



Event Name-Nutrition Awareness and Education Programme

Date: 17th July 2026

Time: 12:00PM

Venue: Venkteshwar College of Nursing, Udaipur

Organized by: Venkteshwar College of Nursing, Umarda

1. INTRODUCTION

Nutrition is the cornerstone of a healthy life and plays a vital role in growth, development, disease prevention, and overall well-being. To promote awareness among future healthcare professionals regarding the significance of healthy eating habits and balanced nutrition, the Department of Nutrition, Venkteshwar College of Nursing, Sai Tirupati University, Udaipur, organized a Nutrition Awareness and Education Programme on 17th July 2026 in the Nutrition Laboratory.

The programme aimed to educate nursing students about balanced nutrition, food hygiene, therapeutic diets, and healthy lifestyle practices. It provided an excellent platform for students to demonstrate their knowledge and practical skills through educational exhibits, disease-specific diet models, nutrition charts, posters, healthy food preparation, and interactive presentations.

Faculty members, resource persons, and students enthusiastically participated in the programme. The event successfully emphasized the importance of adopting healthy dietary habits for preventing lifestyle diseases and promoting holistic health.

2. Objectives

The programme was organized with the following objectives:

- To create awareness regarding the importance of balanced nutrition and healthy dietary practices.
- To educate students about the role of nutrition in health promotion and disease prevention.
- To encourage healthy eating habits and positive lifestyle modifications.
- To develop practical knowledge regarding nutritional assessment, diet planning, and nutrition education.
- To promote awareness about locally available nutritious foods and therapeutic diets.
- To enhance communication, counselling, and health education skills among nursing students.
- To motivate students to become advocates of nutrition awareness within families and communities.

3. Event Highlights

The programme commenced at 12:00 PM with a warm welcome extended to the respected dignitaries, faculty members, and students. The event was inaugurated by the college authorities, followed by an introductory address highlighting the importance of nutrition in maintaining good health and preventing diseases.

Resource Persons

- Mr. Sandeep Choudhary
- Ms. Kiran Regar

The resource persons delivered informative and interactive sessions on balanced diet, food hygiene, nutritional deficiencies, therapeutic diets, food safety, and healthy lifestyle practices. Their sessions encouraged students to understand the importance of evidence-based nutritional care in nursing practice. Students of B.Sc. Nursing Second Semester actively participated by preparing educational charts, posters, disease-specific diet models, nutrition exhibits, and healthy food demonstrations. Nutritious recipes prepared using locally available ingredients showcased economical and balanced dietary practices. Various therapeutic diet models related to Diabetes Mellitus, Hypertension, Anemia, Obesity, Kidney Disorders, Cardiovascular Diseases, and Malnutrition were displayed. Students explained dietary management strategies through posters, charts, models, and interactive presentations. The programme also included nutrition quizzes, poster exhibitions, healthy food demonstrations, and interactive discussions, which enhanced participants' understanding of balanced nutrition and encouraged active learning. The event concluded with appreciation of the participants' efforts and encouragement to continue promoting nutrition awareness in the community.

Sumi V Mathur
COORDINATOR
IQAC

SAI TIRUPATI UNIVERSITY
UDAIPUR

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UDAIPUR (RAJ.)

The programme successfully achieved its objectives and resulted in the following outcomes:

- Participants gained comprehensive knowledge regarding balanced nutrition and healthy dietary practices.
- Students enhanced their understanding of nutrition education and dietary counselling.
- Awareness regarding prevention of nutritional deficiency disorders and lifestyle diseases increased significantly.
- Students improved their communication, presentation, teamwork, and leadership skills through practical demonstrations.
- Participants developed positive attitudes towards healthy eating, food hygiene, and food safety practices.
- The programme strengthened creativity, confidence, and practical application of nutritional knowledge among nursing students.
- Students became more competent in delivering nutrition education during community health activities.
- The event encouraged participants to adopt healthier lifestyles and promote nutrition awareness among their families and communities.

5. Conclusion

The **Nutrition Awareness and Education Programme** was successfully organized by the **Department of Nutrition, Venkateshwar College of Nursing, Sai Tirupati University, Udaipur**, on **17th July 2026**.

The programme proved to be highly informative, interactive, and educational. It enhanced participants' understanding of balanced nutrition, healthy eating habits, food safety, therapeutic diets, and disease prevention. The active involvement of students through educational exhibits, nutritious food preparation, posters, charts, and presentations reflected their creativity, knowledge, and practical competence.

The programme successfully achieved its objectives by promoting nutrition awareness, encouraging healthy lifestyle practices, and strengthening the practical learning experience of nursing students. It also emphasized the vital role of nurses in promoting nutrition education, preventive healthcare, and community well-being.

