



INTEGRAL UNIVERSITY

DEPARTMENT OF NURSING

Accredited by NAAC, Approved by UGC under section 2(f) and 12B of the UGC act 1956, MCI, PCI, IAP, UPSMP, INC, CoA, NCTE & DEB, Member of AIU. Recognized as Scientific & Industrial Research Organization (SIRO) by the Dept. of Scientific and Industrial Research, Ministry of Science and Technology, Government of India.

Date: 18/08/2021

NOTICE

A meeting is scheduled to be held on 18 August 2021, at 10:30 AM in Principal Nursing Office. The agenda of meeting regarding Workshop on Nutrition Week in 2021-22 session (B.Sc. N 1st yr). All the faculty members are informed to make it convenient to attend the same and prepared accordingly.

Mr. Farhad Ali

Principal

IINS&R
PRINCIPAL

Integral College of Nursing
Kursi Road, Lucknow-226026

Copy To,

1. Dean IIMS&R
2. Director, IIAHS&R
3. All Nursing faculties
4. Office copy



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Dated: 18/08/2021

MINUTES OF MEETING REGARDING WORKSHOP ON NUTRITION WEEK

A meeting regarding Workshop on Nutrition Week in College of Nursing Department which is scheduled from 18th Aug 2021. The agenda of the meeting was following:

1. Regarding the purpose of the week
2. Regarding national nutrition week
3. Regarding to raise the awareness about the importance for the human body
4. Regarding the importance of nutrition
5. Regarding consciously making patients aware and orient them eating and healthy balanced diet

The following members attended the meeting:

1. Mr. Farzand Ali	:	Chair Person
2. Mr. Shubham Gupta	:	Member
3. Mrs. Pragya Awasthi	:	Member
4. Mrs. Aparna Awasthi	:	Member
5. Mrs. Rupali Chaudhari	:	Member
6. Mrs. Anjali Shukla	:	Member
7. Ms. Shahnaj Qumer	:	Member
8. Ms. Divya	:	Member
9. Ms. Supriya Rai	:	Member
10. Mrs. Shafikan	:	Member

The following aspects were discussed and according following decisions were taken:

1. Workshop on Nutrition Week will be started as proposed from 1 Sept- 7 Sept 2021 through ILL.
2. The faculty proposed for the lecture on Workshop on Nutrition Week will be
 - a. Mrs. Pragya Awasthi (M.Sc. Nursing, Obstetrics and Gynaecology)
:Assistant Professor, Integral Institute of Nursing & Research, Lucknow
 - b. Mrs. Aparna Awasthi (M.Sc. Nursing, Medical Surgical Nursing)
:Assistant Professor, Integral Institute of Nursing & Research, Lucknow



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c. Mrs. Rupali Chaudhary (M.Sc. Nursing, Community Health Nursing):

Assistant Professor, Integral Institute of Nursing & Research, Lucknow

d. Mrs. Anjali Shukla (M.Sc. Nursing, Obstetrics and Gynaecology):

Lecturer, Integral Institute of Nursing & Research, Lucknow

e. Ms. Supriya Rai (M.Sc. Nursing, Medical Surgical Nursing): Lecturer,

Integral Institute of Nursing & Research, Lucknow

3. Mode of running workshop will be through IIL.

4. Certificate will be distributed for every participant after the completion of workshop.

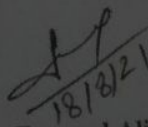
5. Name of Organizer will be :

a. Mr. Shubham Gupta

b. Ms. Shahnaj Qumer

c. Ms. Divya

d. Mrs. Shafikan


18/8/21

Mr. Farzand Ali

Principal

UNSR
PRINCIPAL

Integral College of Nursing
Kursi Road, Lucknow-226026

BROCHURE

01st to 07th
September

**NATIONAL
NUTRITION
WEEK**

2021

AffairsCloud



ABOUT THE COURSE: The National Nutrition Week was established in 1975 by the members of the American Dietetic Association (ADA), now known as the Academy of Nutrition and Dietetics. This week was set aside to raise awareness among the general public of the value of good nutrition and the need for an active lifestyle.

COURSE OBJECTIVES:

The objective of the National Nutrition Week is to enhance the nutritional practice awareness among people of the community through the adoptable training, timely education, seminars, different competitions, road shows and many other campaigns and to make a healthy Nation.

