



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**E5/17-18**

Name of Activity	Community Nutrition and Medical Camp “SPARSHAM” in ThalikulamPanchayat, Thrissur
Date	24/07/2017 – 29/07/2017
Organized by	Department of Home Science, Vimala College, Thrissur
Collaborations (if any)	VIKAS Trust, ThalikulamPanchayath, Thrissur
No. of Students Participated	18

As a part of the curriculum the students of 2<sup>nd</sup> year Nutrition and Dietetics, Department of Home Science, Vimala College, Thrissur conducted a community nutrition camp “SPARSHAM” in ThalikulamPanchayat of Thrissur district in association with the VIKAS trust from 24<sup>th</sup> to 29<sup>th</sup> July 2017. The camp extended for a period of 6 days and the target group selected for the survey was adolescent girls of the age group 14-18 years of Thalikulampanchayat .We performed the nutritional status assessment survey of adolescent girls and adult women living in the coastal area .The camp was inaugurated on 25<sup>th</sup> July by Panchayat President Smt. Rejani and Mr.ChandraDutt, Director of coastford and VIKAS trust. Presidential Address was delivered by **Dr.Sr. Marriette A Therattil, Principal**, Vimala College Thrissur. Dr.Karuna M.S, (Asso. Prof, Head, Department of Home Science, Vimala college Thrissur) delivered an introductory speech on the importance of nutrition, health and hygiene.

The camp was mainly organized to provide a general awareness to people living in coastal area on various lifestyle disease that were prevalent today. Camp also foccussed on anaemia detection, thyroid problems,gynaecologic problems like detection of breast and ovarian cancer and so on. Body Mass Index, household and individual surveys, diet counseling, demonstrations etc were also conducted.

The VIKAS trust of ThalikulamPanchayat organized a medical camp in association with the Department of Home Science and Government Medical College, Thrissur on 27<sup>th</sup> July 2017.We provided nutritional counselling and exhibition of charts and posters on general nutrition guidelines .We also recorded the anthropometric indices like height, weight and BMI of the subjects .Cultural activities and awareness classes were conducted in Pakalveedu. Also we were took classes for lower primary, upper primary, high school and higher secondary schools. We conducted demonstration



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

classes based on millet preparations in the Anganawadi .Since it was a comfortable venue for the housewives of the Thalikulam. On 29<sup>th</sup> July external examiner Mrs.Aneena (Assistant Professor, Department of Home Science, KAU, Mannuthy) visited and evaluated our camp.

Beneficiaries- People of ThalikulamPanchayat of Thrissur



Inaugural Ceremony of Community Nutrition and Medical Camp “SPARSHAM”



School children attending awareness class



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **Report of Activities**

#### **1. TALK CUM DEMONSTRATION ON NUTRITIONAL BENEFITS OF MILLETS**

On 28<sup>th</sup> July 2017 Friday PG Diploma in Nutrition and Dietetics students of Department of Home Science went to Anganwadi Of Thalikkulam and conducted awareness cum demonstrations based on nutritious ragi (millet) based recipes for adult women. Awareness classes were based on the following topics:-

- Thyroid and constipation – Athira .K.A.
- Nutrition during pregnancy and lactation – Arya Rajan . V.
- Millets – Varsha.C.V.

Several ragi based nutritious recipes like ragi halwa, ragiada, ragi pakora, ragi wheat cake etc were demonstrated in the Anganvadi to the audiences which included both expectant and lactating women. The prepared recipes were distributed among them who attended the programme so as to make them aware about the wide variety of millets which we are not including much in our diet and which is very economical. The audience appreciated the food and the students received a good feedback.

