



D. K. GOVERNMENT COLLEGE FOR WOMEN

Nellore, Andhra Pradesh- 524003

Autonomous College, College with Potential for Excellence

Re-accredited with "A" Grade by NAAC



NATIONAL NUTRITION WEEK CELEBRATIONS 2022-2023



DEPARTMENT OF HOME SCIENCE

2022-2023



National Nutrition Week 2022:

Give Nutritious Feast to Taste Buds

- Celebrated in the **first week of September** to educate public on the importance of a nutrition-rich diet
- **1 in 3** children below 5 years of age in India are stunted and underweight due to malnutrition
- This week is a reminder to take necessary steps for a nutritious meal and healthy eating habits



NUTRITION WEEK CELEBRATIONS SCHEDULE 2022-2023

| DATE | EVENT CONDUCTED |
|------------|-------------------------------------------------------------------------------------------|
| 01-09-2022 | Preparation of Nutritional Recipes by students |
| 02-09-2022 | Germination of sprouts done by students |
| 05-09-2022 | A Guest lecture by Smt.G.Srivani,Lecturer in Home Science SPW Degree College Tirupati. |
| 06-09-2022 | Pamphlets distributed to staff on Nutritional Week Celebrations. |

Aim :To celebrate National Nutrition Week

Objectives

- To create awareness in public with regard to the usage and benefits of micronutrients.
- To develop critical thinking among students of Home Science.

Context:

History of National Nutrition Week

The campaign was first started by the central government in the year 1982 in order to encourage the good health and healthy living through the nutrition education as the malnutrition is the main obstruction to the National Development. To encourage the people for the same, the Food and Nutrition Board including 43 units (departments of women and child development, health and NGOs) is working all over the country to makeover the activities.

National Nutrition Week 2022 theme

National Nutrition Week 2022 theme is “Celebrate a World of Flavour’s”.



In view of the theme of the year 2022 the Department of Home Science conducted many awareness programs through various ways in sensitizing the public on Importance of Nutrition.

Importance of Nutrition

Nutrition is the science or practice of consuming and utilising foods. Food provides our body with energy, protein, essential fats, vitamins, and minerals to live, grow, and function properly. Therefore, a balanced diet is important for good health and well-being. It is said that an unhealthy diet increases the risk of many diet-related diseases.

National Nutrition Day 2022 Significance

The Food and Nutrition Board of the Ministry of Women and Child Development organizes a long National Nutrition Week to inform people about the basic phenomena of nutritious life.

National Nutrition Week 2022 India highlights the significance and the role of a healthy diet in the human body. The Government of India during the National Nutrition Week has also started programmes that emphasize good nutrition, wholesome food, and a healthy lifestyle.

Materials required:

- Charts
- Posters
- Pamphlets
- Groceries

RESOURCES REQUIRED:

- Money

Students participated: 42

Date : 01-09-2022 To 06-09-2022

OUTCOME:

1. Students cognitive levels were increased in the nutritional aspects.
2. Students teaching ability was improved.
3. Communication skills of the students improved.

Procedure:

II and III B.Sc (Hsc), students along with staff planned to Celebrate National Nutrition Week. First day Students Prepared Nutritional recipes according to the theme. Second day Germination of Sprouts was done and discussed about its importance.

Third day a guest lecture was held on “**FOOD ADDITIVES**” by the resource person, **Smt. G.Srivani** madam lecturer in Home Science, SPMVV Tirupati.

Fourth day students distributed the pamphlets in the campus on importance of Nutrition in our daily life.

CONDUCTION OF ACTIVITIES



- Students of Home Science Department prepared Nutritional and Flavoured Recipes Based on the Theme “World of Flavours” and Exhibited.



- To show the importance of Nutrition, students of Home Science Department prepared Sprouts through Germination Process and explained about Vitamins and Minerals present in it. Also prepared some recipes with the help of those sprouts.



- A guest lecture was given by Smt. G.Srivani Lecturer in Home Science,SPW Degree college Tirupati on “FOOD ADDITIVES”.

- Students of Home Science Department Prepared a pamphlet On “Importance of Nutrition in our daily-life”

Step 1

BALANCE

It is important to eat a well-balanced diet, with a variety of foods from all of the five food groups: bread, cereal, rice, and pasta; fruits; vegetables; milk, yogurt, and cheese; and meat, poultry, fish, dry beans, eggs, and nuts. Let the Food Guide Pyramid help guide you to get the nutrients your body needs each day. This forms a base for good nutrition and good health and may reduce your risk of certain chronic diseases.

Food Guide Pyramid
A Guide to Daily Food Choices

U.S. DEPARTMENT OF AGRICULTURE, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Step 2

PHYSICAL ACTIVITY

Being physically active doesn't have to mean running a marathon or doing aerobics for hours on end. In fact, men and women of all ages benefit from a moderate amount of daily physical activity. And it can be fun, too. Take a bike ride with the kids, try a new dance class, play soccer or basketball on a sunny day. Even taking a brisk walk around the neighborhood can be beneficial. Experts recommend at least 30 minutes (adults) or 60 minutes (children) of moderate physical activity most days of the week, preferably daily. But—it doesn't have to be continuous—you can spread it out over two or three times during the day.

