

FOUNDATION OF HEALTHCARE TECHNOLOGIES SOCIETY

NATIONAL NUTRITION WEEK

ACTIVITY REPORT

Anugraha (NGO for elderly)

04/09/2019



A one day session was conducted in an old age home with elderly people. The objective of the session was to impart nutrition and health education to them focusing on healthy diets and physical activity.

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 3

Venue: Anugraha (NGO for elderly)

Date: 4th September 2019

Objectives: To impart knowledge among elderly people about healthy diets, nutritional requirements during old age and importance of physical activity; To organise Swasthya Pahal Camp for assessing their anthropometric status, blood pressure, blood sugar and seek other health related information.

Duration of the sessions: 255 minutes

Start time: 10:15 AM

End time: 2:30 PM

Team Members: Mansi Gupta, Shruti Sharma, Mahima Kaur, Ayush Kumar, Radha, C. Henkhogin

Agenda of the camp: FHTS organised a health camp in one of the old age homes in Delhi. The session was attended by 92 participants aged 58-78 years. The day's camp was divided in 2 sessions. Objective of the first session was to impart knowledge to the beneficiaries about healthy diets, nutritional requirements during old age and importance of physical activity to maintain good health. The second session or the Swasthya Pahal camp was organised to collect health related information from the participants and provide personal counselling to individuals based on their health status. 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	
	Introduction of the participants	
	Felicitation of FHTS team with plants	
Session 2	Process of ageing	Interactive session, power point presentation, question and answer session
	Ways of preventing and managing non-communicable diseases	
	Healthy diets	
	Diets rich in micronutrients – calcium, iron and vitamin A	
Session 3	Screening participants for BMI, blood pressure and blood glucose	Weighing machine, stadiometer, digital blood pressure machine (BPX,Romsons), lancet, lancet strips, cotton swabs, spirit, digital machine for measuring blood sugar
	Seeking health related information from the participants	
	Providing individualised counselling to the participants	

Observations during the camp:

As per the information collected during the Swasthya Pahal, it was observed that most of the participants were taking their medications regularly and indulged themselves in some form of physical activity such as brisk walk, jogging and/or yoga. The authorities at the old age home were very warm and welcoming. They helped us in the best way possible to arrange the session and ensuring smooth functioning during the day. They helped us in gathering all the participants in their hall which was important for ensuring an effective group session. The participants were interactive and eager to learn about ways of ensuring a healthy lifestyle. The coordinators also appreciated our efforts and showed their gratitude by giving us plants as a token of appreciation. A letter of appreciation was also given to us by the director of the old age home.

Details of RISE products sold: A few RISE products were sold during the camp day. Details of the products sold are mentioned in the table below:

Table: Details of the RISE products sold during the camp

Product	Description of	No. of
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	the product (Size)	units sold
Pencil box	Medium	1
Laptop bag	Large	1
Tiffin bag	Large	1

Photo gallery



Water
 Agro health information

