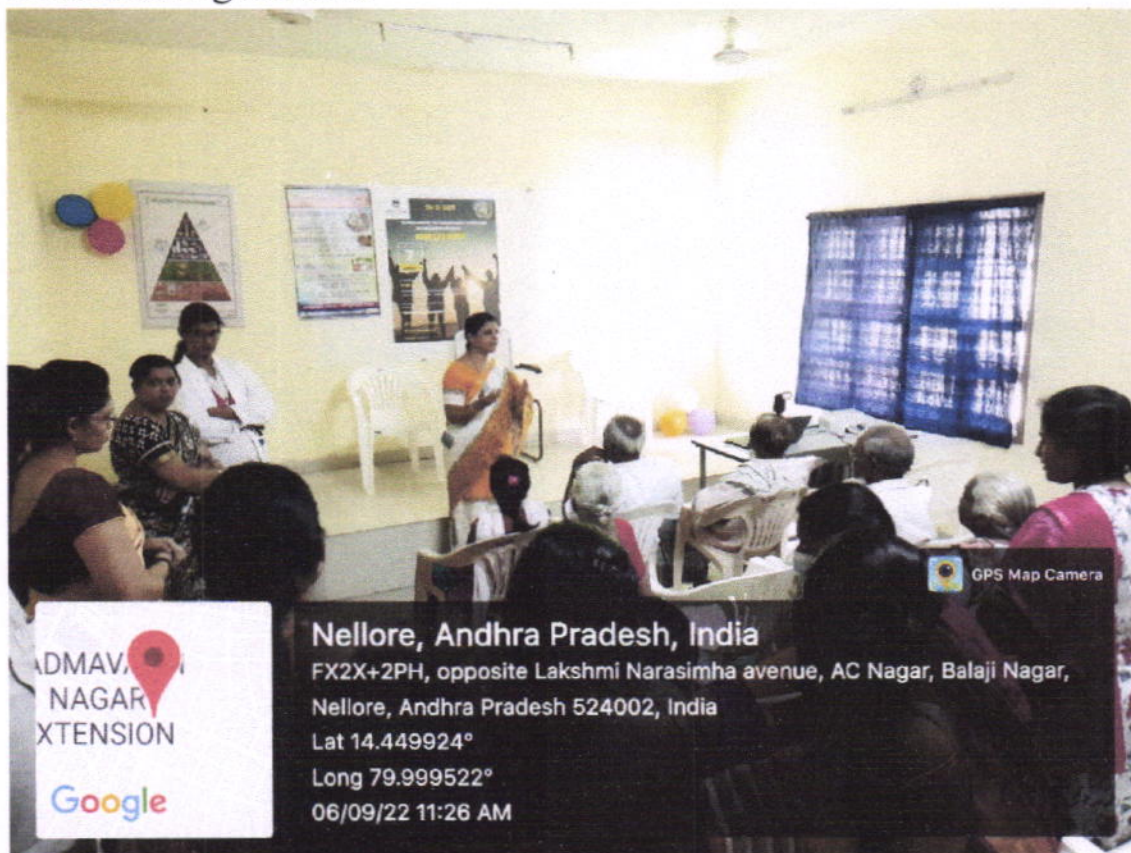


Fig:1. Introduction given. by HOD of community department

Introduction given by Prof. Vanaja Kumari, HOD of Community Health Nursing Department delivered a welcome address on the nutrition, types of food which gives us good health and their nutrient values to all the groups like children, adolescents, Pregnant ladies, Antenatal mothers, Postnatal mother's and geriatric people.



Fig :2 Team members participated in program

Speech was given by Mrs. on present theme: 'Celebrate A World of Flavours', Later, we displayed a video on types of food and its uses, effects food we consume will develop good along with deficiencies, then explained about how to overcome the problem with various opportunities to control the problems like vitamin deficiencies, excess of food intake due to flavours and their adverse effects. Educated all by giving the motivational speech to eat all foods which is needed for daily requirements.