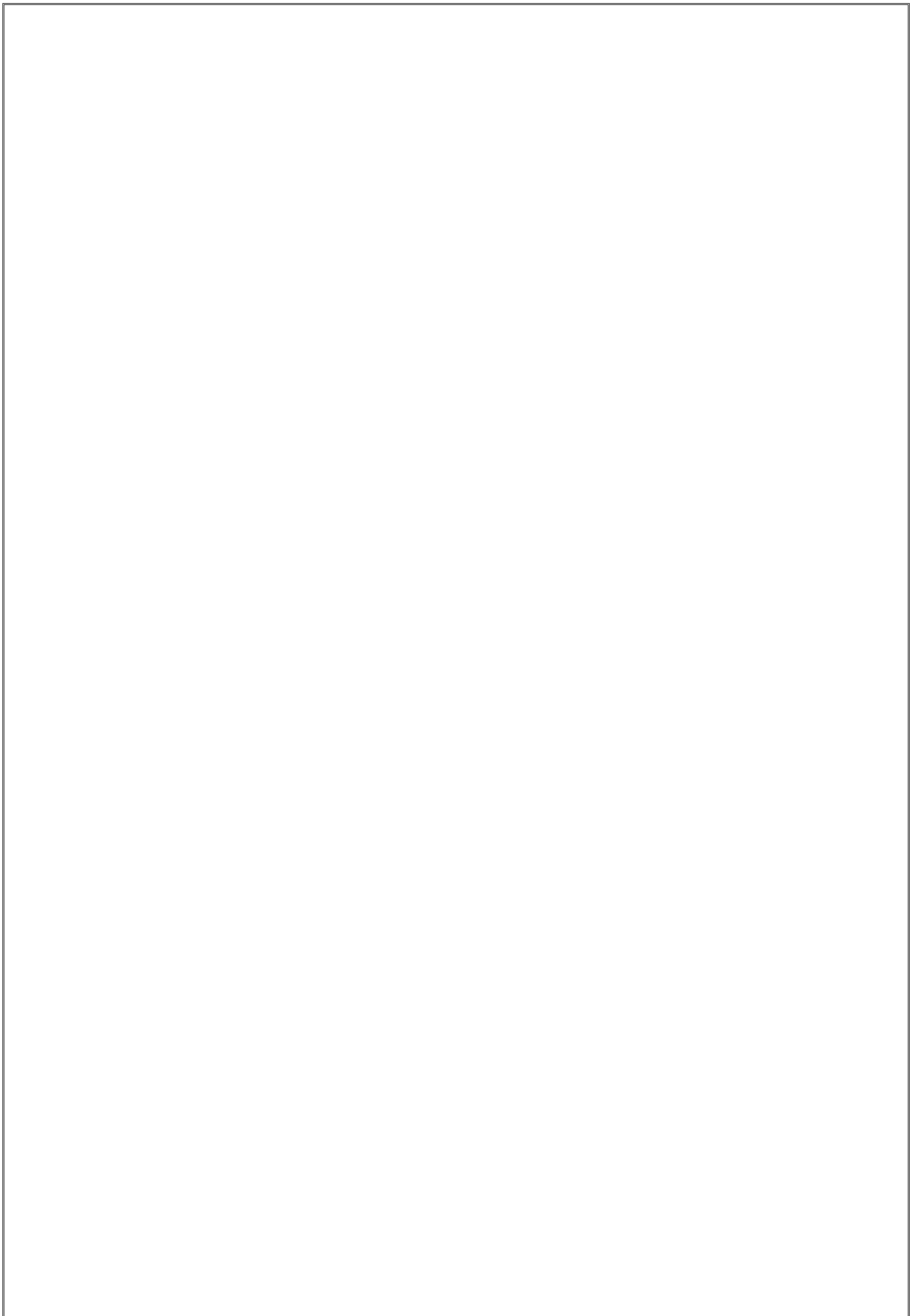
There are countless benefits of physical activity:

