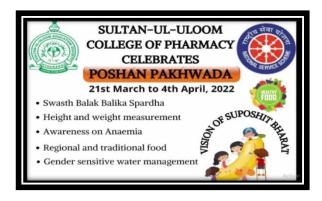
### **REPORT**

The celebration of 4<sup>th</sup> Poshan Pakhwada from 21<sup>st</sup> March to 4<sup>th</sup> April,2022 was done by Sultan-ul-Uloom college of pharmacy in a hybrid mode. The event was planned by performing various activities that concentrated on integration of modern and traditional practices for healthy India. These activities were related to identifying the malnourished children and counseling them, gender sensitive water management, prevention and management of anemia and promotion of traditional food for healthy mother and child.



# **Day 1-7 (21st-27th March)**

#### **POSHAN PAKHWADA**

A special drive and sessions on healthy eating habits to school children were conducted on "4<sup>th</sup> Poshan Pakhwada" and on the launch of "Swasth Balak Balika Spardha". The session aimed to promote the vision of "Suposhit Bharat" which includes participation and discussion on the following activities:

- Swasth Balak Balika Spardha
- Height and Weight measurement
- Awareness on Anaemia
- Importance of Regional and Traditional Food
- Gender Sensitive Water Management



After addressing the people, measurement of height and weight of healthy children was done based on which the child were categorized as healthy children and malnourished one. The location explored was a primary local school and nearby homes. Student volunteers were actively involved in measuring the given parameters. The data was recorded on poshan tracker and all the three parameters (stunting, wasting and underweight) as per WHO standards were measured. The data recorded on malnourished children was interpreted to intervene and counsel regarding the intake of healthy diet.





The diet plan of all the children was studied and helped to know there dietary habits, regional recipes and relevant information like sources, methods, time of eating etc. All these information gathered helped to monitor closely and implement the SBBS plan effectively.

# **↓** Day 8-9(28<sup>th</sup>-29<sup>th</sup> March)

#### **AWARENESS ABOUT WATER CONSERVATION**

The students were involved in gathering women and **generating awareness about water conservation**. The aim was to encourage women to make proper use of water and store it appropriately such that it can be reused with causing any contamination which can compromise its quality.





The student volunteers were involved in promoting awareness in women about importance of water conservation. They explained the role of community and institutions in water management. Various new techniques for rainwater harvesting was demonstrated with the help of charts and models. After delivering a brief note on safe water the volunteers performed a skit on significance of water harvesting in future. Various activities were done by the students in order to promote awareness among the people.

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### **AWARENESS ON ANAEMIA**

Awareness camp and webinar was conducted by the students through which the people were educated about the signs of anemia and how to prevent it. The lecture delivered by them was on how to manage anemia through diet and medicines and its serious consequences if not treated effectively.



### **Day 11 (31st March)**

#### **AWARENESS ON HEALTH CARE**

The people were encouraged to come up with their health issues as soon as possible and discuss it with the health care professional so that the condition can be managed well before appearance of any symptoms of complication. Through the provoking seminars at school, awareness among the students was generated. Quiz competitions were done. A team for laboratory testing was engaged in checking the Hb value in children based on which they counseled the students on anemia and its treatment.



## **Day 12 and 13 (1st -2nd April)**

### FOOD HABIT AND DIETARY MANAGEMENT

Promotion of Ayush based food habits and dietary management and prevention of anemia was done through a webinar. Evidence based seminar on safety and efficacy of ayush was done by the student volunteers. Distribution of Ayush kits was done by the volunteers especially to the pregnant women and lactating mothers. A risk analysis study was done based on which women's of different age groups were examined and counseled.



Interpretation of significance of regional and traditional food crops was done and awareness was created on various agricultural practices. A few training sessions were organized to educate the people on good agriculture practices and the importance of various crops in our life.



# **Day 14 (3rd April)**

A recipe contest was held on "cook nutritious only", through this we tried to share few healthy recipes and methods of cooking in order to avoid over or under cooking of food. Various traditional and regional food recipes and their importance was delivered through the seminar. Promoting awareness on micronutrients and macronutrients in building our body was done by the student volunteers. A small booklet with few healthy recipes was distributed in their local language to the people.

# **Day 15 (4th April)**

All the planned activities of Poshan Pakhwada was successfully done and the programme was concluded by delivering a speech on Nutrition.

