

Yenepoya Nursing College, Yenepoya University

Report on Nutrition Day-2015

Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health of the organism.

The first year Basic B Sc nursing and 1st year Post Basic nursing students 2014 batch organized nutrition day in the nutrition lab of Yenepoya Nursing College on 15/06/2015 and 16/06/2015. The students were divided into 10 groups and prepared various therapeutic diets under the guidance of Mrs. Anitha, Lecturer, Dept of Community Health Nursing and Ms. Alfiya Dietician YMCH.

On 15.06.2015, the five groups of students prepared and presented weaning diet, clear fluid diet, full fluid diet, semisolid diet, and recipes prepared out of pulses and cereals. The students were supervised by Ms. Nithyashree, Mrs. Benazeera, Mrs. Anju, Mrs. Laveena and Mrs. Vinaya. At the end of the day two judges Prof. Devina E Rodrigues HOD community Health Nursing and Mrs. Renita Priya D'souza Assistant Professor has been evaluated the performance of students as per pre planned evaluation criteria.

On 16.06.2015 five groups demonstrated a therapeutic diet for diabetic mellitus, hypertension, anaemia, protein energy malnutrition, model diet for pregnant and lactating mothers. The students were supervised by Mrs. Vani, Mrs. Malathi, Mrs. Reema, Mrs Renita. At the end the students were evaluated by the same judges. Dr. Asha P Shetty Principal YNC given suggestions for better performance and also appreciated the efforts of the students.





At the end of the programme the students gained adequate knowledge regarding the various food stuffs and its nutritive content. They also learned regarding the food hygiene and ideal cooking practices.