Beneficiaries-Adult women of Thalikulam



Demonstration on nutritional benefits of millets for adult women of Thalikulam



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **2. TALK ON ANAEMIA**

On 29<sup>th</sup> July 2017 PG Nutrition and Dietetics students of Department of Home Science took awareness class in GVHS school Thalikkulam based on the topics:

- Anemia
- Life style diseases
- Cancer

Beneficiaries-students of GVHS school Thalikkulam



Awareness class on anaemia at GVHS school Thalikkulam





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students attending awareness class on anaemia

### 3. TALK ON LIFESTYLE DISEASES AND MEDICAL CAMP

On 27<sup>th</sup> July 2017 Wednesday an awareness classes and cultural activities were conducted for old age people of pakalveedu, VIKAS Trust, Thalikkulam by PG Nutrition and Dietetics students, Department of Home Science on the topics:

- Life style diseases
- Cancer

Beneficiaries-Men and Adult women of thalikulam panchayath



Awareness class on life style diseases for old age people of pakalveedu, VIKAS Trust, Thalikkulam



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

On the same day VIKAS trust of Thalikulam Panchayath organized a medical camp for adult women to check the morbidity of cancer, thyroid and breast cancer self detection methods in association with the Department of Home Science and Govt. Medical college Thrissur. PG Nutrition and Dietetics students of Department of Home Science provided nutritional counseling for adult women, distributed leaflets regarding and exhibited charts and posters.



Medical camp for adult women of thalikulam panchayath

### **4. TALK ON IMPORTANCE OF BREAKFAST**

On 27<sup>th</sup> July 2017 Reshmi Balakrishnan. V, PG Nutrition and Dietetics student of Department of Home Science conducted an awareness class on topic basic concepts of food groups, Importance of breakfast and exercise for the students of SNVUP, School, Thalikkulam.

Beneficiaries-students of SNVUP, School, Thalikkulam



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Awareness class on importance of breakfast at S.N.V.U.P School, Thalikkula

### 5. TALK ON NUTRITION FOR ADULT WOMEN

On 25th July 2017 of community nutrition camp organized by Department of Home Science at VIKAS Trust, Thalikulam . The camp was inaugurated by Thalikulam Panchayat President Smt. Rejani and Mr. ChandraDutt, Director of coast ford and VIKAS trust. The awareness classes were conducted for the adult women based on the topics:

- Basic concepts of food groups
- Importance of breakfast and exercise
- Nutrition during pregnancy and lactation
- Diet for adolescence

Beneficiaries-Adult women of Thalikulam Panchayath



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Awareness class on nutrition for adult women of Thalikulam Panchayath

### 6. TALK ON NUTRITION FOR ADOLESCENCE GIRLS

On 26<sup>th</sup> July 2017 PG Nutrition and Dietetics students of Department of Home Science visited CSM central school, Thalikkulam and delivered an awareness classes for adolescence girls. Our student teachers were:-

- Basic concepts of food groups
- Importance of breakfast and exercise
- Diet for adolescence
- Health and hygiene sanitation.
- Anemia.
- PCOD

Beneficiaries-Adult women of Thalikkulam panchayath





## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**



Awareness classes for adolescence girls



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

### **Community Nutrition and Medical Camp “SPARSHAM” in Thalikulam Panchayat, Thrissur**

#### **Department of Home Science, Vimala College, Thrissur**

<b>Teachers participated from Home Science department</b>	<b>Students participated from Home Science department</b>	<b>No.of teachers participated</b>	<b>No.of Students</b>
Mrs.Kochurani J Thayyil	Amrutha K R	2	18
Mrs.Nimitha Suresh	Arya Rajan V		
Dr.Karuna M.S	Athira K A		
	Kajal M A		
	Krishnendhu V C		
	Mariya Thomas		
	Priya T F		
	Renitha Richard		
	Reshmi Balakrishnan V		
	Simla Thomas		
	Theertha U Nair		
	Athira K Udayan		



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

	SafaNalakathSulaiman		
	Pravitha P G		
	Riya Mol		
	Sana A K		
	Neethu Joy		
	Aswathy Ajith		

**Dr.Thomas Ruby Mariamma**

**HOD ,Dept.Home science**



  
**PRINCIPAL IN-CHARGE**  
**VIMALA COLLEGE**  
**(AUTONOMOUS)**  
**THRISSUR-680 009**