

**ARMY COLLEGE OF NURSING, JALANDHAR CANTT**  
**DEPARTMENT:- CHILD HEALTH NURSING**

**ORGANISED BY :-** Child Health Nursing Department  
**DATE:-** 4<sup>th</sup> oct, 2025  
**TIME:-** 10-11 a.m  
**VEUNE:-** Seminar Hall  
**TOPIC:-** Eat Right For Better Health

Department of Child Health at Army College of Nursing, Jalandhr Cantt, organized a guest lecture on 4<sup>th</sup> oct 2025 for the benefit of the B.Sc Nursing students.

The topic of the session was **"eat right for better health"** (focusing on the link between food choices and long-term health), a balanced diet rich in fruits, vegetables, and whole grains, along with lean proteins like fish, beans, and poultry.

The session conducted by a distinguished guest speaker, Mrs. Jyoce Joseph who shared valuable insights to raise awareness about the importance of nutrition, combat malnutrition, and promote healthier dietary practices.

The lecture was scheduled from 10:00- 11:00am in the college seminar hall and attended by faculty members, students of B.Sc(N)sem 1, 2. The presentation was followed by an interactive Q&A session where students actively participated and clarified their doubts.

The session was highly informative and enhanced the students understanding. It successfully met its objective of raising awareness about "Poshan Abhiyaan".

The department of Child Health Nursing extends its heartfelt gratitude to the guest speaker for their time and knowledge, and to the college administration for their continuous support in organizing such enriching academic events.

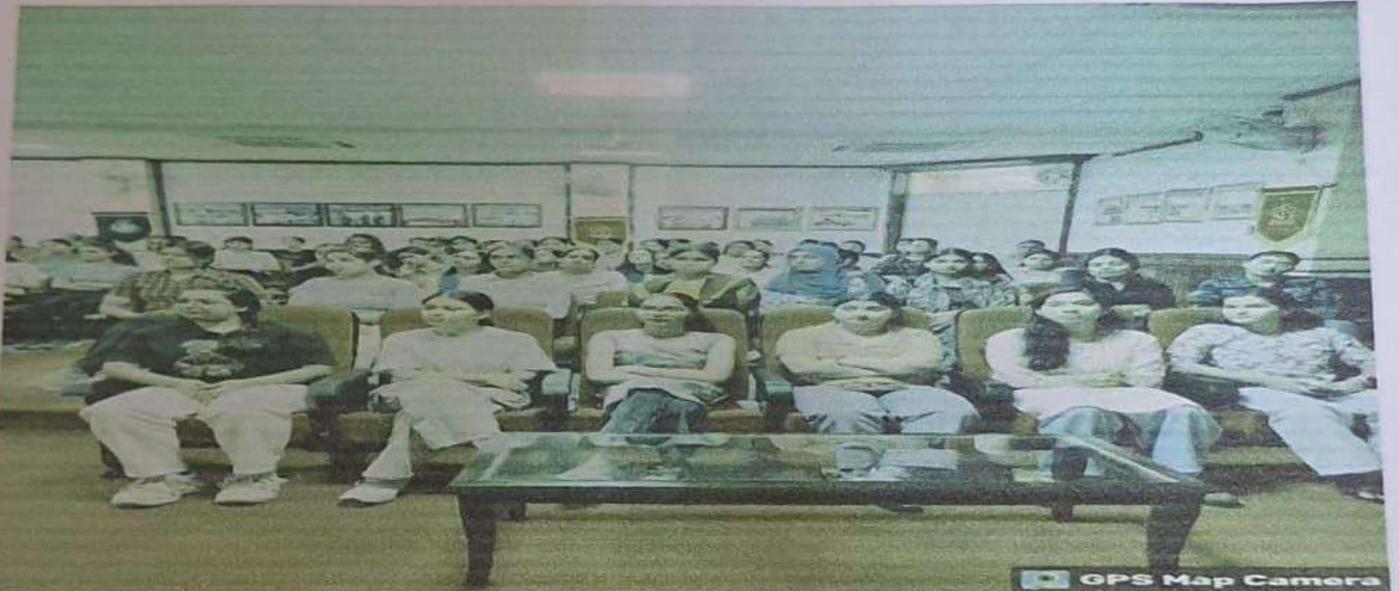
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**Jalandhar, Punjab, India**   
Nutrition week celebration, Jalandhar, Punjab  
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