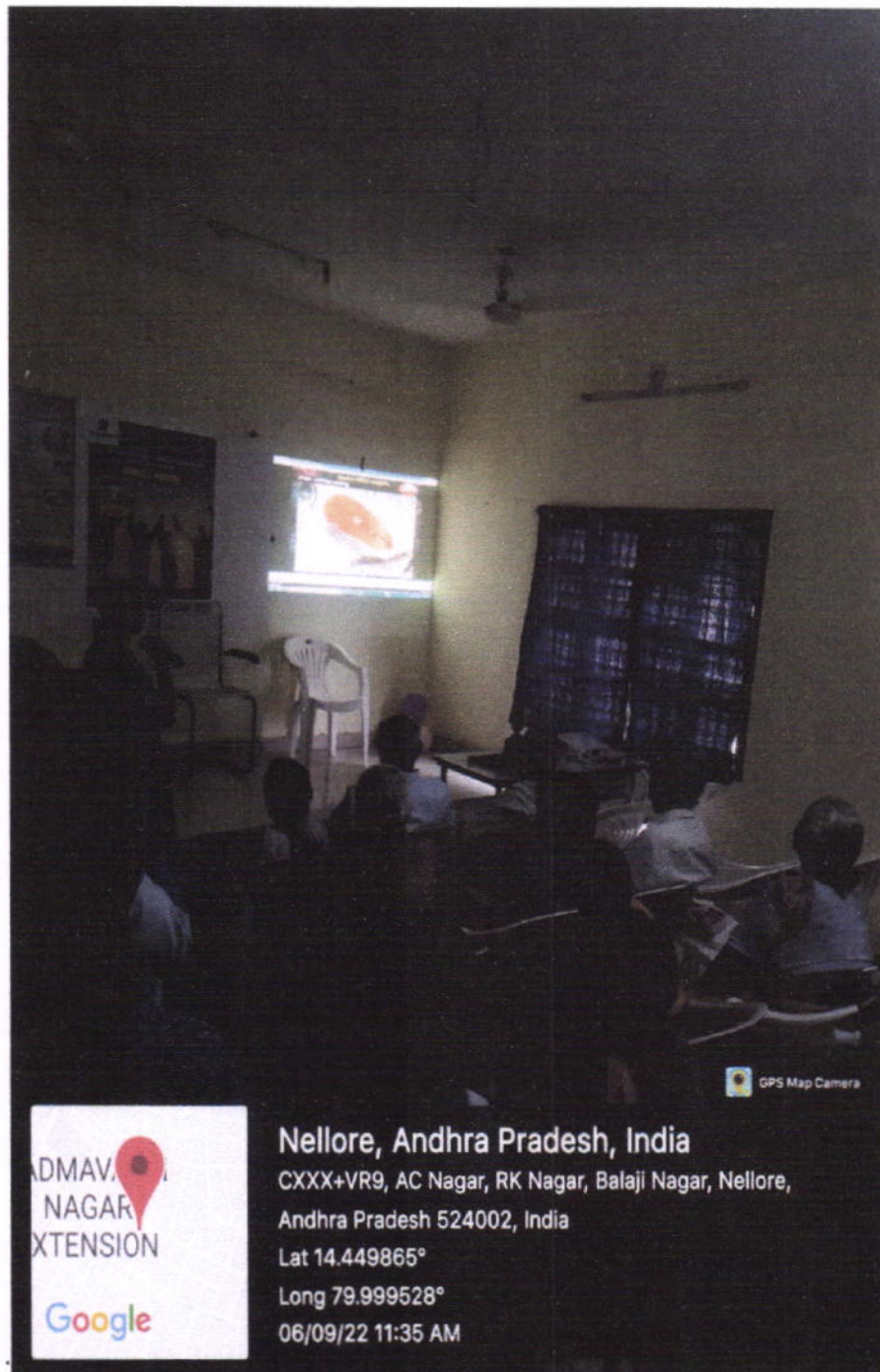


Fig:3.video about balanced diet



The M.Sc.(N) students conducted exhibition about awareness on nutrition and nutritive values, and also given health education on balance diet, Iron rich diet, Anaemiadiet, Antenatal diet, Postnatal diet and also conducted physical Assessment (Checking Height, Weight, Blood Pressure, Anthropometric Measurements etc)



Fig:4.Exhibition conducted by M.Sc.(N) students



Fig:6.Health education given by M.Sc.(N) student



Fig: 7 Team members participated

The Program was ended with vote of thanks by G. Pavithra Associate.prof of Community health nursing and nursing student followed by National Anthem.

