

Best Practices 2025-26

Title: AN INTEGRATED APPROACH FOR PROMOTING NUTRITION EDUCATION: WEEKLY NUTRI-TIP

The Department of Nutrition has implemented a holistic best practice through the combination of the Weekly Nutri-Tip Initiative and the Annual Nutrition Awareness Week (held in the first week of September) to promote sustained health and nutrition knowledge among students and staff. This mainly aims to develop a consistent and organized framework for sharing evidence-based nutritional knowledge, encouraging healthy eating habits, and creating a health-conscious learning environment.

The implementation process comprises two complementary strategies. The Nutri-Tip Initiative involves the weekly creation and display of concise, theme-based nutrition messages on LCD screens across the campus. These tips are developed collaboratively by faculty and students, focusing on practical topics such as balanced diets, immunity, lifestyle disorders, and healthy eating habits. In addition, Nutrition Awareness Week is organized annually with a series of educational and interactive activities, including poster presentations, guest lectures, nutrition education sessions, food demonstrations, and competitions, ensuring active participation and experiential learning.

These initiatives contributed to better nutrition information, increased interest in healthy eating habits, and promoted student involvement in exchange of knowledge. These activities can also contribute to major healthy lifestyle changes and a greater interest in nutrition-related areas within the college environment.

The uniqueness of this best practice lies in its dual approach—continuous digital engagement through Nutri-Tip and intensive, activity-based learning during Nutrition Awareness Week. This integrated model is cost-effective, scalable, and impactful, serving as a replicable framework for promoting health and nutrition awareness in educational institutions.