



(FORMERLY NEHRU COLLEGE OF NURSING)
(Approved by Indian Nursing Council New Delhi, Kerala Nurses & Midwives Council – Kerala,
Affiliated to Kerala University of Health Science – Thrissur) KUHS – QAS "A+" Accredited.

REPORT ON NUTRITION FEST 2026

The Nutrition Fest 2026 was organized by the Second Semester B.Sc. Nursing students (Zeravio), P K Das College of Nursing on 4th and 6th July 2026 from 1:00 PM to 4:30 PM at the Second Semester Lecture Hall. The fest was formally inaugurated by **Prof. Dr. A. Priya Mary Stella**, Principal, P K Das College of Nursing. The programme commenced with a warm welcome address delivered by **Ms. Shoukiya**, 2nd Semester Bsc(N), PKDCN who welcomed the faculty members, students and visitors. The vote of thanks proposed by **Ms. Fidha**, 2nd Semester Bsc(N), PKDCN; she expressed sincere gratitude to the guest, school teachers, faculty members and students.

The programme aimed to create awareness about the importance of healthy nutrition and to promote healthy lifestyle practices among students. **The theme of the event was "Nourish Today, Thrive Tomorrow."**

The fest included a variety of educational and interactive activities such as fun games, nutrition quizzes, healthy food demonstrations, nutrition exhibits, expert talks, and networking sessions. Students actively participated in all the events, enhancing their knowledge about balanced diets, healthy eating habits, and disease prevention through proper nutrition.

The expert talks provided valuable insights into the role of nutrition in maintaining good health and preventing lifestyle-related diseases. The healthy food demonstrations showcased nutritious, affordable, and easy-to-prepare recipes. The nutrition exhibits and quizzes made learning enjoyable and encouraged active participation. On the second day of the fest, teachers from Swathy Central school, Vaniyamkulum visited the fest and appreciated the students.

The programme concluded successfully with enthusiastic participation from all students. The Nutrition Fest was informative, engaging, and effective in promoting awareness about healthy eating and overall well-being.


PROGRAMME COORDINATOR


IQAC COORDINATOR


PRINCIPAL

1ST DAY



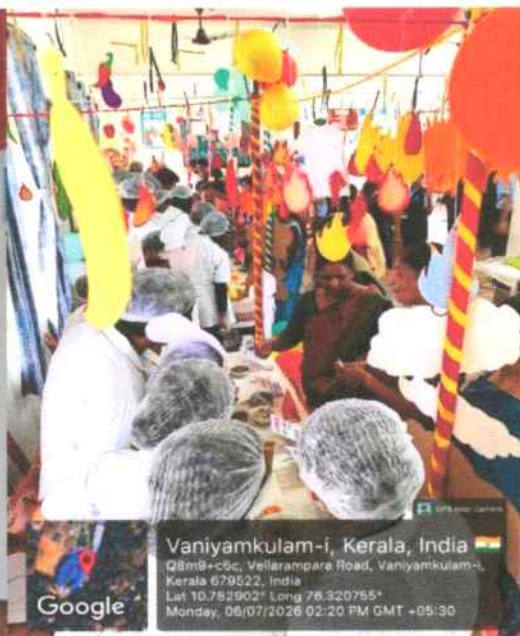
1ST DAY INAUGURATION



UNVEILING THE NAME



1ST DAY PRESENTATION



STALL VISIT

2ND DAY



2ND DAY INAGURATION



2ND DAY PRESENTATION



STALL VISIT

Group 8 : Constipation

NOURISH'25" was a resounding success, with the involvement of Faculties and staffs serving as a valuable platform for both awareness and innovation in the field of dietetics. The event not only enhanced the knowledge and confidence of students but also reinforced the crucial role of nutrition in disease prevention and management.



Nourish 2025-Inauguration



Group-I-Diet For Obesity





Day2-Nourish 2025




 Programme coordinator

Day2-Nourish 2025




 Principal