



AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Website : www.amalanursingcollege.org

FIRST CYCLE NAAC ACCREDITATION 2022

CRITERION 2

TEACHING – LEARNING AND EVALUATION

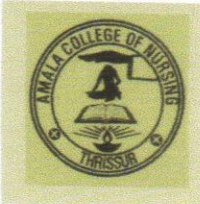
2.3. Teaching Learning Process

2.3.5 Nurtrizione Corretta – the Nutrition Practical

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

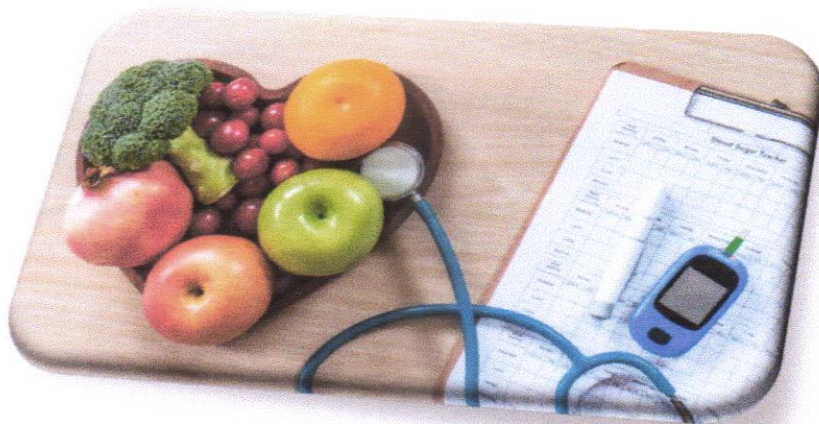


AMALA COLLEGE OF NURSING, THRISSUR

NUTRITION AWARENESS WEEK 2021

Poshan Pakhwada 2021 (Nutrition Fortnight)

16th March 2021 to 31st March 2021



Theme: Personalize your Plate

**Organized by
NSS UNIT OF AMALA COLLEGE OF NURSING, THRISSUR**

PROGRAMME SCHEDULE

Date : 27.03.2021
Time : 8.30 a.m.
Venue : Courtyard, College of Nursing

Inauguration - Dr. Rajee Reghunath
Principal, Amala College of Nursing

Date	Time	Activity
27.03.2021	8.30 a.m. to 9.00 a.m.	Nutrition Awareness Rally in Amala Campus by NSS Volunteers
29.03.2021	3.00 p.m. to 4.00 p.m.	Pencil Drawing Competition Theme - Personalize your Plate
30.03.2021	11.00 a.m. to 1.00 p.m.	Cooking Competition - Healthful Eating



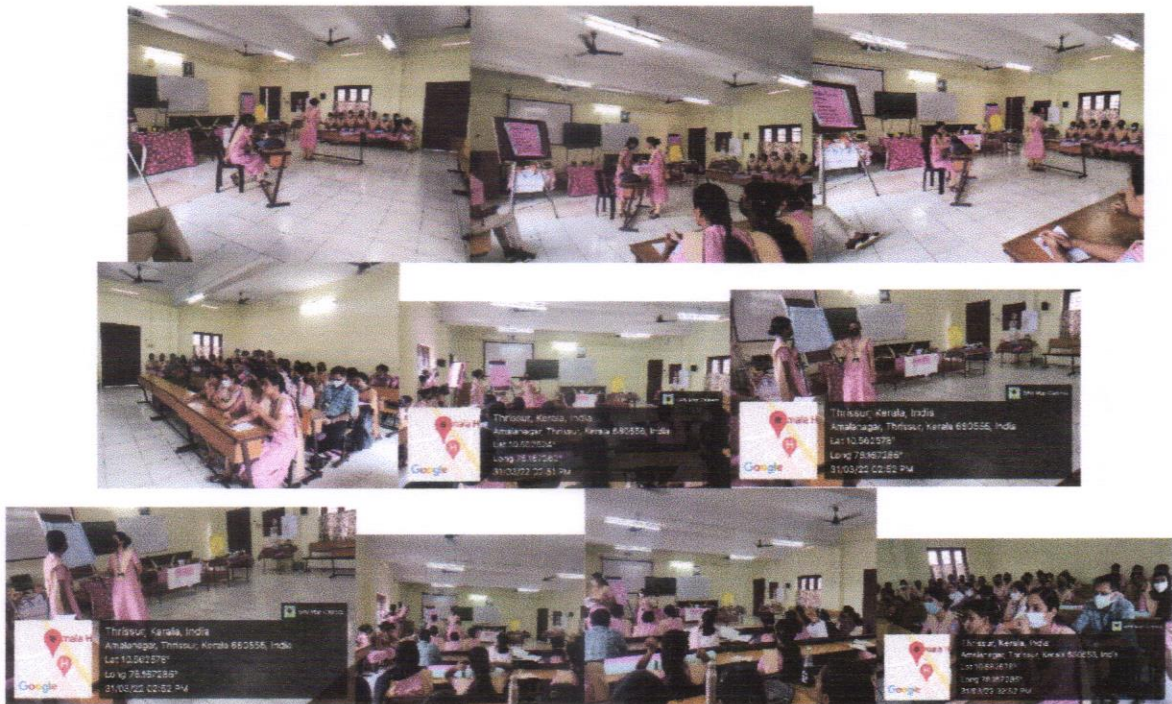
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Prof. Dr. RAJEE REGHUNATH
PRINCIPAL
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AMALA NAGAR RD., THRISSUR-680 555

Nutrizione Corretta- the Nutrition Practical

NUTRITON DAY PROGRAMME

Nutrition Day programme was conducted on 31st March 2022 as a part of poshan Pakwada under the guidance of Mrs Rani T Varghese. Students were divided in to five groups and each group consists of 10 members.

