

NUTRITION WEEK 2017 CELEBRATION AT UHTC, TALEGAON

Date: 01/09/2017

Keeping in mind the theme for this year National Nutrition Week – “Optimising Infant and young child feeding practices” . The following programme is planned

01.09.2017 -Nutrition awareness generation for Women (Reproductive age group).

04.09.2017 -Nutrition awareness generation for Adolescent Girls.

06.09.2017 -Demonstration of low cost recipe (Nutrition Demonstration) for Community.

07.09.2017 -Community Meeting at Anganwadi

In accordance with the above programme, today i.e 01/09/2017 awareness generation on maternal & child nutrition was done for women of reproductive age group. A group of 15-20 women from our field practice area attended the sensitisation programme. They were made aware of balanced diet and the role of Micro and Micronutrients in diet with the help of charts and models.



04.09.2017

A nutrition awareness programme was conducted for girls of std.5th to 10th of Ngaraparishad school at Maruti Mandir. Talk was given by Dr. Ashlesha Dandekar regarding importance of micronutrients in diet. The students were particularly told about importance of Iron and Calcium in diet. They were educated about the various food groups and their importance in diet. This was followed by question and answer session.



07/09/2017

On the occasion of national nutrition week, an awareness program regarding child nutrition and nutrition of females in reproductive age group was conducted in Sane Ali Aanganwadi by Dr. Ashelsha Dandekar, Dr. Advait, and Dr. Abhilasha. The discussion was regarding current diet practices and the requirements for an ideal balanced diet. Women were demonstrated the diet plan for newborns and themselves that included the importance of vitamins, proteins, and fibres with the help of models and charts. Enthusiastic participation was observed by 30 women and their children. The session concluded with the resolution of queries of the mother and pregnant women. Feedback was taken to make sure that people understood the importance of nutrition.

