

Organising Nutrition Education Programme at Community level

Nutrition education programme was carried out for the adolescent girls of Besant National PU College on 4th March 2022 after interpreting the results of the study conducted on assessment of the health parameters for the same population in order to improve their dietary pattern and bring changes in their lifestyle.

The nutrition education programme was carried out by using various teaching aids such as

- Posters
- Picture charts
- Pamphlets
- Quiz

All the teaching aids were effectively used and the nutrition education programme was fruitful.

List of students undertaking the extension activity

S.No	Name	Register no
1.	Afnan	201031393103
2.	Deekshita	201031393104
3.	Nishma	201031393108
4.	Pooja	201031393109

Objectives

- To create awareness on the importance of nutrition and inclusion of important foods to improve the nutritional status of the target population with the use of teaching aids.

Outcome

- The target population had a clear understanding of importance of good nutrition and foods to be included in the diet to improve the health and reduce the incidence of lifestyle disorders and other disease conditions.



Student audience



Imparting nutrition education with use of teaching aid



Imparting nutrition education with use of teaching aid



The student audience given with nutrition pamphlets