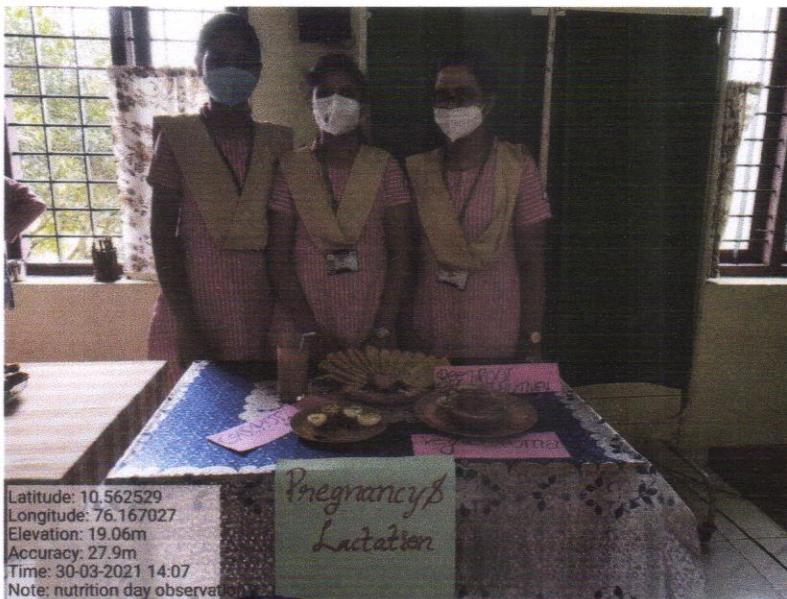
The first group presented menu plan for pre-schoolers and school going. Second group for adolescents, Third group for adults, Fourth group for pregnant women and Fifth group for old age and each group prepared meals according to their corresponding category. Preparations were started at 7o'clock and presentation was conducted at 2pm. Teachers tasted the dishes and give their comments. Programme ended successfully.



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DON JOSE K
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Report of cooking competition

On behalf of nutritious awareness week cooking competition was conducted in Amala college of nursing on 30-3-21 under the guidance of NSS unit.5 groups prepared diet for different age groups according to RDA of each category .Mrs.Reena Jiji HOD of dietary department inaugurated the programme and evaluated the food prepared .Programme was conducted from 2-4 pm in the presence of Principal, faculties. The programme enabled students to get a clear idea about balanced diet required in different age group.



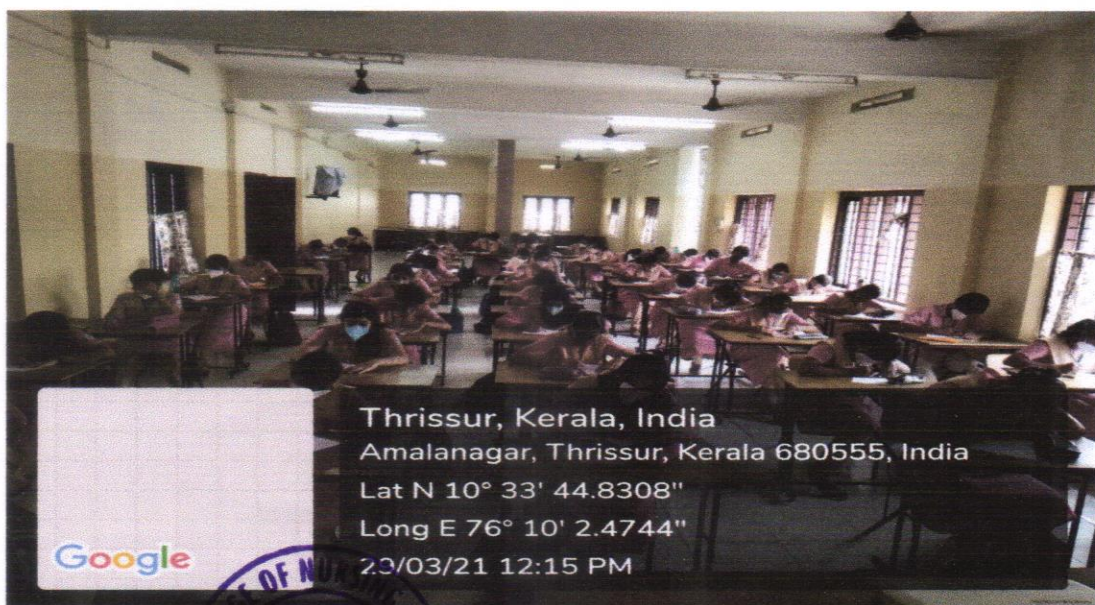
Nutrizione Corretta- the Nutrition Practical

Poshan Pakawada- Report of Nutrition awareness Rally

The Nutrition Rally was organized under the National Service Scheme (NSS) and Students Nurses Association (SNA). The rally took place from 8.30 a.m. to 9.30 a.m. The rally commenced with the Inaugural address by the Principal. Prof. Dr. Rajee Reghunath. In his speech, he emphasized the importance of nutrition in our lives. The rally was guided by Mr. Don Jose K and Mrs. Rinu David. The placards and the postures used were effective in communicating the message to the people.



Pencil drawing competition



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