
FAROOKH ACADEMY OF MEDICAL EDUCATION
DEPARTMENT OF COMMUNITY MEDICINE
REPORT ON NATIONAL NUTRITION WEEK CELEBRATION 2026

Organized by: Department of Community Medicine, Farookh Academy of Medical Education Hospital & Research Institute (FAMEH&RI), Mysuru

Date: 07/09/2026

Venue: Government High School, Gerasanahalli, Mysuru

Participants: Students of 8th, 9th and 10th Standards

Theme: National Nutrition Week 2026

Introduction

To commemorate **National Nutrition Week 2026**, the Department of Community Medicine, Farookh Academy of Medical Education Hospital & Research Institute (FAMEH&RI), Mysuru, organized a health awareness and education programme on **7th September 2026** at **Government High School, Gerasanahalli**.

The programme was conducted for students of 8th, 9th and 10th standards, with the objective of promoting awareness regarding healthy nutrition, appropriate dietary practices, physical activity and healthy lifestyle behaviours during adolescence.

Objectives

- To commemorate National Nutrition Week 2026.
- To create awareness regarding the importance of balanced nutrition during adolescence.
- To educate students regarding healthy food choices and appropriate dietary practices.
- To introduce the **ICMR My Plate concept** and its practical application.
- To emphasize the importance of regular physical activity and an active lifestyle.
- To provide awareness regarding basic first aid measures for snake bites and animal bites.
- To encourage adolescents to adopt healthy lifestyle practices.

Inaugural Session

The programme commenced with the inaugural ceremony in the presence of the **Headmaster, Mr. Shashi Raju**, faculty members of Government High School, Gerasanahalli, and faculty members of FAMEH&RI.

The Headmaster, Mr. Shashi Raju, welcomed the faculty members from FAMEH&RI and provided a brief introduction to the programme.

As a symbolic initiation of the special occasion, plant watering was conducted, highlighting the importance of nurturing health, well-being and the environment.

Following the inauguration, **Dr. Chaithra. S** addressed the students and provided an introduction to National Nutrition Week, its theme and its importance, with special emphasis on nutrition and healthy lifestyle practices during adolescence.

Programme Highlights

The programme was conducted through two parallel interactive sessions focusing on:

1. Nutrition and Healthy Lifestyle
2. Physical Activity and First Aid Awareness

Students of 8th, 9th and 10th standards were divided into batches. The batches were subsequently rotated to ensure that all participating students received both nutrition education and physical activity education.

Nutrition Education Session

The nutrition education session was conducted by **Dr. Chaithra.S and Dr. Krishnaveni.**

The session initially involved the **8th and 10th standard students**, followed by the 9th standard students after rotation.

The session focused on the practical aspects of nutrition and healthy lifestyle practices relevant to adolescents. The following topics were covered:

- Importance of balanced nutrition during adolescence.
- Major food groups and their importance.
- ICMR My Plate concept and its practical application.
- Increased energy and nutritional requirements during adolescence.
- Healthy and unhealthy food choices.
- Foods and dietary practices that should be limited or avoided.
- Importance of adequate fibre and protein intake.
- Appropriate sequence of food consumption, emphasizing fibre-rich foods and proteins followed by carbohydrates.
- Importance of adopting healthy dietary and lifestyle habits during adolescence.

The concepts were explained using simple practical examples, stories and interactive discussions, enabling the students to understand the principles and relate them to their everyday food habits.

Physical Activity and First Aid Awareness Session

The physical activity session was conducted under the leadership of **Dr. Chandrakumar S. G.**, with the involvement of **Dr. Sudarshan B. P. and Dr. Asif Khan.**

The session focused on the importance of physical activity during adolescence and included discussion on:

- Importance of regular physical activity.
- Recommended duration and types of physical activity.
- Incorporation of physical activity into daily routine.
- Benefits of maintaining an active lifestyle.

A brief awareness session was also conducted on snake bites and animal bites. The students were educated regarding appropriate first aid measures and precautions to be taken before shifting the affected individual to a hospital.

Rotation of Students

Following completion of the first round of sessions, the student groups were rotated. The 8th and 10th standard students participated in the physical activity and first aid awareness session, while the 9th standard students attended the nutrition education session.

The rotation enabled students from all three standards to participate in both educational sessions.

Outcome

The programme provided an opportunity for school-going adolescents to gain practical knowledge regarding **healthy nutrition, balanced dietary practices, physical activity and healthy lifestyle behaviours.**

The interactive approach, practical examples and student participation helped reinforce the importance of making healthy food choices and maintaining an active lifestyle during adolescence.

The first aid component additionally provided students with basic awareness regarding appropriate measures to be taken in the event of **snake bites and animal bites** before seeking hospital care.

Conclusion

The **National Nutrition Week 2026 celebration** at Government High School, Gerasanahalli, was successfully conducted by the Department of Community Medicine, FAMEH&RI.

The programme effectively promoted awareness regarding **nutrition, healthy dietary practices, physical activity and first aid** among students of 8th, 9th and 10th standards. The active participation of the students and faculty members contributed to the successful conduct of the programme.

The programme reinforced the importance of developing **healthy eating habits and active lifestyles during adolescence**, thereby contributing to improved health and well-being in the future.

The programme concluded with a vote of thanks delivered by a staff member of Government High School, Gerasanahalli, expressing gratitude to the faculty members of FAMEH&RI for conducting the awareness programme.







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