

FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY

NATIONAL NUTRITION WEEK

ACTIVITY REPORT

Anganwadi, Pooth kalan, Rohini Sector – 20, Delhi 110086

03/09/2019



A one day session was conducted with pregnant and lactating mothers attending an Anganwadi center in Rohini, Delhi. The objective of the session was to spread awareness among pregnant and lactating women regarding nutritional requirements, dietary intake, importance of breastfeeding and personal hygiene during the periods of pregnancy and lactation.

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 2

Venue: Anganwadi, Pooth kalan, Rohini Sector – 20, Delhi 110086

Date: 3rd September 2019

Objective: To impart knowledge among pregnant and lactating women about diet during pregnancy and lactation, breastfeeding and personal and menstrual hygiene

Duration of the session: 90 minutes

Start time: 11:00 AM

End time: 12:30 PM

Team Members: Nidhi Mudgil, Mahima Kaur, Ayush Kumar, Alka

Agenda of the camp: FHTS organised a health camp in one of the Angawadi Centers in Delhi. Six pregnant and twenty lactating women from 7 nearby Anganwadi centers attended the camp. The camp was organised with the objective of imparting nutrition and health related information to pregnant and lactating women. 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	Early initiation of breastfeeding	Interactive session
	Exclusive breastfeeding	
	Importance of colostrum	
Session 3	Dietary modifications during lactation	Interactive session
	Dietary diversification	
	Meal pattern	
	Diets rich in micronutrients – calcium, iron and vitamin A	
Session 4	Dietary modifications during pregnancy	Interactive session
	Antenatal care	
	Iron folic acid tablet consumption	
	Calcium tablet consumption	
	Dietary diversification	
	A sample menu of daily diet for pregnant women	
	Rich sources of iron, calcium and vitamin A	
	Health eating habits	
	Personal hygiene	
Healthy lifestyle		
Session 5	Importance of physical exercise during pregnancy and lactation	Demonstration and discussion

Session No.	Topics covered	Materials and methods
Session 6	Importance of menstrual hygiene	Interactive session
	Ways of achieving good menstrual hygiene	
	Clearing myths around menstruation and hygiene	
Session 7	Distribution of mementos to Anganwadi workers and other helping staff	Mementos
	Distribution of mementos (crayons and pouches) to women participants and their toddlers	

Observations during the camp:

The Anganwadi centre was neat, clean and well maintained. It had plenty of Information Education and Communication material to attract beneficiaries. Anganwadi workers and helping staff were cooperative and welcoming. They appreciated our efforts for organising a session with pregnant and lactating women on the importance of nutrition during the first 1000 days of the life. Anganwadi workers helped us in gathering all the pregnant women and nursing mothers at one place which made it convenient for us to start the session. They also ensured smooth continuity of the session by encouraging and motivating the participating women from time to time.

Overall it was a wonderful experience to conduct the session with the women. The target population was also keen to listen and learn more about nutritional and hygiene needs during pregnancy and lactation.

Photo gallery

