

ARMY COLLEGE OF NURSING JALANDHAR CANTT

NATIONAL NUTRITION WEEK CELEBRATION (2025)

Date: 4th AND 5th SEPTEMBER.2025

Time: 8am-4pm

Venue: Nutrition Lab

Audience: B.Sc nursing Sem-2 Students

Army College of Nursing observed National Nutrition Week with great enthusiasm from 1st to 7th September on the theme **“Eat Right for a Better Life.”** The celebration aimed to create awareness among students about the importance of healthy eating habits, balanced diet, and lifestyle modifications for overall well-being.

As part of the program, students actively participated in preparing and presenting nutritious diet plans suitable for different age groups and health conditions. Students emphasized the importance of balanced meals that include adequate portions of carbohydrates, proteins, vitamins, minerals, and water.

Prof Charlotte Ranadive Principal ACN, Col Jabir Singh Registrar ACN, appreciated the creativity and scientific approach demonstrated by the students in designing diet charts. The event encouraged students to not only enhance their nutritional knowledge but also to apply it in their daily lives and promote healthy eating practices.

The week-long celebration successfully conveyed the message that healthy nutrition is the key to a better and disease-free life.



Charlotte