



# K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

## Report on Nutrition and Hygiene Alert in collaboration with NSS

**Target Group:** Local Community of Gharmroj village, SMAS and NSS students

**Coordinator:** Mr. Gurpreet Singh, Mr. Amit Misra, Mr. Debashish Paramanick, Mr. Prateek Sharma, Mr. Prashant

**Co-Coordinator:** Mr. Amit Yadav

**Convener:** Dr. Arun Garg, Dean SMAS

**Date and Time:** 20 July 2022

**Venue:** Govt. Girls Sr. Secondary School , Ghamroj Village

**Mode:** Offline/ Rally

**No. of Participant :** NSS & SMAS volunteer Students , Girls of Sr. Secondary School, Gharmroj Village

### **Introduction**

While the epidemic has wreaked havoc on many people's health, it has now raised an awareness of nutrition and hygiene for the well-being. Our increasingly sedentary and unhealthy food habits have resulted in an increase in nutrition related issues like deficiency of vitamins and minerals, muscle cramps due to dehydration in adults and children's too

With an objective to improve awareness of nutrition and hygiene of local community people, the School of Medical and Allied Sciences organized a rally on nutrition and hygiene. The purpose of this exercise was to include social and community learning for the students. The planning for this event improved the student's comprehension of community involvement.

### **Objectives**

- To educate people about importance of nutrition and its impact on life style.
- To spread awareness about the importance of healthy life and better lifestyle habits.
- To spread awareness about the importance of hygiene.
- To enhance the understanding of students in regard to health and hygiene of masses.

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### **Content**

To bring awareness among common people about nutrition and hygiene. The School of Medical and Allied Sciences organized an awareness rally on Nutrition and Hygiene alert on July 20<sup>th</sup>, 2022 at Ghamroj village in collaboration with NSS a step towards promoting Healthy lifestyle and generating nutritional awareness for local community. The students and faculty members performed 1km to 1.5 km walk to alert and inform people on maintaining a good health with nutritious and balanced diet.

The rally witnessed the participation of number of students raising slogans “Swasth Bhojan ki Thali”, “Go, Glow, Grow food”, “Salad Khao Wajan Ghatao”. Prior to that, the students attracted the mindfulness of passers by holding banners, posters and play card in hand with aim to highlight the benefits of healthy lifestyle

Alongside the awareness rally, we went to Government Girls Senior Secondary School; Ghamdoj where few minutes of awareness talk was given to the school students by Mr. Amit Mishra and Mr. Prateek Sharma. The students were informed about the inclusion of fruits and raw vegetables in their diet, and such fruits and vegetables should be consumed only after proper wash. Further to that, the emphasis was laid on consumption of drinking more water, promoting personal hygiene and exercising daily by avoiding the junk food. The event successfully ended up with a written vote of thanks given by Ms. Firdosh, Principal (GGSSS) addressed to KR Mangalam University, School of Medical and Allied Sciences

### **Attendees**

Girls of Government Girls Senior Secondary School Ghamroj Village, 10 NSS students participated in the event to guide the activity of menstrual hygiene and importance of nutrition. 5 Faculty Members of K. R. Mangalam University organized the rally.

### **Activity Outcome**

The event aimed to spread awareness about health and nutrition at community level. It also incorporated social learning for the students of School of Medical & Allied Sciences. The students learnt about community as a part of the curriculum and preparation for this rally enhanced their understanding of community participation.

  
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### Conclusion

The rally witnessed a positive response from the public. This was a highly informative event for entire community and made all of them aware about benefits of nutrition and hygiene. The students learnt about community health as a part of their curriculum

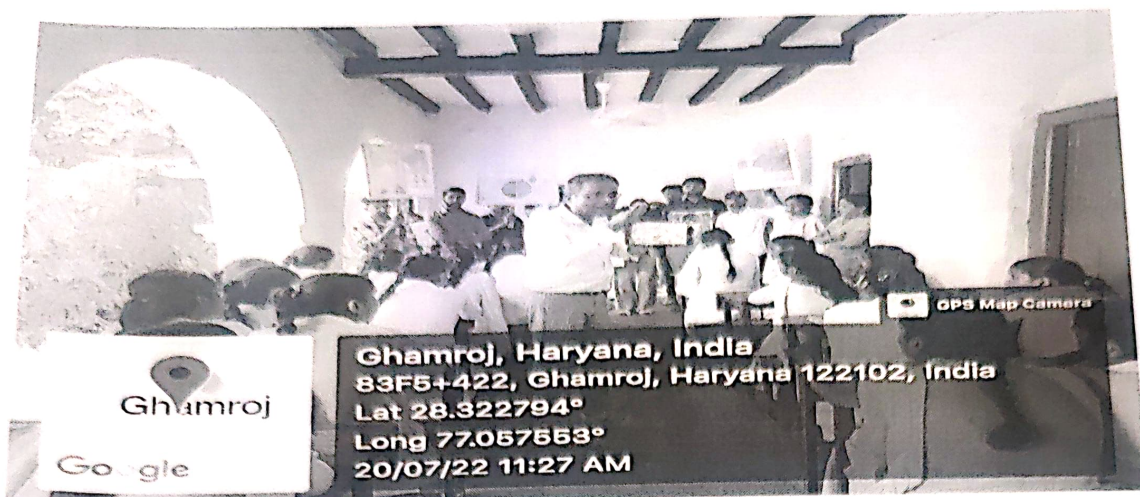
### Further Scope

These types of rallies can be organized in future with further additions of providing people with essential supplements (e.g. Multivitamins, iron supplementation for female population) and also a survey of mid-day meal plan in the nearby government schools can be undertaken.



**Photo 1: Group Photo of KR Mangalam faculty and Students during Nutrition and Hygiene Rally**

  
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**Photo 2: Mr. Amit Mishra while addressing the Students of Government Girls Senior Secondary School Ghamdoj during Rally**

**Convener:**

**Dr. Arun Garg**

**Dean SMAS**

  
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School of Medical and Allied Science  
KR Mangalam University

Attendance Sheet  
"Nutrition and Hygiene Alert"

S. No	Name of Student	Course	Sign
1	Kajal	D. Pharm	Kajal
2	Aditya	D. Pharm	Aditya
3	AJAY	D. PHARM	Ajay
4	KAMAL	D. pharm	Kam
5	SAJID	D. pharm	Sajid
6	Ritu	D. Pharm	Ritu
7	ARCHANA	D. Pharm	Archana
8	Sonu	D. Pharm	Sonu
9	Surender	D. Pharm.	Surender
10	Dinesh	D. Pharm	Dinesh
11	Sagar	D. Pharm	Sagar
12	Sachin Khan	D. Pharm.	Sachin
13	Vikash	D. Pharm	Vikash
14	Harshita	D. Pharmacy	HARSHITA
15	HARISH	D. Pharmacy	HARISH
16	Man Singh	D. Pharmacy	Man Singh
17	Yogesh	D. Pharm.	Yogesh
18	Priyanka	D. Pharmacy	Priyanka
19	Bandheep	D. Pharmacy	Bandheep

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