

DR .RAJENDA GODE NURSING INSTITUTE BULDANA

NUTRITION DAY 2026

College : DR .RAJENDA GODE NURSING INSTITUTE BULDANA

Date: 09 march 2026

Introduction

Nutrition Week was celebrated in our college from 1 sept. to 4 sept. to spread awareness about the importance of healthy eating habits and balanced nutrition. The main objective of celebrating this week was to educate students about the role of nutritious food in maintaining good health and preventing diseases.

Theme

The theme for this year's Nutrition Day was **"Discover The Power Of Nutrition"**

Activities Conducted

Several activities were organized during the week:

1. Poster Making Competition

Students created posters highlighting the importance of balanced diets, vitamins, minerals, and healthy lifestyle habits.

2. Healthy Food Exhibition

Students brought nutritious homemade dishes such as salads, fruits, sprouts, and whole-grain items. They explained the nutritional value of their dishes.

3. Essay Writing Competition

Students wrote essays on topics like "Importance of Nutrition in Daily Life" and "Say No to Junk Food."

4. Healthy Tiffin Day

Students were encouraged to bring healthy lunch boxes and avoid processed or junk food.

Learning Outcomes

Through these activities, students learned:

- The importance of a balanced diet.
- The harmful effects of junk food.
- The role of nutrients like carbohydrates, proteins, fats, vitamins, and minerals.
- The importance of regular exercise and hydration.

Conclusion

Nutrition Week was celebrated successfully with active participation from students and teachers. It helped everyone understand that good nutrition is essential for a healthy body and mind. The program encouraged students to adopt healthy eating habits in their daily lives.

Key personality & dignitaries

President of the event Mr. Amol Ramteke (Principal of Dr. rajendra Gode Nursing institute)

OPENING CEREMONY

The event commenced with a traditional Pujan & candle lightining ceremony in front of portrait of Saraswati mata

FALICITATION

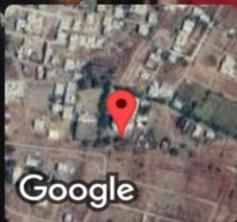
Mr . Imran sir falicitated to prof. Amol sir

Mr. Anurag sir faliciated to mr. Arun sir

Ms pragati mam faliciated to mrs parashakti mam

VOTE OF THANKS

The event conclude with heard felt vote of thanks deliver by Ms Sakshi who express gratitude to all the dignitary faculty & student for making event a success



Buldhana, Maharashtra, India 🇮🇳
G58j+5qc, Sai Nagar, Buldhana, Maharashtra 443001, India
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