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Pre test and post test analysis:

Table-1: Frequency and Percentage distribution of level of knowledge on nutrition uses and its ill effects on health among participant N=86

GRADE	PARTICIPENTS			
	PRE-TEST		POST TEST	
	FREQUENCY (F)	PERCENTAGE (%)	FREQUENCY (F)	PERCENTAGE (%)
A+	-	-	44	51.16
A	09	10.46	32	37.20
B	14	16.27	10	11.62
C	29	33.72	-	-
D	34	39.53	-	-
TOTAL	86	100	86	100

Table-1: shows frequency and percentage distribution of level of knowledge among participants, out of 86 participants in pre test, 09 (10.46 %) were having A grade knowledge 14 (16.27 %) were having B grade knowledge 29 (33.72 %) were having C grade knowledge 34 (39.53 %) were having D grade knowledge. Where as in post test, 44 (51.16 %) were having A+ grade knowledge, 32 (37.20%) were having A grade knowledge, 10 (11.62 %) were having B grade knowledge.

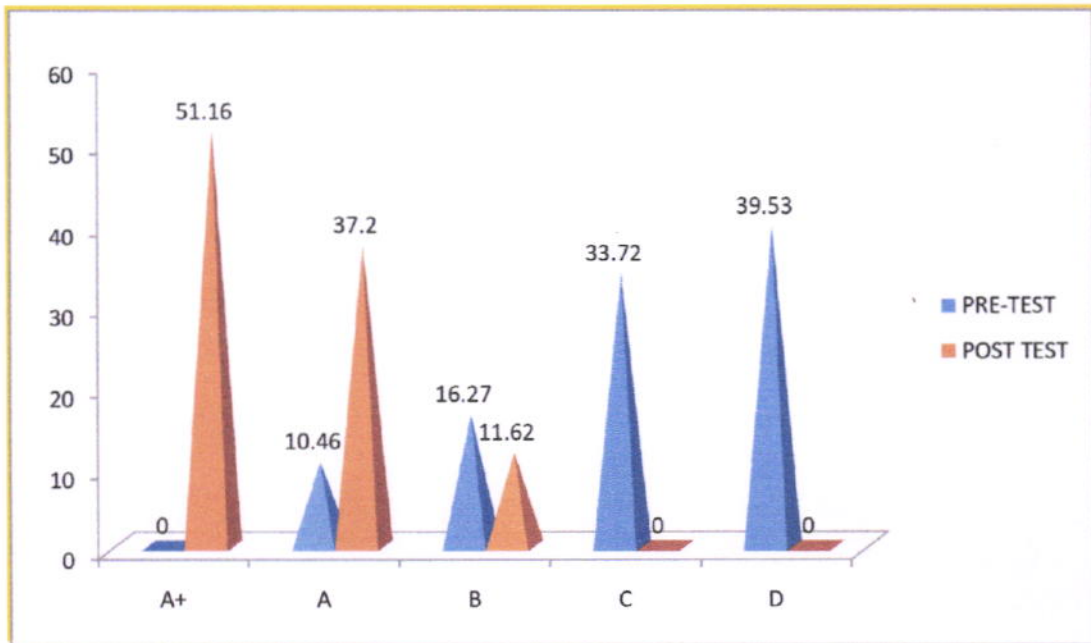


Fig-1: Percentage distribution of Comparison of Pre Test & Post Test Scores among participants

Table-2: Frequency and Percentage distribution of feedback analysis among participants

N=86

RATING	participants	
	Feedback	
	FREQUENCY (F)	PERCENTAGE (%)
EXCELLENT	42	48.83

VERYGOOD	38	44.16
GOOD	06	06.97
AVERAGE	0	0
TOTAL	86	100

Table-2: Shows frequency and percentage distribution of feedback analysis among participants, out of 86 participants, 42 (48.83%) replied excellent, 38 (44.16%) answered very good, 06(06.97%) said good about the program on nutrition week.

