

National Nutrition Week Celebration
By SSBS
In collaboration with SCOPE and TATA POWERS
Nutritious low cost recipe demonstration
By
“AaharMaitrini”
Students of SSBS, Nutrition and Dietetics Program- Semester 1
Date : 8.9.2017
Time: 11:00- 4: 00 pm
Venue: Male Village ,Mulshi



Background

As an extension activity for community SSBS in collaboration with SCOPE and TATA POWERS celebrated the National Nutrition week in Male Village, Mulshi with interesting activities and talk on nutrition, food hygiene and sanitation. The students of SSBS nutrition and Dietetics program were involved for recipe demonstration and discussion as “AAharMaitrini” i.e friend for understanding Diet.

Target Audience

The target audience for the program were around 70 Anganwadi workers and ASHA workers along with 20 Nursing students studying at Male village.



Anganwadi workers and ASHA workers attending the program Speakers for the Program



(From left) Tata Power officials ,Swaropwardhini NGO officials, SCOPE representative and SSBS Faculty.

Program Schedule

Lecture series by various speakers

Tata Power Plant Officials

Tata power plant officials spoke about the purpose of the program and also spoke about the importance of foods and nutrition promotion through the target audience.

The Officials from NGO “SwarupWardhini”

The officials from the NGO spoke about the NGO and its activities and Health promotion at NGO.

SCOPE Representative

SCOPE official Mrs Revati spoke about the activities of SCOPE across the villages and the ways by which the villagers can avail the facilities related with health care provided by SCOPE.

SSBS faculty

SSBS faculty spoke about the importance of seasonal local foods and its importance for Health. Healthy Cooking practices and importance of healthy life style for maintaining the health of women and children. Special emphasis was given on infant feeding practices and healthy child feeding practices .

Activities

- 1. Importance of Healthy eating and lifestyle through interactive talk was conducted by Nutrition and Dietetics students ,SSBS.**



Students explaining the Food Guide Pyramid and having an interaction with the audience

- 2. Nutritious Low cost recipe demonstration by SSBS Students**

The SSBS students introduced themselves as “AaharMaitrini” (Diet Friend) and gave a background about the recipes and its health benefits .Special emphasis was given on infant feeding and child feeding practices.



Students guiding ASHA worker for recipe preparation



Anganwadi worker trying local variations of green leafy vegetable



Nursing students noting down the recipes

Nutritious Low cost recipes Demonstration was conducted in which five recipes were demonstrated, Examples of few recipes :



Preparation of Malted cereal and pulse sheera and kheer was demonstrated with health benefits



Mixed flour Laddoos with variations from local flours were demonstrated.



“Kelyache Ghavan” a recipe prepared using ripened banana and wheat flour was demonstrated.

3. Interactive game on infant feeding



A fun filled game on “Infant feeding Food Square was played by Anganwadi workers, ASHA workers and Nursing students under the guidance of SSBS students and faculty. The importance of breast feeding and complimentary feeding practices was stressed during the game.

Feedback: The feedback received was good for the program. All the recipes and game played were enjoyed by the audience .It was a good learning experience for students as they got hands on experience for healthy eating demonstration, infant feeding and child feeding.

THE END

National Nutrition Week Celebration
By SSBS In collaboration with SCOPE and TATA POWERS
Street Play on “IYCF Practices”
By
Students of SSBS, Nutrition and Dietetics Program- Semester 3
Date : 7.9.2017, Time: 11:00- 4: 00 pm, Venue: Ambavney,Mulshi

On account of Nutrition week celebrations (1-7th September 2017) a community outreach activity was planned in collaboration with Tata Power and SCOPE at Primary Health Centre of Abavney, Mulshi. The aim of this activity was to educate the community stakeholders- ASHA's and Anganwadi workers about the Infant and young child feeding practices and their crucial role as facilitators in promoting these practices. A total of 27 students participated in this event and presented 2 street plays in local languages- Hindi & Marathi.



PHC Ambavney Medical officer and Panchayat samiti members, Mrs. Revati Pathak(SCOPE), Ms. Devaki Gokhale (SSBS)