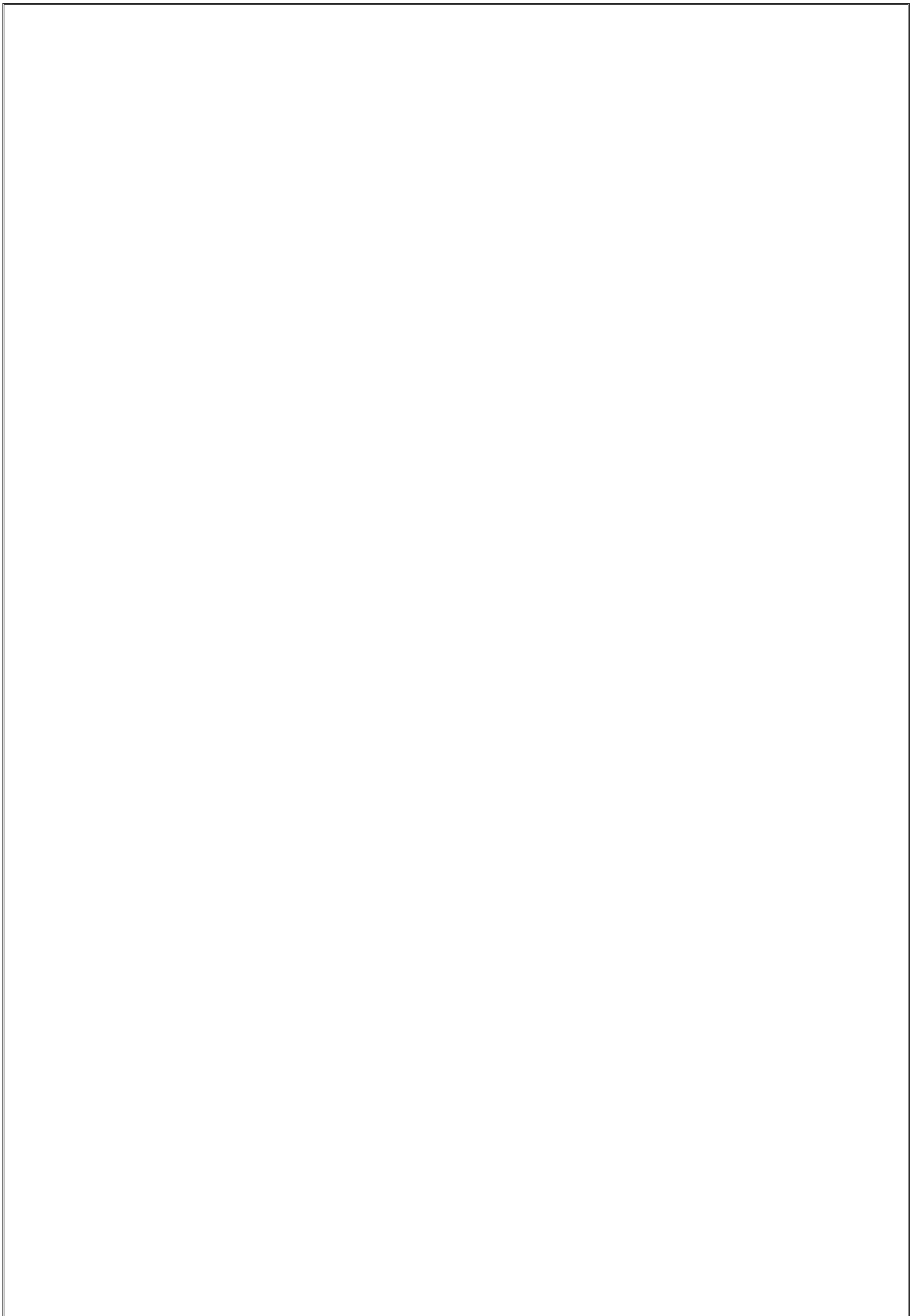
- Helps maintain healthy bones, muscles and joints
- Helps control weight, develop lean muscle and reduce body fat
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being
- Reduces the risk of coronary heart disease and of developing high blood pressure, colon cancer and diabetes
- Can help reduce blood pressure in some people with hypertension