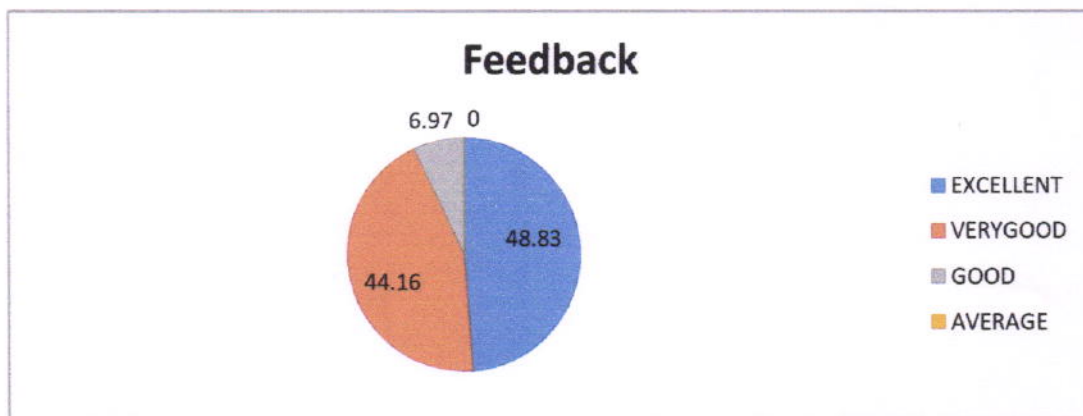


Fig-2: FEEDBACK ANALYSIS AMONG PARTICIPENTS

CONCLUSION:

The above result shows that there was significant effectiveness in improving knowledge among participants nutrition uses and its ill effects on health .

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1] What Is Meant by Nutrition ?

- A. Healthy Food
- B. Energy
- C. Rich In Nutrition
- D Minerals

2] Among the given nutrients milk is a poor source of

- a. Calcium
- b. Protein
- c. Carbohydrate
- d. Vitamins

3] Vitamin C Which one of the following is essential for preventing dental caries?

- a. Flourine
- b. Iodine
- c. Iron
- d. Zinc

4] Which of the following is considered a complete protein food?

- a. Almond
- b. Horse gram
- c. Soya bean
- d. Cashew

5] Which of the following nutrients is needed for a healthy immune system?

- a. Calcium
- b. Iodine
- c. Vitamin K
- d. Vitamin -D

6] Which of the following is a rich source of Omega-3 oils?

- a. Dairy products
- b. Cod-liver oil
- c. Vegetables
- d. Wheat products

7] Pulses are a good source of -

- a. Carbohydrates
- b. Proteins

14] Which of the following nutrients is important for body, cell, and tissue growth and repair

- a. Vitamins
- b. Fats
- c. Proteins
- d. Carbohydrates

15] How many nutrients are there

- a. 4
- b. 6
- c. 8
- d. 5

16] Vitamin C is;

- a. ascorbic acid
- b. aspartic acid
- c. lipoic acid
- d. nicotinic acid

17] The deficiency of vitamin C causes

- a. anemia
- b. scurvy
- c. rickets
- d. xerophthalmia

18] Water soluble vitamins are

- a. A, B and C
- b. C and D
- c. B and C
- d. B and B12

1] పోషకాహారం అంటే ఏమిటి?