COURSE INFORMATION:

Conduct of session	: Online Google meet
Duration:	: 18 hours / weeks
Commencement of the Course	: 1 Sep 2021
End of the Course	: 7 Sep 2021

Certificate of completion will be provided to each participant

COURSE OUTCOMES:

By the completion of this course, the students should understand variety of activities providing them the opportunity to: Understand and utilize various methods of Nutritional diet

Nutritional Week Program is a comprehensive program designed to improve health and promote sustainable weight loss through a balanced and nutritious diet. The program focuses on providing participants with a structured meal plan, educational resources, and support to help them make positive changes to their eating habits.

COORDINATORS OF THE COURSE:

1. Mrs. Pragya Awasthi . Assistant professor, Department of Nursing, IUL.
2. Mrs. Aparna Awasthi. Assistant professor, Department of Nursing, IUL.
3. Mrs. Rupali Chaudhari. Assistant professor, Department of Nursing, IUL.
4. Mrs. Anjali Shukla. Lecturer, Department of Nursing, IUL
5. Ms. Supriya Rai. Lecturer, Department of Nursing, IUL

COURSE CURRICULUM

The curriculum of a Nutritional Week Program may vary depending on the specific program and goals, but here is a general outline of what you might expect to find:

Module 1: Introduction to Nutrition:

- Basics of nutrition and its impact on health and well-being.
- Macronutrients (carbohydrates, proteins, and fats) and their role in the body.
- Micronutrients (vitamins and minerals) and their importance.
- Understanding food labels and making informed food choices.

Module 2: Healthy Eating Guidelines:

- The importance of balanced meals and portion control.
- Incorporating a variety of fruits and vegetables into your diet.
- Choosing lean protein sources.
- Selecting whole grains over refined grains.
- Healthy fat choices and their benefits.
- Hydration and the significance of water intake.

Module 3: Meal Planning and Preparation:

- Planning meals and snacks for the week.
- Creating a well-balanced plate.
- Strategies for grocery shopping on a budget.
- Healthy cooking methods and recipe modification.
- Tips for meal prepping and batch cooking.

Module 4: Weight Management and Calorie Control:

- Understanding energy balance and weight management principles.
- Calculating calorie needs for weight maintenance or weight loss.
- Strategies for portion control and mindful eating.
- Identifying and managing emotional eating triggers.
- Healthy snacking options.

Module 5: Special Dietary Considerations:

- Dietary modifications for specific health conditions (e.g., diabetes, hypertension).
- Vegetarian, vegan, or plant-based diets.
- Food allergies and intolerances.
- Eating out and making healthy choices in social settings.

Module 6: Nutrition for Optimal Performance:

- Pre- and post-workout nutrition.
- Fueling for endurance activities.
- Hydration strategies for athletes.
- Sports supplements and their efficacy.

Module 7: Behavior Change and Sustainable Habits:

- Setting realistic goals and creating an action plan.
- Overcoming common barriers to healthy eating.
- Building sustainable habits and maintaining long-term success.
- Strategies for dealing with setbacks and maintaining motivation.

NOTE: The course includes a total of five quizzes and two assignments (quizzes will comprise of MCQs; One quiz after completion of each module) mandatory for all enrolled candidates. Each quiz shall be of 20 MCQs. A minimum of 50% marks shall be required in both quizzes and assignment separately as eligibility criteria for successfully completing the course and receiving the certificate.

Report on- One week hands on workshop on "Nutritional Week" organized by department of Nursing from 1st Sep to 7th Sep 2021

Dear All,

The department of Nursing, faculty of Nursing Sciences & Research had conducted a week hands on workshop on "Nutritional week" from 1st to 7th Sep 2021 this workshop has been taken by Associate Prof. Mr. Farzand Ali Principal of Integral Institute of Nursing Science & Research, Lucknow. He obtained Doctorate in Community Health Nursing in 2022. He has published several research papers in reputed journals and attends various conferences. He has contributed various chapters in different textbooks. He has more than 10 years of teaching experience in various field of nursing.