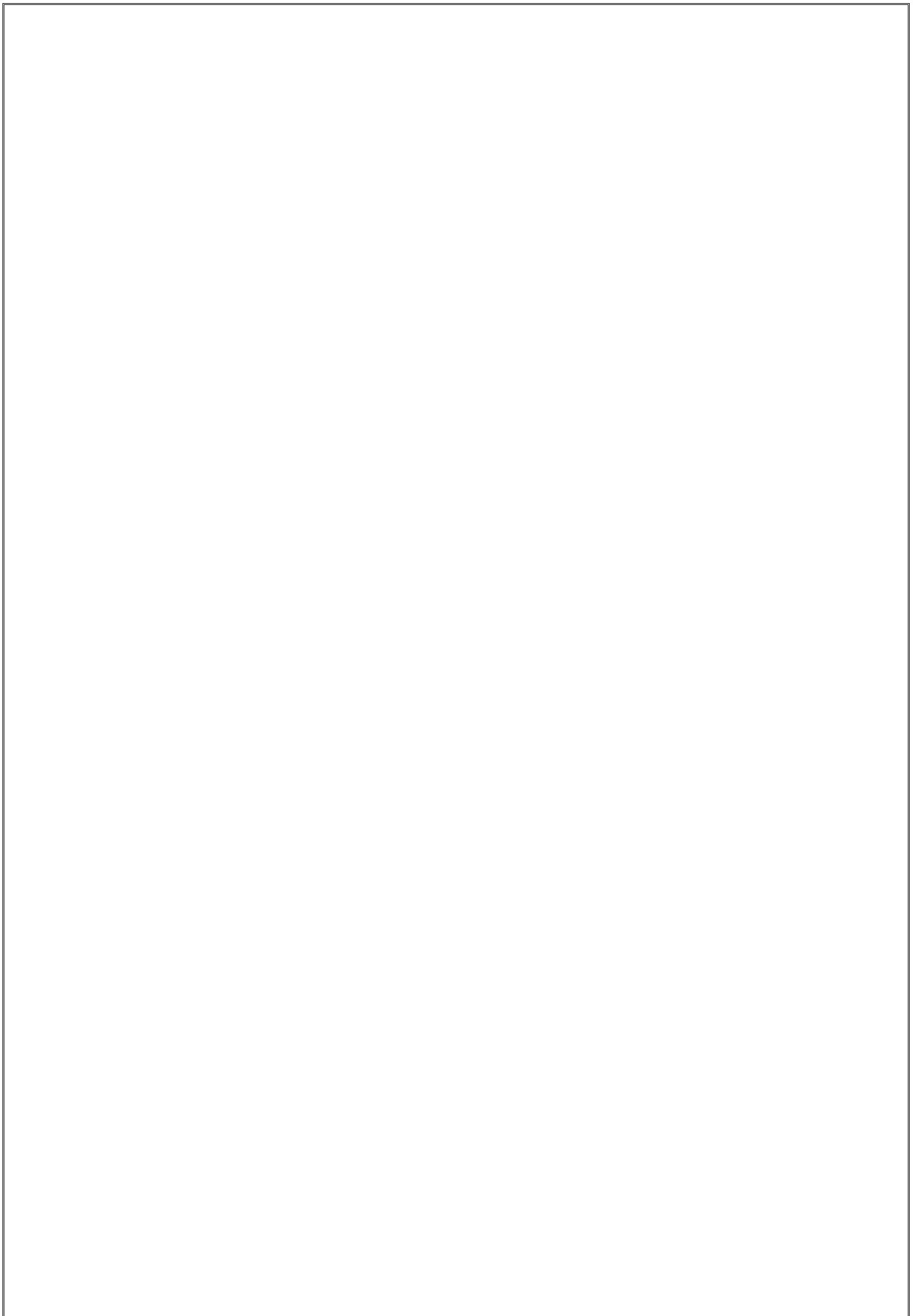
Step 3

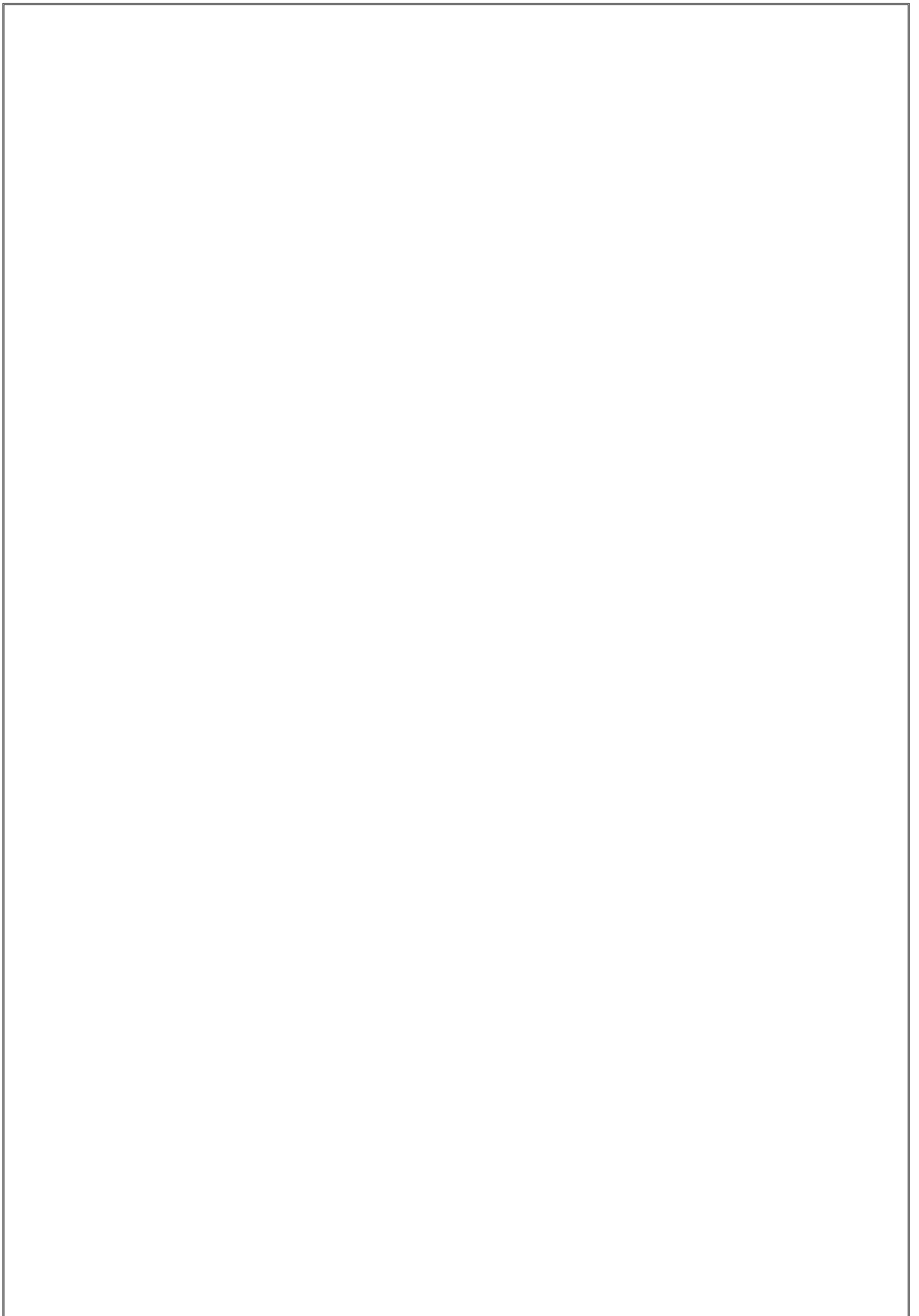
MODERATION

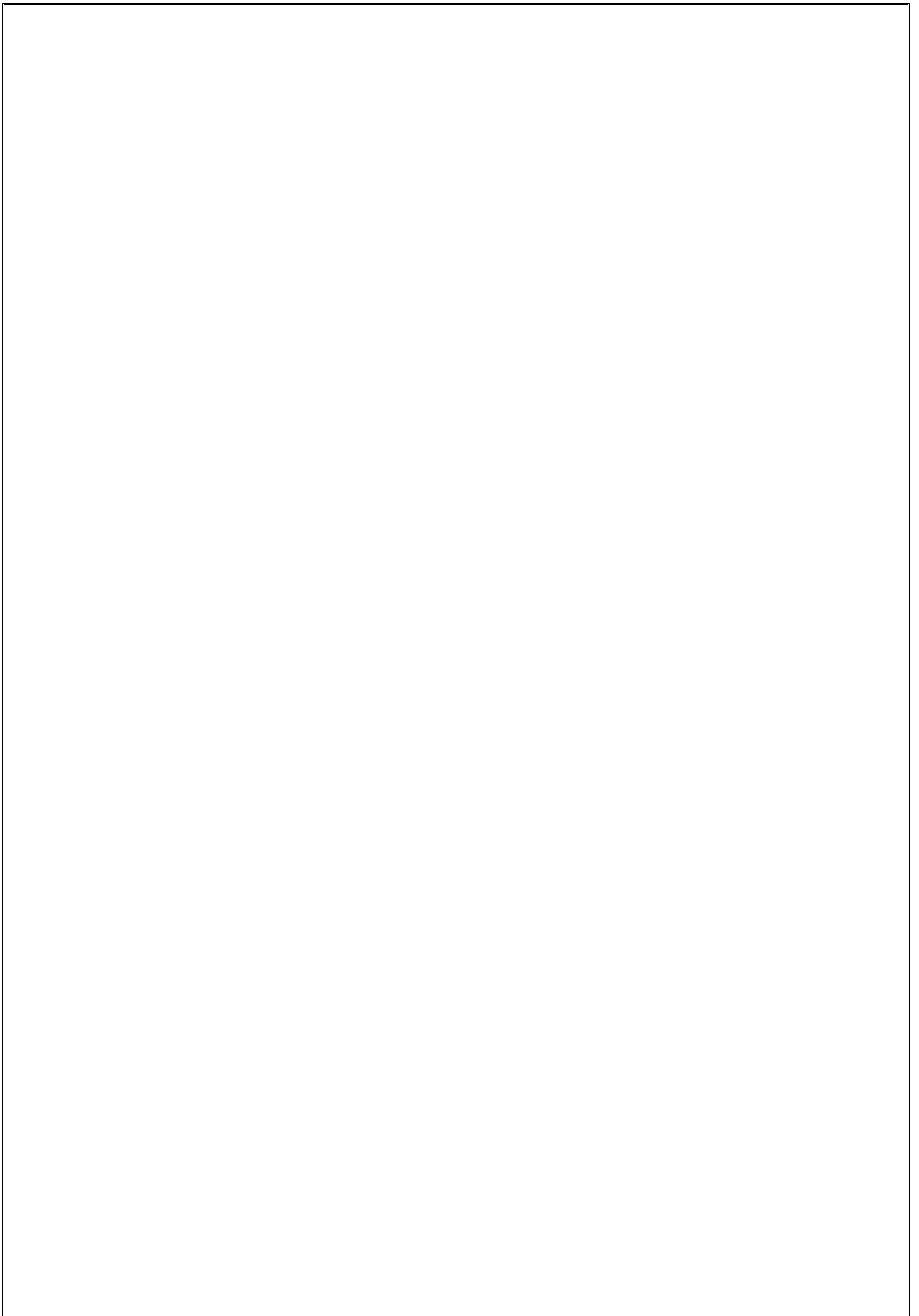
The Dietary Guidelines for Americans states that you can enjoy all foods as part of a healthy diet as long as you don't overdo it on fat (especially saturated fat), sugars, salt, and alcohol. Moderation, along with balance and variety, is vital to healthful eating. It doesn't mean you give up certain foods, it means setting limits to how much and how often. One meal or one food cannot create or destroy a healthy diet. It is your overall pattern of food choices over time that is important for health.

