

7.1.4

Supporting Documents



A handwritten signature in green ink, consisting of stylized, overlapping loops.

DIRECTOR
JAMATA DEGREE COLLEGE
A.V.P. Colony, VISAKHAPATNAM-17

NATIONAL NUTRITION WEEK 1ST TO 7TH SEPTEMBER

Theme: "Healthy Diet Gaining Affordable for All".

The Objective:

Students are the future citizens of any country. India, having a greater number of younger generation when compared with any other country in the world, has a major role to play in building a Nation.

At Samata, individual care is taken on every student. During an observation done on students in the classrooms, it is found that they lack interest in active listening, learning, participation in various activities, lectures, events at college, sports etc., losing concentration fast, being zoned out off the focus. They were found to be lethargic with poor nutritional status and anaemia (both boys and girls). Hence with the cooperation of management, the nutrition department has organized a month-long event called 'Nutrition Awareness Month' to support students health and nutritional status through multiple ways.

The main objective is to attain proper nutritional health of students of the institution. The idea is to enhance the nutritional awareness among students through the adoptable training, different competitions like poster presentations, recipes preparation, counselling the students and many more.

The Context:

Planning for Nutrition Awareness Month had various challenges, but efforts made to overcome which lead to a successful and impactful event. Here are some common challenges and strategies for addressing them:

- 1. Resource Constraints:** Limited budget, time, and manpower imposed significant challenge. To overcome this, considered seeking sponsorships from management.
- 2. Engagement and Participation:** Encouraging active participation from students, faculty, and staff had been challenging hence organised engaging and interactive activities such as cooking demonstrations, nutrition workshops (seminars, poster presentations), many other competitions.
- 3. Addressing Diverse Needs:** Catering to the diverse dietary preferences, cultural backgrounds, and nutritional needs of the college community was complex. Collaborated with nutrition experts to ensure inclusivity and accessibility.
- 4. Sustainability:** Implemented sustainable practices such as using locally sourced ingredients, minimizing single-use plastics, and composting food waste. Educated participants about the environmental impact of food choices.
- 5. Measuring Impact:** Collected feedback from participants through surveys such as attendance, engagement levels, and behaviour changes to measure the event's success.

The practice:

- 1. Collection of Data:** Data was collected with the help of the members of faculty of the institute from all departments using the questionnaires like food frequency, oral questionnaires which include name, gender, age, dietary habits, likes and dislikes, cultural dietary practices, myths, taboos, medical history, deficiency disorders, physical activities, etc.
- 2. Analysis of Data:** From the collected data analysis was done to find out nutritional statistics, requirements in accordance to the conditions, dietary disorders etc., through BMI calculations.
- 3. Outcome of analysis & measures taken to improve the nutritional status:** It was observed that boy students had growth problems like low height, weight, muscle tone and girl students had cases like Iron deficiency anaemia a prevalent nutritional problem among girls, particularly during menstruation. Poor dietary intake of iron-rich foods, along with increased iron requirements due to growth and menstruation, can lead to anaemia, resulting in fatigue, weakness, and impaired cognitive function.

Poor Dietary Choices, limited access to nutritious foods, as well as unhealthy dietary habits influenced by cultural and social factors, skipping meals, consuming fast food, and relying on convenience foods that are high in sugar, fat, and calories lead to nutritional deficiencies and weight-related issues.

Body Image Concerns Pressure to conform to societal standards of beauty and thinness can lead to disordered eating patterns and nutritional imbalances among girl students. Dieting, restrictive eating, and excessive exercise practices aimed at achieving a certain body image can compromise nutritional intake and jeopardize overall health and well-being.

Menstrual Health disorders, such as irregular periods, heavy bleeding, and menstrual pain, can impact nutritional status and dietary behaviours among girl students. Hormonal fluctuations and menstrual symptoms affected appetite, food cravings, and nutrient absorption, potentially leading to nutritional deficiencies and imbalances.

Stress and Mental Health issues due to academic pressure, social stressors, and mental health concerns such as anxiety and depression can influence eating behaviours and nutritional status among girl students. Stress-related eating patterns, emotional eating, and disordered eating behaviours may develop as coping mechanisms, affecting overall nutritional intake and health outcomes.

Basing on this analysis outcome, the counselling sessions were organised with the help of health experts through seminars, poster presentations, group discussions, recipe preparation competitions, healthy eating practices as challenge. Demonstration of cooking healthy recipes using the simple ingredients, locally available food sources, seasonal foods, etc. Monitoring for about a month was done to make sure there is improvement in the nutritional statistics among the students. The results were satisfied as the students shown interest all along.

Evidence of Success:

1. **Increased Participation:** The college organized events, workshops, or seminars on nutrition and saw a significant increase in student and faculty participation, it could indicate heightened awareness and interest in the topic.
2. **Positive Feedback:** Gathering feedback from participants through surveys or evaluations provided insights into the effectiveness of the activities. Positive feedback regarding the relevance, usefulness, and impact of the events indicates success.
3. **Behavioral Changes:** Success can also be measured by observing changes in behaviour related to nutrition. For example, more students are opting for healthier food choices and there's an increase in the number of students engaging in physical activities, it could indicate that the awareness campaign has influenced behaviour positively.
4. **Academic Engagement:** There's an increase in academic engagement with nutrition-related coursework like internship in hospitals during and after the awareness month, it suggests that the initiative has stimulated interest and curiosity among students and faculty.
5. **Long-term Impact:** Tracking long-term effects, such as sustained healthy behaviours and continued interest in nutrition-related activities beyond the awareness month, provides insight into the lasting impact of the initiative.

By assessing these indicators, college gauges the success of their Nutrition Awareness Month initiatives and identify areas for improvement in future campaigns.

Problems Encountered and Resources Required:

- Faced difficulty while collecting the data from students as few resisted to provide detailed information about few things like medical history, eating habits, sleep cycle, physical exercises patterns or habits.
- Time constrain is one of the difficulties as a huge data must be monitored accurately and provide required improvements.
- There was resistance to change by adopting healthier eating habits and lifestyle, cultural and religious aspects, following of myths and taboos. All these made it difficult to run the event.
- Organizing a successful nutrition awareness event requires a variety of resources to ensure effectiveness and engagement. Here's a list of resources typically needed:
- Resources required for this event are like following,
- Human resources like volunteers, health experts, students or subjects etc.
- Equipment's like weighing machines, height measuring scales, systems to compute the data, survey forms, cooking stations etc.