



*Department of Nutrition and Health Education
St. Bede's College, Shimla*

EXTENSION ACTIVITIES 2022-23

NUTRITIONAL ASSESSMENT OF PREGNANT AND LACTATING WOMEN

On 7th September 2022, an educational activity was conducted to shed light on the crucial role of a dietician in a hospital setting and to emphasize the significance of nutrition for pregnant and lactating women.

Objectives:

- To understand the role of a dietician in a hospital setting.
- To comprehend the importance of nutrition for pregnant and lactating women.
- To equip students with the knowledge and skills required to plan a balanced diet specifically tailored for pregnant and lactating women.

During the activity, the role of a dietician in a hospital was thoroughly explained to the students. They learned that dietitians assess the nutritional needs of patients based on their medical conditions, dietary restrictions, and personal preferences. They work closely with the medical team to design individualized meal plans that support the patients' overall health goals and aid in their recovery process.

The importance of nutrition for pregnant and lactating women was emphasized. The students gained insights into the unique nutritional requirements of these women during these crucial stages. They learned that adequate nutrient intake, including essential vitamins, minerals, and macronutrients, is vital for supporting the growth and development of the baby and maintaining the mother's well-being. The students were educated on the specific dietary considerations and recommendations for pregnant and lactating women.

To enhance their practical skills, the students were guided on how to plan a well-balanced diet specifically tailored for pregnant and lactating women. They learned about the essential nutrients required during these stages, appropriate food choices, portion control, and meal planning strategies. Case studies and practical examples were utilized to demonstrate the application of this knowledge in real-life scenarios.

Outcome: By the end of the activity, the students successfully achieved the desired outcomes. They developed a comprehensive understanding of the role of a dietician in a hospital setting and the significance of nutrition for pregnant and lactating women. They acquired the knowledge and skills required to plan a well-balanced diet that meets the unique nutritional needs of expectant and new mothers.



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NUTRITIONAL ASSESSMENT OF PRE SCHOOLERS

On 21st November 2022, an educational session was conducted with the objective of providing students with knowledge about malnutrition, methods of assessing nutritional status, and the importance of national programs in addressing this issue.

Objectives:

- To acquire knowledge about malnutrition and its impact on individuals and communities.
- To understand the methods used to assess the nutritional status of individuals, with a focus on measuring weight and height in preschoolers.
- To gain insight into national programs and policies aimed at combating malnutrition and promoting better health outcomes.

During the session, students were introduced to the concept of malnutrition and its detrimental effects on individuals and communities. They learned that malnutrition can arise from deficiencies, imbalances, or excesses in nutrient intake and can lead to impaired growth, weakened immune system, and increased susceptibility to diseases.

The session focused on various methods used to assess nutritional status, with a specific emphasis on measuring weight and height in preschoolers. Students were provided with practical demonstrations and guidance on how to accurately measure the weight and height of young children. They learned about growth charts and reference standards that aid in assessing the child's growth patterns and identifying signs of malnutrition.

Furthermore, the session shed light on the importance of national programs and policies in addressing malnutrition. Students gained insights into the initiatives undertaken by governments and international organizations to combat malnutrition at a population level. They learned about programs such as promoting exclusive breastfeeding, food fortification, and school feeding programs. The students also explored the role of nutrition education and counseling in improving nutritional outcomes.

Outcome: By the end of the session, the students successfully achieved the desired outcomes. They acquired knowledge about malnutrition, its impact on individuals and communities, and the methods used to assess nutritional status, specifically in preschoolers. The students developed practical skills in measuring weight and height accurately, allowing them to assess the nutritional status of young children.

Additionally, the students gained an understanding of the importance of national programs and policies in combating malnutrition.



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