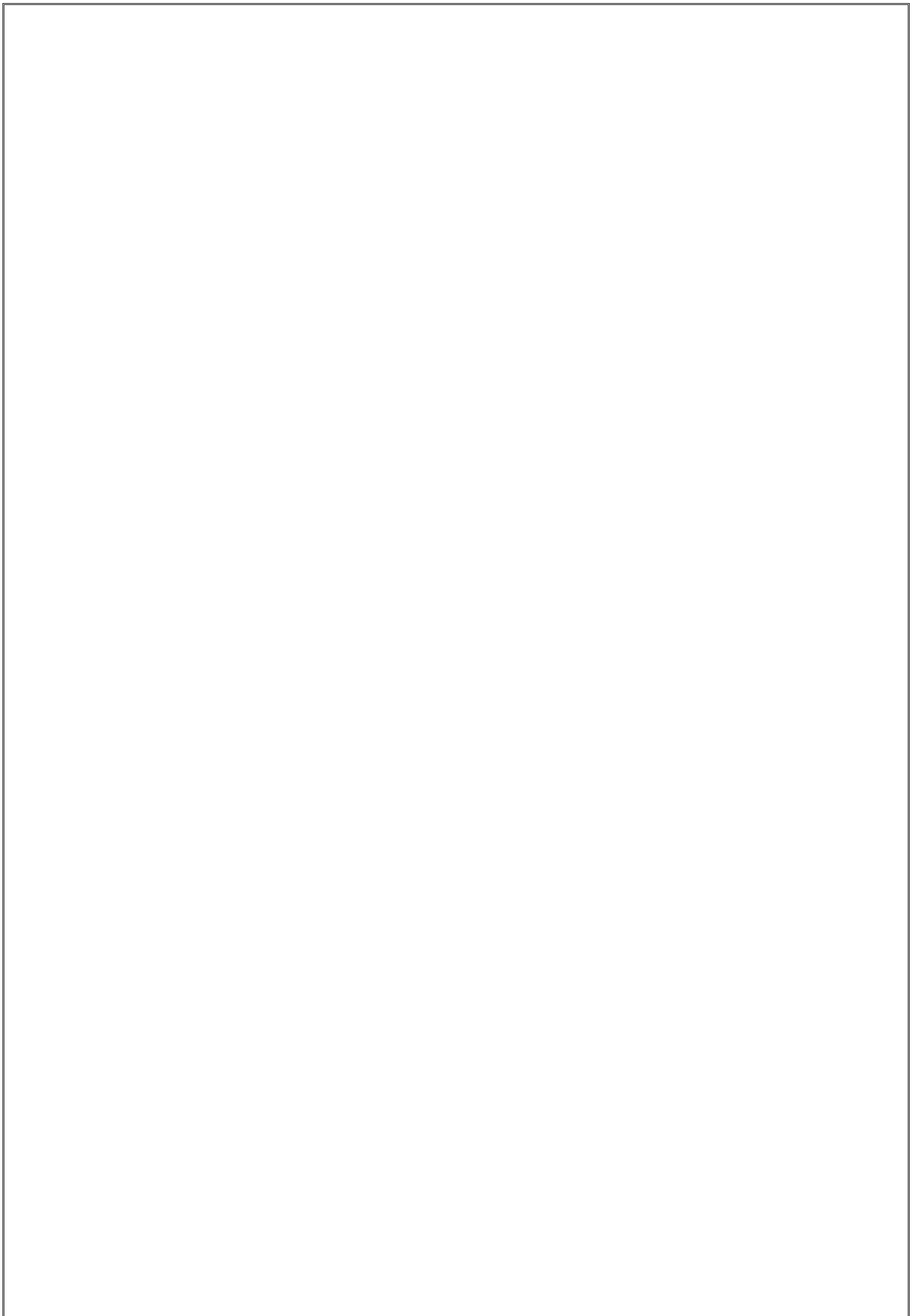


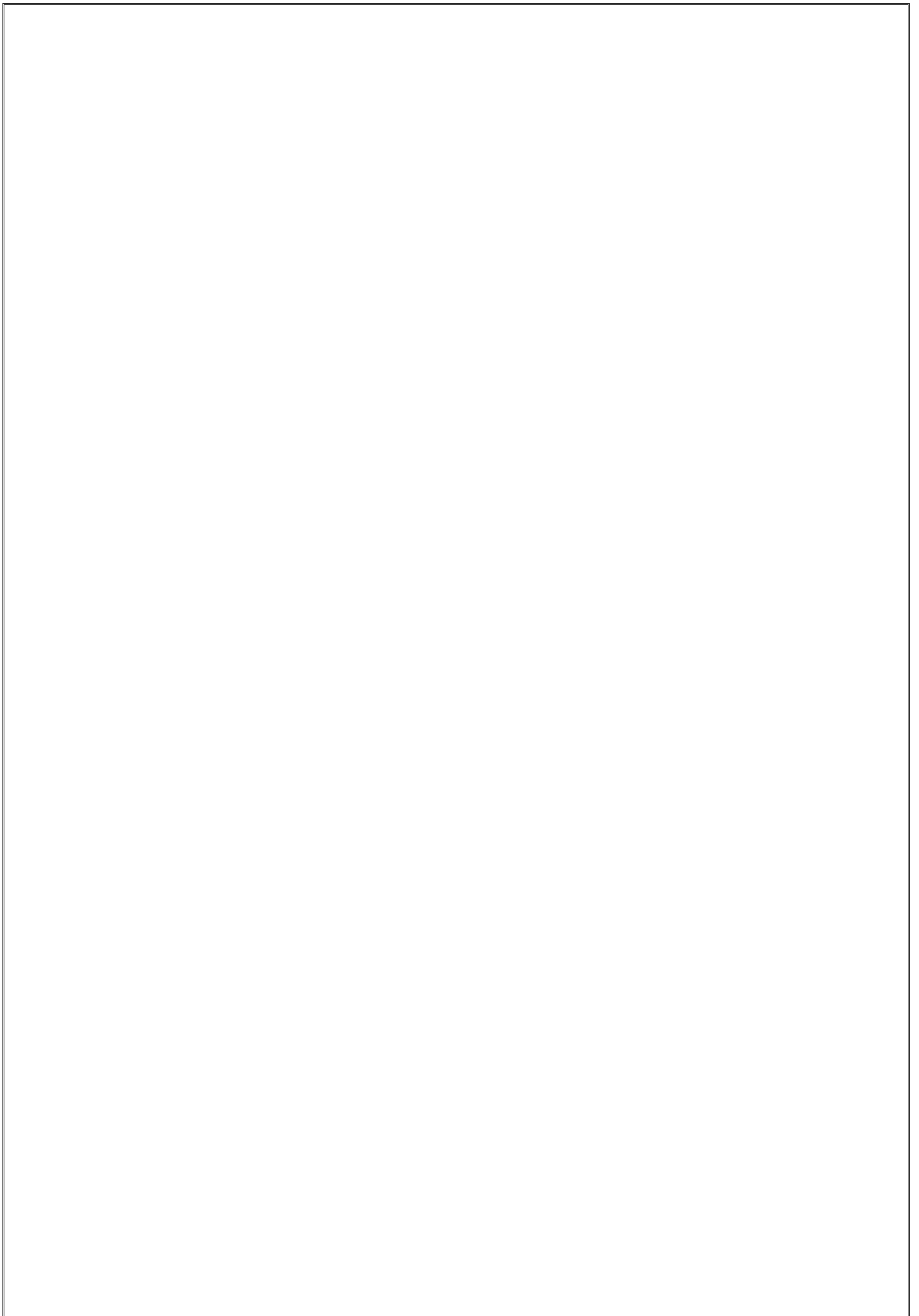














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CONSTIPATION AWARENESS MONTH-DECEMBER 2022



ORGANISED BY

DEPARTMENT OF HOME SCIENCE

Aim: To create awareness on Constipation to the people.

Objectives :

- To educate people on constipation
- Foods to be taken and avoid during this condition

Context :

Constipation is a condition that arises when a person experiences lesser bowel movements and trouble in passing the stools. When the frequency of bowel movements is less than three per week, it is called constipation. Constipation usually occurs when the stool becomes dry and hard, making it difficult to pass. Some people might also experience painful bowel movements during constipation.

There are several causes of constipation. However, it mostly occurs when the stools don't move out or move slowly from the rectum, causing it to become dry and hard. There are many causes that might be the reason behind constipation. Some of these include,

- Not consuming foods rich in fiber
- Not drinking an adequate amount of water daily
- Consuming a diet rich in meat and dairy
- Not exercising enough
- Not pooping when the urge to poop comes
- Changes in the daily routine
- Taking medications like antacids, antidepressants, or diuretics
- Being pregnant
- Old age
- Having eating disorders
- Excessive stress
- Having Irritable Bowel Disease
- Diabetes
- Having Hypothyroidism
- Having hypercalcemia

If left untreated, chronic constipation can give rise to several complications. Some of these complications include the following,

- Haemorrhoids (a condition that causes swelling and inflammation in the rectal veins)
- Anal fissures (tears on the anal skin)
- Faecal impaction (trouble expelling the stools)
- Rectal prolapse
- Stress urinary incontinence (A condition that causes pelvic floor muscle damage)

Materials required:

- Charts
- Pamphlets
- Board and chalk

Recourses:

- Money

Students participated : 18

Date :12-12-2022

Procedure :

Students of III B.Sc., (HSC) prepared a pamphlet on constipation. In that they mentioned preventive measures , foods to be taken avoid during constipation. They distributed those pamphlets to all the staff members in the college.

