
Brief Report
On
“Celebration of National Nutrition Week”
08-10 September 2015

Brief:

It is well known fact that due to lack of balance diet in rural area 70-80 per cent women & children are malnourished, Most of the new born babies are under weight & 70 per cent of pregnant have less than 12gm of Hemoglobin. So it is essential to create awareness about Diet and Anemia among villagers specially women & children.

On occasion of National Nutrition Week LANSAs organized Nutrition week celebration in all FSN villages during 08-10 September 2015. Programme was conducted on topic Iron and vitamin A deficiency. Programme was organized in schools and anganwadis. School students, anganwadi children and village women participated in nutrition week celebration.

Aim & objective:

- Discuss survey result in villages
- Cause of Anemia & identification
- Awareness about iron and vitamin A deficiency
- Demonstrate iron and vitamin A rich recipes

Activities:

- Power point presentation was arranged on anemia and vitamin A in villages at school (Vitpur, Susund and Borgaon), Anganwad (Heti) and Farmer Knowledge Center, Saheli.

- Survey result was discussed with students and village women.
- School staff, Anganwadi Sevika, Asha worker were present in programme
- Discus anemia and vitamin A deficiency with school students and villages women.
- Vitamin A and iron rich recipe was demonstrate i. e. moringa *paratha*, moringa *dhalbhaji*, carrot and pumpkin *kheer*, *dadape pohe*, and beetroot *chutney*.
- Village women and girl students prepared recipes.
- Cooked recipes were tasted by all participants.
- Appeal to plant various fruit plants in every one backyard like Moringa, Curry leaf, Lemon, Karonda, Amala, Guava, Papaya, custard apple and eat locally available vegetable i.e. Amaranthous, calocasia, Mayalu (*Basella alba*).

Participation:

Village wise details of no. of participants present during the programme

| S. N. | Village | No of participants | Date of Celebration |
|--------------|----------------|---------------------------|----------------------------|
| 1. | Saheli | 22 | 08/09/2015 |
| 2. | Vitpur | 52 | 08/09/2015 |
| 3. | Susund | 61 | 10/09/2015 |
| 4. | Heti | 34 | 09/09/2015 |
| 5. | Borgaon gondi | 58 | 09/09/2015 |

Main feature:

- In programmes school students, anganwadi children and village women were involved.
- Head Master, Teachers, Anganwadi Sevika, Asha worker, Kitchen staff participated.
- In village Heti PHC supervisor and nurse attended programme oriented to village women on health.
- Power point presentation was arranged.
- Vitamin A and iron rich recipes were demonstrate and tasted by participants.

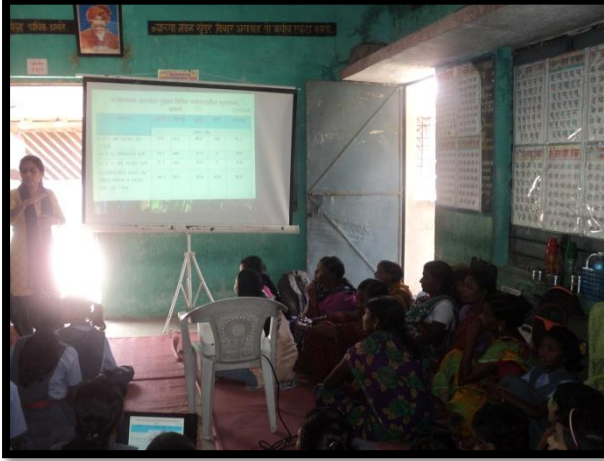
Future strategy

- Plantation of nutrient fruit tree and promotion of nutrition garden.
- Awareness about iron and vitamin A rich local and indigenous seasonal vegetables.

Organizer LANSa Staff:

| S. N | Name | Designation |
|-------------|---------------------|------------------------------------|
| 1. | Rupal Wagh, | Research Associate |
| 2. | Pranali Halge | Project Assistant |
| 3. | Vikash Meshram | Project Assistant |
| 4. | Diplai Tijare | Project Assistant |
| 5. | Pranali Mete | Project Assistant |
| 6. | Mahesh Sadatpure | Project Assistant |
| 7. | Fakirchand Khandate | Field Assistant, Saheli and Vitpur |
| 8. | Nilesh Nagose | Field Assistant, Susund and Heti |
| 9. | Sudhir Kumre | Field Assistant, Borgaon gondi |

Photographs of activities



Lecture on Anemia and Vitamin A deficiency



PHC supervisor and nurse attended programme



Preparation of recipes by village women



Girl students involve in demonstration

Rupal Wagh
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