ఎ. హాల్ తో ఘడ్

బి. శక్తి

సి. పోషకాహారం సమృద్ధిగా ఉంటుంది

D ఖనిజాలు

2] అందించబడిన పోషకాలలో పాలు పోషకముల మూలం

a. కార్బోహైడ్రేట్

బి. ప్రోటీన్

సి. కార్బోహైడ్రేట్

డి. వాటమిన్లు

3] వాటమిన్ C దంత క్షయాలను

నివారించడానికి కింది వాటిలో ఏది అవసరం?

a. ఫ్లోరోరైన్

బి. అయోడిన్

సి. ఇనుము

డి. జింక్

4] కింది వాటిలో ఏది పూర్ణ ప్రోటీన్

ఆహారంగా పరిగణించబడుతుంది?

a. బొద్దు

బి. ఉలులు

సి. సోయా బీన్

డి. జీడిపప్పు

13] కింది వాటిలో ఏది శరీరానికి శక్తిని అందిస్తుంది?

a. కార్బోహైడ్రేట్లు

బి. వీటమిన్లు

సి. నీటి

డి. ఖనిజాలు

14] శరీరం, కణం మరియు మిసోక్లోల్ పౌరుగుదల మరియు మరమ్మత్తు కోసం కింది పోషకాలలో ఏది ముఖ్యమైనది?

a. వీటమిన్లు

బి. కార్బోహైడ్రేట్లు

సి. ప్రోటీన్లు

డి. కార్బోహైడ్రేట్లు

15] ఎన్ని పోషకాలు ఉన్నాయి?

a. 4

b. 6

c. 8

d. 5

16] వీటమిన్ సి;

a. ఆస్కార్బిక్ ఆమ్లం

b. అస్పార్టిక్ ఆమ్లం

c. లిపాయిక్ ఆమ్లం

డి. నోటిన్ ఆమ్లం

17] వీటమిన్ సి లోపం కారణమవుతుంది?

a. రక్తహీనత

బి.సో కర్వో

సో.రొకాటోసో

d.xerophthalmia

18] వోటమోనో కరోగో వోటమోనోలు

a. A,Bమరొయు C

బి.సో మరొయు డో

సో. బి మరొయు సో

d.Bమరొయు B12

19] వోటమోనో K లోపానోకొ దారోత్యవచోచు

a.రకోతం గడో డకటోటడంలో వ్నైఫలోయం

b.non - అండాల పరోపకోవత

c. గరోభాశయంలో బోలాసోటోసోసోటో

ఏరోపడటం

d.నోయూరోటోసో

20] వోటమోనో దోవారో గాయం నయం అమతుందో

ఎ.ఎ

బి.సో

సో.డో

డో.ఇ

KEY:

1.a

2.c

3.a



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DEPARTMENT OF COMMUNITY HEALTH NURSING

I M.Sc(N) (2021-2022)

S.NO	STUDENT NAME	SIGNATURE OF THE STUDENTS
1	ESTHER JOEL	<i>Esther Joel</i>
2	SHINY SWARUPA J.D	<i>J.D. Shiny</i>
3	RAJESWARIS	<i>S. Rajeswari</i>
4	NANDESWARI.B	<i>B Nandbery.</i>

B. Shiny
HEAD OF THE DEPARTMENT

S. Rajeswari
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FEEDBACK FORM ON NUTRITION WEEK

DATE: 1st to 7th September @ 10:00AM-12:00PM

S.NO	CONTENT	1	2	3	4	5
1	Objectives are well defined					✓
2	Organization of content					✓
3	Session of the resource persons a) Presentation b) Time management					✓
4	The content is communicated effectively and clearly by speaker					✓
5	Voice audibility					✓
6	The audio visual aids were effective and creative					✓
7	Group interaction and involvement					✓
8	Learning resource materials are adequate					✓
9	Overall knowledge about the topic					✓
10	Overall opinion on CNE program					✓

Excellent: 5

Very Good: 4


Good: 3

Average: 2

Poor: 1

Suggestions if any _____

Signature of the participant


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9	Overall knowledge about the topic					
10	Overall opinion on CNE program				/	

Excellent: 5

Very Good: 4

Good: 3

Average: 2

Poor: 1

Suggestions if any clear content with the good-time management.