Students participated in different activities like role-play, story telling , and small skit on constipation .

Preventive tips, when followed daily, help in preventing the risk of developing constipation, as well as relieving it. These preventive tips include the following,

- Drinking enough water daily. Hydration is extremely important to relieve and prevent constipation
- Reducing the intake of excessive meats and dairy products
- Eating a diet rich in fiber
- Not ignoring the urge to poop
- Trying to stay active throughout the day
- Exercising regularly

- Trying medication or other techniques to manage stress

ACTIVITY CONDUCTED BY THE DEPARTMENT

- Students of Home Science Department gave awareness on Constipation by telling stories as part of Nutrition Education which is learnt in the course of “Diet and Nutrition Counselling”.



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https://drive.google.com/file/d/1t3C3caQc1rOm8kzjqBpjeSMWPgzzLsS2/view?usp=share_link

- Students gave diet tips to others to cure constipation.



- Students of Home Science prepared a pamphlet , and distributed to all the departments.





CONSTIPATION AWARENESS
MONTH-DECEMBER 2022



Organised By
Department of Home Science

What is Constipation?

Constipation is a condition that arises when a person experiences lesser bowel movements and trouble in passing the stools. When the frequency of bowel movements is less than three per week, it is called constipation. Constipation usually occurs when the stool becomes dry and hard, making it

difficult to pass. Some people might also experience painful bowel movements during constipation.

What are the causes of constipation?

- Not drinking an adequate amount of water daily
- Not consuming foods rich in fiber,
- Consuming a diet rich in meat and dairy
- Not exercising enough
- Not pooping when the urge to poop comes
- Changes in the daily routine
- Taking medications like antacids, antidepressants, or diuretics
- Being pregnant
- Old age
- Having eating disorders
- Excessive stress
- Having Irritable Bowel Disease
- Diabetes
- Having Hypothyroidism
- Having hypocalcaemia

What are the complications, if not treated?