The Department of Nutrition extends its sincere gratitude to the **principal, faculty members, resource persons, students, organizing committee, and all participants** for their valuable support, cooperation, and enthusiastic participation, which contributed to the grand success of the programme.

6. Acknowledgement

We express our sincere gratitude to the Management, Principal, and faculty members of Venkateshwar College of Nursing for their constant encouragement and support in organizing the **Nutrition Programme Day**. Their guidance and commitment played a vital role in the successful conduct of the programme.

We extend our heartfelt appreciation to the resource persons for sharing their valuable knowledge on the importance of balanced nutrition, healthy dietary practices, and disease prevention through proper nutrition. Their informative sessions greatly enhanced the understanding of the participants.

We also thank the organizing committee, teaching and non-teaching staff, and student volunteers for their dedicated efforts in planning, coordinating, and executing the programme efficiently. Special thanks are extended to all the students who actively participated and contributed to making the event interactive and meaningful.

Finally, we acknowledge everyone whose cooperation, enthusiasm, and support helped make the **Nutrition Programme Day** a successful and impactful event, promoting awareness about healthy nutrition and overall well-being.


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VENKATESHWAR COLLEGE OF NURSING

Umarda, Udaipur

CIRCULAR

DATE: 9 July 2026

All faculties and students are hereby informed that Venkateshwar College of Nursing is going to organize a Nutrition Education and Awareness Programme. The theme for this programme is:

"Food is Medicine: Eat Smart, Stay Strong"

The objective of this programme is to educate and create awareness about the importance of proper nutrition, healthy eating habits, and the role of food in preventing diseases and promoting overall well-being.

As part of this programme, various activities such as health talks, poster competition, educational sessions, nutrition quiz, and awareness discussions will be organized.

DATE: 17 July 2026

EVENT: Nutrition Education and Awareness Programme

THEME: "Food is Medicine: Eat Smart, Stay Strong"

RESOURCE PERSON: Class Coordinator and Subject Teacher

VENUE: 3rd Floor

TIME: 12:00 AM onwards

All students are encouraged to participate actively and contribute to making this programme informative, interactive, and successful.

Your cooperation and participation will make this event a grand success.


Principal
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UDAIPUR (RAJ.)



VENKTESHWAR COLLEGE OF NURSING

((Established by the Rajasthan State Legislative Assembly and as per Sec. 2(f) of UGC Act 1956.)

Ambua Road, Village Umarda Th. Girwa, Udaipur (Raj.) 313015

Attendance List

Name of Institute: Venkteshwar College of Nursing
 Name of Event: Nutrition Awareness programme Name of Coordinator: Maheshwari Patel
 Venue: V.C.O.N Date: 17/7/26

S.No.	Name of Participate	Signature
1.	Pooja	<u>Pooja</u>
2.	Dimple Bishnoi	<u>Dimple</u>
3.	Sanjana Patidar	<u>Sanjana</u>
4.	Disha Bhalawat	<u>Disha</u>
5.	Priya Patel	<u>Priya</u>
6.	Sanku goswami	<u>Sanku</u>
7.	Titiksha Mal	<u>Titiksha</u>
8.	Pooja kumari Kharadi	<u>Pooja</u>
9.	Shavita sharma	<u>Shavita</u>
10.	Anjan Lal Meena	<u>Anjan</u>
11.	Sujal Patidar	<u>Sujal Patidar</u>
12.	Radheshyam	<u>Radheshyam</u>
13.	Niraj Kumar	<u>Niraj Kumar</u>
14.	Chirag Rawal	<u>Chirag</u>
15.	Ompakash kumar	<u>Ompakash</u>
16.	Vijay pal	<u>Vijay pal</u>
17.	Ashok kumar	<u>Ashok</u>
18.	VIJAY RAWAL	<u>VIJAY</u>
19.	HIMESH RAWAL	<u>Himesh</u>
20.	Rahul Kumar	<u>Rahul</u>
21.	Bishnoi Sunil	<u>Bishnoi</u>
22.	Lokesh dadrich	<u>Lokesh</u>
23.	Pawan Roat	<u>Pawan</u>
24.	Harshil Sahu	<u>Harshil</u>
25.	Mukesh Kumar	<u>Mukesh</u>
26.	Nikun Suthar	<u>Nikun</u>
27.	Rohit Panjapat	<u>Rohit</u>
28.	Rahul Kharadi	<u>Rahul</u>
29.	Bhavishya Ameta	<u>Bhavishya</u>
30.	Dinesh	<u>Dinesh</u>
31.	Ankur Shingh Chohan	<u>Ankur</u>