The Workshop was organized under

1. Mrs. Pragya Awasthi . Assistant professor, Department of Nursing, IUL.
2. Mrs. Aparna Awasthi. Assistant professor, Department of Nursing, IUL.
3. Mrs. Rupali Chaudhari. Assistant professor, Department of Nursing, IUL.
4. Mrs. Anjali Shukla. Lecturer, Department of Nursing, IUL
5. Ms. Supriya Rai. Lecturer, Department of Nursing, IUL

Day 1

The Inaugural session commenced on 29 March hosted by Ms. Sony Verma with welcome speech and continued by Prof (Dr) Ashfaque Khan, Director IIAHS&R, who shared his valuable insights on the topic and spoke about the relevance of the workshop which shall certainly help the students to develop their knowledge in oriented problem of Nutritional. A bouquet was presented by Associate Prof. Mr. Farzand Ali to the Chief Member and the resource Person of the workshop. He discussed his views on the topic of the workshop, he talked about building the capabilities in clinical practice and how this will be helpful for the students while serving the society.



Day 2:

On the second day of the workshop, there might have been presentations and discussions on the basics of nutrition, such as macronutrients and micronutrients, their sources, and their roles in the body.



Day 3:

On the third day, there may have been sessions on the relationship between nutrition and chronic diseases such as diabetes, hypertension, and heart disease. The focus may have been on identifying dietary strategies that can help prevent or manage these conditions.

Day 4:

The fourth day may have focused on special dietary needs for different populations, such as pregnant women, infants, children, and the elderly.



Day 5:

On the fifth day, there may have been discussions on food safety and hygiene, as well as the impact of food processing and preservation methods on nutrient content.

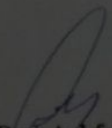
Day 6:

The sixth day might have been dedicated to discussing the role of *nutrition* in athletic performance and sports nutrition.

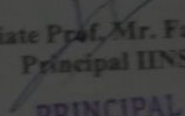
Day 7:

On the final day of the workshop, there may have been sessions on practical applications of nutrition, such as meal planning and preparation, recipe modification, and nutrition counseling.

Overall, the workshop may have provided participants with a comprehensive understanding of the various aspects of nutrition and how to apply this knowledge in their personal and professional lives



Prof. (Dr.) Ashfaq Khan
Director IINSR



Associate Prof. Mr. Farzand Ali
Principal IINSR
PRINCIPAL
Integral College of Nursing
Kursi Road, Lucknow-226026

INTEGRAL UNIVERSITY, LUCKNOW

DEPARTMENT OF NURSING

BSc (N) 1st Year
2021-2022

Workshop on Nutrition Week List of the Students for Attending the Workshop

S.No	Name	Year	01-09-2021	02-09-21	03-09-21	04-09-21	06-09-21	07-09-21
		B.Sc 1st y	Signature	Signature	Signature	Signature	Signature	Signature
1.	Aastha singh	"	Aastha	Aastha	Aastha	Aastha	Aastha	Aastha
2.	Ajeet choudhary	"	Ajeet	Ajeet	Ajeet	Ajeet	Ajeet	Ajeet
3.	Akansha	"	Akansha	Akansha	Akansha	Akansha	Akansha	Akansha
4.	Alka madheshiya	"	Alka	Alka	Alka	Alka	Alka	Alka
5.	Anamika parwal	"	Anamika	Anamika	Anamika	Anamika	Anamika	Anamika
6.	Ankit kumar	"	Ankit	Ankit	Ankit	Ankit	Ankit	Ankit
7.	Ankit kr Gupta	"	Ankit	Ankit	Ankit	Ankit	Ankit	Ankit
8.	Anshra	"	Anshra	Anshra	Anshra	Anshra	Anshra	Anshra
9.	Anurag Mourya	"	Anurag	Anurag	Anurag	Anurag	Anurag	Anurag
10.	Aradhya Singh	"	Aradhya	Aradhya	Aradhya	Aradhya	Aradhya	Aradhya
11.	Azizur Rahman	"	Azizur	Azizur	Azizur	Azizur	Azizur	Azizur
12.	Devendra Pratap	"	Devendra	Devendra	Devendra	Devendra	Devendra	Devendra
13.	Disha Patel	"	Disha	Disha	Disha	Disha	Disha	Disha
14.	Farhan Ahmad	"	Farhan	Farhan	Farhan	Farhan	Farhan	Farhan
15.	Garima Mishra	"	Garima	Garima	Garima	Garima	Garima	Garima
16.	Gaurav Patthak	"	Gaurav	Gaurav	Gaurav	Gaurav	Gaurav	Gaurav
17.	Humaira	"	Humaira	Humaira	Humaira	Humaira	Humaira	Humaira
18.	Kanchan verma	"	Kanchan	Kanchan	Kanchan	Kanchan	Kanchan	Kanchan
19.	Kanchan Yadav	"	Kanchan	Kanchan	Kanchan	Kanchan	Kanchan	Kanchan
20.	Laxmi Balmiki	"	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi
21.	Mahek Infah	"	Mahek	Mahek	Mahek	Mahek	Mahek	Mahek
22.	Margjeena Khatoon	"	Margjeena	Margjeena	Margjeena	Margjeena	Margjeena	Margjeena
23.	md Athar Khan	"	md Athar	md Athar	md Athar	md Athar	md Athar	md Athar