Signature of the participant

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BSC (N) II YEAR -C BATCH-2021-2022

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1	ALEENA BABU	Aleena
2	ALEENA BENNY	Aleena
3	ALEENA SHAJI	Aleena
4	ALEENAMOL REJI	Aleena
5	ANITTA JOY	Anitta
6	ANUPAMA BIJU	Anupama
7	APARNA BOSE	Aparna
8	ARCHANA BIJU	Archana
9	ARYA S NAIR	Arya
10	ARYA THANKACHAN	Arya
11	ATHIRA VINOD	Athira
12	DAGGUPATI BHUVANESWARI	Bhuvanag
13	DATTAM PUJITHA	Dattam
14	DEEPTHI SATHEESH	Deepthi
15	DONA BENNY	Dona
16	ELSA REJI	elsareji
17	EMILIN ISSAC	Emilin
18	HRIDYA MARIA	Hridya
19	ILLURU NISSI MOULIKA	Nissid
20	ITREDDY HEMALATHA	Hema
21	JAICY JOY	Jaicy
22	JENCY MARIYA JOSEPH	Jency
23	JINIT JAMES	Jinit
24	JOSNA JOSE	Josna
25	KRISHNA BIJU	Krish
26	KRISHNENDHU K S	Krishnendu
27	KUNDURTHI PRAVALLIKA	K. Pravalika
28	LINI GEORGE	Lini
29	MABLE JACOB	Mable
30	MARIA MATHEW	Maria



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6	The audio visual aids were effective and creative					✓
7	Group interaction and involvement					✓
8	Learning resource materials are adequate					✓
9	Overall knowledge about the topic					✓
10	Overall opinion on CNE program					✓

✓
Excellent: 5 Very Good: 4 Good: 3 Average: 2 Poor: 1

Suggestions if any

Program is very interactive

Signature of the participant

D. Bhuvanaga

B. Jay
HOD

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1	Objectives are well defined					✓
2	Organization of content					✓
3	Session of the resource persons a) Presentation b) Time management					✓
4	The content is communicated effectively and clearly by speaker					✓
5	Voice audibility					✓
6	The audio visual aids were effective and creative					✓
7	Group interaction and involvement					✓
8	Learning resource materials are adequate					✓
9	Overall knowledge about the topic					✓
10	Overall opinion on CNE program					✓

Excellent: 5 ✓

Very Good: 4

Good: 3

Average: 2

Poor: 1

Suggestions if any I understand performance very much

Signature of the participant

T. Parvathika

B. Anuj
HOD

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NELLORE - 524 003.



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DEPARTMENT OF COMMUNITY HEALTH NURSING

II M.Sc(N) (2021-2022)

S.NO	Student Name	Signature of the students
1	R REDDYPRIYA	
2	PARNAPALLI PRATHIBHA	
3	KARAMALA MOUNIKA	

HEAD OF THE DEPARTMENT

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PRINCIPAL

Principal
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DEPARTMENT OF COMMUNITY HEALTH NURSING

FEEDBACK FORM ON NUTRITION WEEK

DATE: 1st to 7th September @ 10:00AM-12:00PM

S.NO	CONTENT	1	2	3	4	5
1	Objectives are well defined				✓	
2	Organization of content			✓		
3	Session of the resource persons a) Presentation b) Time management			✓		
4	The content is communicated effectively and clearly by speaker				✓	
5	Voice audibility			✓		
6	The audio visual aids were effective and creative				✓	
7	Group interaction and involvement			✓		
8	Learning resource materials are adequate			✓		
9	Overall knowledge about the topic				✓	
10	Overall opinion on CNE program				✓	

✓
Excellent: 5

Very Good: 4

Good: 3

Average: 2

Poor: 1

Suggestions if any

Signature of the participant

[Handwritten Signature]

[Handwritten Signature]
HOD

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We got more knowledge about the nutrition diet and I asked some doubt about the Anaemia Modem's are explaining very good manner.