Authorized signatory

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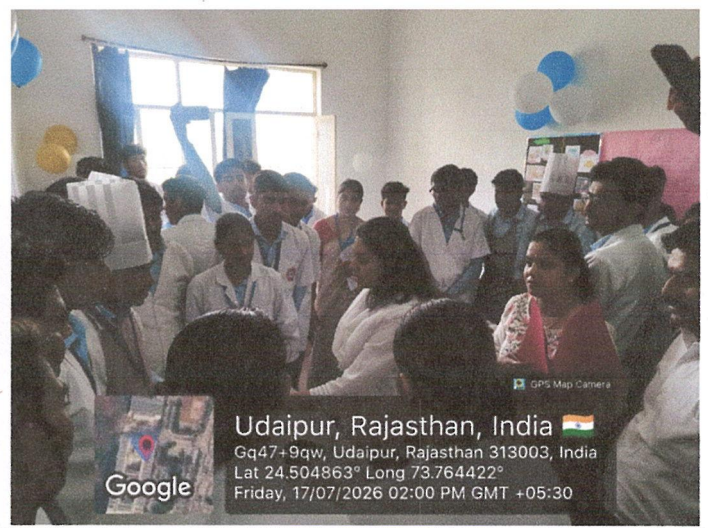
S.No.	Name of Participate	Signature
32	Govind Ram	Govind
33.	Harendra	Harendra
34.	Saurin Mohan Tanwar	Saurin
35.	Sawai Singh	Sawai
36.	Durgesh Vaishnav	Durgesh
37	Ajay Jat	Ajay
38	Krishnapal Singh Rathore	Krishnapal
39	Priganshu	Priganshu
40	DEVI LAL MEENA	Devilal
41	Sikandar	Sikandar
42	Kamlesh Kumar Jatiya	Kamlesh
43	DESHRATH SINGH	Deshrath Singh
44	ABHISHEK BHASARA	Abhishek
45	Hamza Tariq	Hamza
46	Shiva Parmar	Shiva
47	Poojesh Khurshi	Poojesh
48	Deepak Saini	Deepak
49	Vinod Kumar	Vinod
50	Kuldeep Solanki	Kuldeep
51	Lamine Prajapat	Lamine
52	Harshita Kumawat	Harshita
53	Daksha Kumawat	Daksha
54.	Lamisha Kumawat	Lamisha
55.	Mahak Chundawat	Mahak
56.	Khushbu Bhanot	Khushbu
57	Poojesh	Poojesh
58	Parmjeet Kaur	Parmjeet
59	Jahia Chandel	Jahia
60	Bhumiya Kerna	Bhumiya
61	Neelam Dahi	Neelam
62	Yamun Bano	Yamun
63	Naazim Khan	Naazim
64	Pooja Kumari	Pooja Kumari
65	Ankit Saxadatta	Ankit
66	Pawan Jat	Pawan
67	Pallav	Pallav
68	Rahul	Rahul
69	Kailash Jat	Kailash

Authorized signatory

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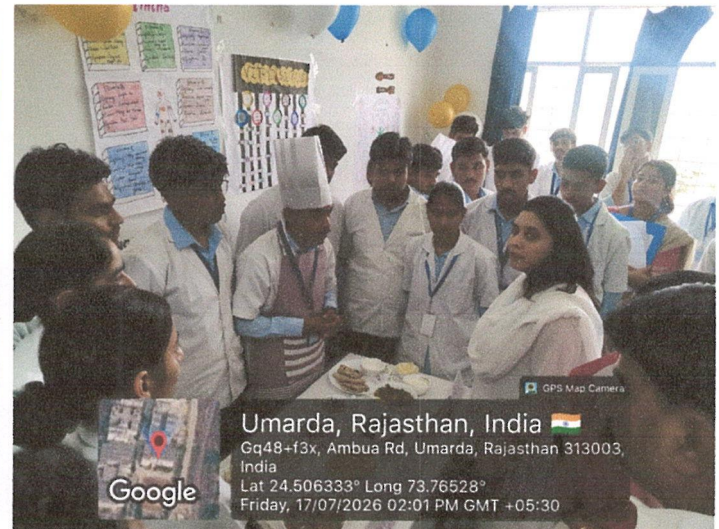
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Gq48+f3x, Ambua Rd, Umar, Rajasthan 313003, India
Lat 24.506137° Long 73.76523°
Friday, 17/07/2026 01:57 PM GMT +05:30



Udaipur, Rajasthan, India
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Gq48+f3x, Ambua Rd, Umar, Rajasthan 313003, India
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Friday, 17/07/2026 02:01 PM GMT +05:30



Umar, Rajasthan, India
Gq48+f3x, Ambua Rd, Umar, Rajasthan 313003, India
Lat 24.506344° Long 73.765205°
Friday, 17/07/2026 02:01 PM GMT +05:30

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