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Khusi Jaiswal	"	khusi	khusi	khusi	khusi	khusi
md shayan	"	shayan	shyan	shayan	shyan	shyan
mohd Danish	"	Danish	Danish	Danish	Danish	Danish
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mohd sahil Ahmed	"	Sahil	Sahil	Sahil	Sahil	Sahil
Nikhil verma	"	Nikhil	Nikhil	Nikhil	Nikhil	Nikhil
Nivedita Sinha	"	Nivedita	Nivedita	Nivedita	Nivedita	Nivedita
Noore Alam	"	Noore	Noore	Noore	Noore	Noore
Palak Rao	"	Palak	Palak	Palak	Palak	Palak
Prachi Gupta	"	prachi	prachi	prachi	prachi	prachi
Preeti	"	preeti	preeti	preeti	preeti	preeti
Priti Patel	"	priti	priti	priti	priti	priti
Priyanshu Gautam	"	priyanshu	priyanshu	priyanshu	priyanshu	priyanshu
Rima Pandey	"	Rima	Rima	Rima	Rima	Rima
Rani Singh	"	Rani	Rani	Rani	Rani	Rani
Richa Pandey	"	Richa	Richa	Richa	Richa	Richa
Riya Sharma	"	Riya	Riya	Riya	Riya	Riya
Salma Khatoon	"	Salma	Salma	Salma	Salma	Salma
Satyam Sukla	"	Satyam	Satyam	Satyam	Satyam	Satyam
Saddam Alana Karoen	"	Saddam	Saddam	Saddam	Saddam	Saddam
Shadab bano	"	Shadab	Shadab	Shadab	Shadab	Shadab
Shohab Aftab	"	Shohab	Shohab	Shohab	Shohab	Shohab
Shalini Kaur	"	Shalini	Shalini	Shalini	Shalini	Shalini
Shrma praveen	"	Shrma	Shrma	Shrma	Shrma	Shrma

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DEPARTMENT OF NURSING

Workshop on Nutrition Week

List of the Students for Attending the Workshop

B.Sc. (N) 1st year
2021-2022

No	Name	Year	01-09-2021	02-09-21	03-09-21	04-09-21	06-09-21	07-09-21
		B.Sc 1 st y	Signature	Signatur e	Signatur e	Signature	Signatur e	Signatur e
1.	Shashank Yadav		Shashank	Shashank	Shashank	Shashank	Shashank	Shashank
2.	Shashi devi		Shashi	Shashi	Shashi	Shashi	Shashi	Shashi
3.	Sharasti maurya		Sharasti	Sharasti	Sharasti	Sharasti	Sharasti	Sharasti
4.	Simran Singh		Simran	Simran	Simran	Simran	Simran	Simran
5.	Sparshi Singh		Sparshi	Sparshi	Sparshi	Sparshi	Sparshi	Sparshi
6.	Sudha devi		Sudha	Sudha	Sudha	Sudha	Sudha	Sudha
7.	Sumit Kumar		Sumit	Sumit	Sumit	Sumit	Sumit	Sumit
8.	Varshal mittal		Varshal	Varshal	Varshal	Varshal	Varshal	Varshal
9.	Yasir Rahman		Yasir	Yasir	Yasir	Yasir	Yasir	Yasir
10.	Vasmin		Yasmin	Yasmin	Yasmin	Yasmin	Yasmin	Yasmin
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