

**Shri Vishwanathrao Shamrao Patil Charitable Trust's
Madanbhau Patil College of Nursing, Kavalapur, Sangli.**

**REPORT ON: - Cookery Day / Nutrition Demonstration
Program**

ORGANISED BY : MADANBHAU PATIL COLLEGE OF NURSING ,KAVLAPUR, SANGLI.

VENUE : NUTRITION LAB

GROUP : FACULTY MEMBERS,

1ST YEAR GNM STUDENTS

DATE : 16/12/2025

Madanbhau Patil College of Nursing, Kavalapur, Sangli organized a Cookery Day and Nutrition Demonstration Program for GNM First Year students as part of the Nutrition practical curriculum. The program aimed to provide practical exposure to students regarding the preparation of nutritious, balanced, and economical diets.

The program focused on demonstrating dishes representing different nutrients, highlighting the importance of a balanced diet in daily life. Students prepared separate dishes emphasizing proteins, vitamins, fats, carbohydrates, and minerals, with each group assigned a specific nutrient component. This approach helped students understand the role of individual nutrients in growth, energy production, immunity, and disease prevention.



During the demonstration, students explained the ingredients used, cooking methods, nutritional value, and health benefits of each dish. Emphasis was given to the use of locally available, affordable, and seasonal food items, making the demonstrations practical and applicable to community and hospital settings.



The activity encouraged teamwork, creativity, hygiene practices, and effective communication among students. Faculty members guided the students throughout the program and evaluated their performance based on presentation, accuracy of nutritional information, and practical skills.

The Cookery Day and Nutrition Demonstration Program proved to be an effective learning experience for GNM First Year students. It enhanced their understanding of diet planning, food preparation, and nutrition education, which are essential components of nursing practice. The program successfully reinforced the importance of nutrition in health promotion and patient care.

Dr. Suman Pawar

(Principal)

Ms. Shamika Fernandes

(SNA Advisor)

Mr. Faraz Baandar

(Vice president)

Ms Umera Mulla

(Secretary)