

## Organizing Nutrition Education Programme At Community Level

Nutrition education program was carried out for the government hostel girls of age 18-22 years on 3rd 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 habits and to bring changes in life-style pattern.

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

- Posters
- Quiz (questions based on nutrition )
- Pamphlets

### List of students undertaking extension activity

S.No	Name	Register No
1.	Shantipriya	201031393101
2.	Krithika	201031393102
3.	Rachana	201031393112
4.	Raksha	201031393113

### 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.



Target population given the pamphlets

Nutrition education programme



Nutrition education programme