

FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY

NATIONAL NUTRITION WEEK

ACTIVITY REPORT

Adarsh Vidhya Niketan Public School

02/09/2019



A one day session was conducted with the students of Adarsh Vidya Niketan School as part of the National Nutrition Week to generate awareness about health and nutrition related topics on 2nd September 2019 by the FHTS team.

National Nutrition Week celebrated by FHTS

The National Nutrition Month or Poshan Mah is celebrated throughout the country during the month of September. **National Nutrition Week** is celebrated as part of the National Nutrition Month during the first week of September with the objective of spreading awareness among masses about health and nutrition related topics. In the honour of National Nutrition Week, **Foundation of Healthcare Technologies Societies (FHTS)** conducted various activities during camps set up in three different locations on different days in Delhi.

Health Camp: Day 1

Venue: Adarsh Vidhya Niketan Public School, Maujpur Chowk, Delhi

Date: 2nd September 2019

Objective: To impart knowledge to students about nutrition, healthy eating habits, balanced diet, personal hygiene and oral health

Duration of the session: 150 minutes

Start time: 9:15 AM

End time: 11:45 AM

Team Members: Mansi Gupta, Mahima Kaur, Ayush Kumar, Alka, Radha and Rahul

Agenda of the camp: FHTS organised a health camp in Adarsh Vidhya Niketan Public School, Maujpur Chowk with the objective of imparting health and nutrition education to the students of 7th and 8th standard. Nearly 100 students were a part of the session. Details of the session are tabulated below.

Table 1: Agenda of the health camp

Session No.	Topics covered	Materials and methods
Session 1	Introduction to FHTS and its work	Interactive session
	Introduction to National Nutrition Month and importance of nutrition	
Session 2	Balanced diet, food groups	Poem recitation, interactive session
	Nutritional needs of adolescents	Presentation
	Good dietary habits	
	Healthy snacking options	
	Iron deficiency anemia	
Overweight and obesity		
Session 3	Personal hygiene	Poster
	Brushing of teeth	
	Hand washing	
	Combing of hair	
	Timely cutting of nails	
Session 4	Oral health	Presentation
	Importance of brushing teeth	
	Steps involved in brushing teeth	
	Dental caries	
Session 5	Poster making competition on the topic “Eat Right and Be Fit”	Prize distribution for winners
	Distribution of mementos to the coordinator and school principal	

Observations during the camp

“It was a very good experience overall. Children were enthusiastic for learning about nutrition. They actively participated in games and answered well for all the questions asked. School staff was cooperative and welcoming. It was quite an entertaining and knowledgeable session” - Alka

“The nutrition awareness program conducted in the school was very effective and productive for the students and the school staff. The pupils actively participated and co-operated during the entire session. The enthusiasm showed by the children was an inspiration for the team members to provide good interactive classes” - Rahul

Photo gallery

