



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

EXTENSION ACTIVITIES 2019-2023

SESSION 2019-20

VISIT TO GOVERNMENT PRIMARY SCHOOL SANJAULI SHIMLA

On the 5th of August, 2019, a visit was conducted to Government Primary School Sanjauli in Shimla.

Objective: The primary objectives of the visit were twofold. Firstly, it aimed to assess the anthropometric measurements of the children, including their height, weight, mid-upper circumference, and calculate their body mass index (BMI). This assessment would provide valuable insights into the growth and nutritional status of the students.

Secondly, the visit aimed to gather information about the government feeding policy running in the school. This policy ensures that the students receive regular and nutritious meals during school hours. Understanding the implementation and impact of the feeding policy would provide valuable insights into the overall nutritional support provided to the students.

During the visit, the students were actively engaged in learning how to measure their height, weight, and mid-upper circumference. Trained personnel guided them in performing these measurements accurately. The students had the opportunity to apply their knowledge and skills, enhancing their understanding of the importance of proper growth and nutrition.

Additionally, discussions were held with the school authorities and staff to gain a deeper understanding of the government feeding policy implemented in the school. The discussions focused on the availability of nutritious meals, the frequency of meals, and the overall impact of the policy on the students' health and well-being. This provided valuable insights into the effectiveness of the feeding program.

Outcome: As a result of the visit, the students gained practical knowledge on how to measure anthropometric parameters, including height, weight, mid-upper circumference, and calculate BMI. This hands-on experience enhanced their understanding of the importance of maintaining a healthy lifestyle and the impact of nutrition on growth and development.

Furthermore, the discussions with school authorities shed light on the government feeding policy. The students learned about the implementation of the mid-day meal program and the Integrated Child Development Services (ICDS) program running in government schools. This knowledge allowed them to comprehend the significance of these initiatives in addressing malnutrition and ensuring the overall well-being of students.



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The visit to Government Primary School Sanjauli in Shimla provided valuable educational experiences for the students. They not only acquired practical skills in measuring anthropometric parameters but also gained insights into the government feeding policy and its impact on the students' nutritional well-being.



SESSION 2021-22

NUTRITIONAL ASSESSMENT OF PREGNANT WOMEN

On the 28th of February, 2022, a nutritional assessment was conducted for pregnant women. The purpose of this assessment was to gather information about the dietary habits and nutritional status of pregnant women.

Objective: The primary objective of the nutritional assessment was to conduct a comprehensive survey of the dietary habits of pregnant women. This involved using the 24-hour dietary recall method, where the participants were asked to recall their food and beverage intake over a 24-hour period. This method allowed for a detailed understanding of their dietary patterns and nutrient



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intake. The assessment also aimed to assess the anthropometric measurements of pregnant women. This involved measuring parameters such as weight, height, mid-upper arm circumference, and body mass index (BMI). These measurements provided information about the nutritional status and overall health of the pregnant women.

Outcome: As a result of the nutritional assessment, the students gained practical knowledge and skills in conducting a dietary survey for pregnant women. They learned how to effectively use the 24-hour dietary recall method to gather accurate information about food and nutrient intake. This knowledge enabled them to analyse the dietary patterns of pregnant women and identify any deficiencies or imbalances in their diets.

Additionally, the students learned how to plan a nutritional and balanced diet specifically tailored to the needs of pregnant women. They gained an understanding of the key nutrients required during pregnancy, such as folic acid, iron, calcium, and protein. Using this knowledge, they were able to develop personalized dietary plans that would ensure the pregnant women received the necessary nutrients for their health and the healthy development of their babies.





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NUTRITIONAL ASSESSMENT OF PRE SCHOOL CHILDREN

On the 10th of March, 2022, an assessment was conducted to evaluate the anthropometric measurements of pre-schoolers.

Objective: The primary objective of the assessment was to assess the anthropometric measurements of pre-schoolers, particularly their weight and height. These measurements provided valuable insights into the growth patterns and nutritional status of the children. By evaluating these parameters, it became possible to identify any potential growth deficiencies or excesses and address them appropriately.

Outcome: As a result of the assessment, the students acquired practical skills in measuring the weight and height of pre-schoolers accurately. They learned how to use appropriate measuring instruments and techniques to gather precise data. Additionally, they were able to calculate the ideal body weight for each child, based on their height and age, which further helped in assessing their growth patterns.

Furthermore, the students gained insights into the functioning of anganwadis and the feeding program running in schools. They learned about the importance of these initiatives in providing nutritious meals to pre-schoolers, ensuring their proper growth and development.



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SESSION 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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Shimla, Himachal Pradesh, India
35WF+9XR, Kamla Nehru Hospital Road, Millsington Estate,
Chotta Shimla, Shimla, Himachal Pradesh 171002, India
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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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