

Organising Nutrition Education Programme At Community Level

Nutrition education programme was carried out for the old age people of Hongirana old age home on 10-01-2022 after interpreting the results of the study conducted on assessment of the nutritional status for the same population in order to improve their dietary pattern and lifestyle changes.

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

- Placards
- Posters
- Pamphlets

All the teaching aids were displayed with dietary suggestions, awareness of deficiency of micronutrients and a nutrition education programme was organised successfully.

List of students undertaking the extension activity

S.No	Name	Register no
1.	Lavisha Preethi D'Souza	201031393107
2.	Thejaswi N	201031393114
3.	Ashitha Sukumaran K	201031393116
4.	Shalini MK	201031393117

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.



Students with teaching aids

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