- Haemorrhoids (a condition that causes swelling and inflammation in the rectal veins)
- Anal fissures (tears on the anal skin)
- Faecal impaction (trouble expelling the stools)
- Rectal prolapse

- Stress urinary incontinence (A condition that causes pelvic floor muscle damage)

Preventive tips, when followed daily, help in preventing the risk of developing constipation, as well as relieving it. These preventive tips include the following.

- Drinking enough water daily. Hydration is extremely important to relieve and prevent constipation
- Reducing the intake of excessive meats and dairy products
- Eating a diet rich in fiber.
- Not ignoring the urge to poop
- Trying to stay active throughout the day
- Exercising regularly
- Trying medication or other techniques to manage stress



Pamphlet on Awareness on Constipation



D. K. GOVERNMENT COLLEGE FOR WOMEN

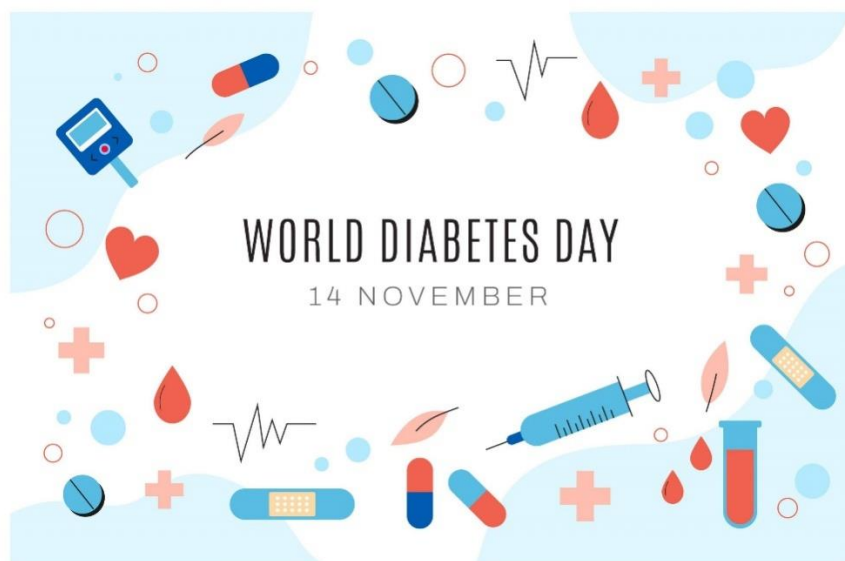
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WORLD DIABETES DAY CELEBRATIONS 2022-23



Organised By

DEPARTMENT OF HOME SCIENCE

AIM: To create awareness among people on “Diabetes Mellitus”.

OBJECTIVES :

- Educating the people on Type-2 Diabetes.
- Foods to be taken and avoid for Diabetic persons
- Preparation and exhibit a Diabetic Diet Plan.

This program aims to guide people on nutrition and diet on occasion of **World Diabetic Day Celebration**, foods to be taken and avoid during Diabetes, different diet plans according to the BMI, exercises and health tips. II BSc Home science students of D K college for women (A) Nellore conducted different activities.

Materials required :

- Charts
- Posters
- Pamphlets
- Some grocery materials
- Pans
- Stove

RESOURCES REQUIRED:

- Money

Students participated: 24

Date : 14-11-2022

Context:

DIABETES can be referred to as a chronic disease characterized by high levels of sugar (glucose) in the blood. Diabetes currently affects more than 62 million

Indians, which is more than 7.1% of the adult population. The average age on onset is 42.5yrs.

HISTORY OF DIABETES:

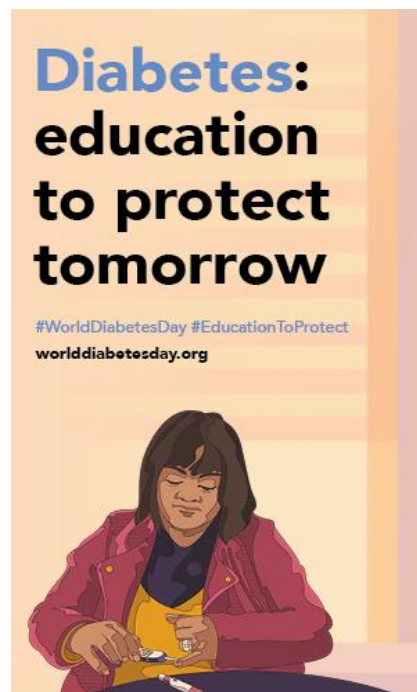
The first use of the term ‘Diabetes’ can be traced back to Apollonius of Memphis around 250 B.C. the first English record of diabetes in a medical test occurred around 1425. In 1675 Thomas Wills added the word “Mellitus”. Because, people with diabetes has sweet tasting urine.

WORLD DIABETES DAY:

World Diabetes Day falls on every 14th of November. The purpose of the day is to raise awareness of a condition that millions of the people on around the world live with every-day. The International Diabetes Federation will be involved in coordinating activities on the day.

WORLD DIABETES DAY 2022: THEME

This year 2022, World Diabetes Day theme is “**EDUACTION TO PROTECT TOMORROW**” under the combined theme of the world Diabetes Day 2021-2023 campaign “**ACCESS TO DIABETS CARE**”



CAUSES OF TYPE 2 DIABETES



HIGH BLOOD PRESSURE



PANCREATIC DISEASES



OBESITY



AGE



GENETIC PREDISPOSITION



STRESS



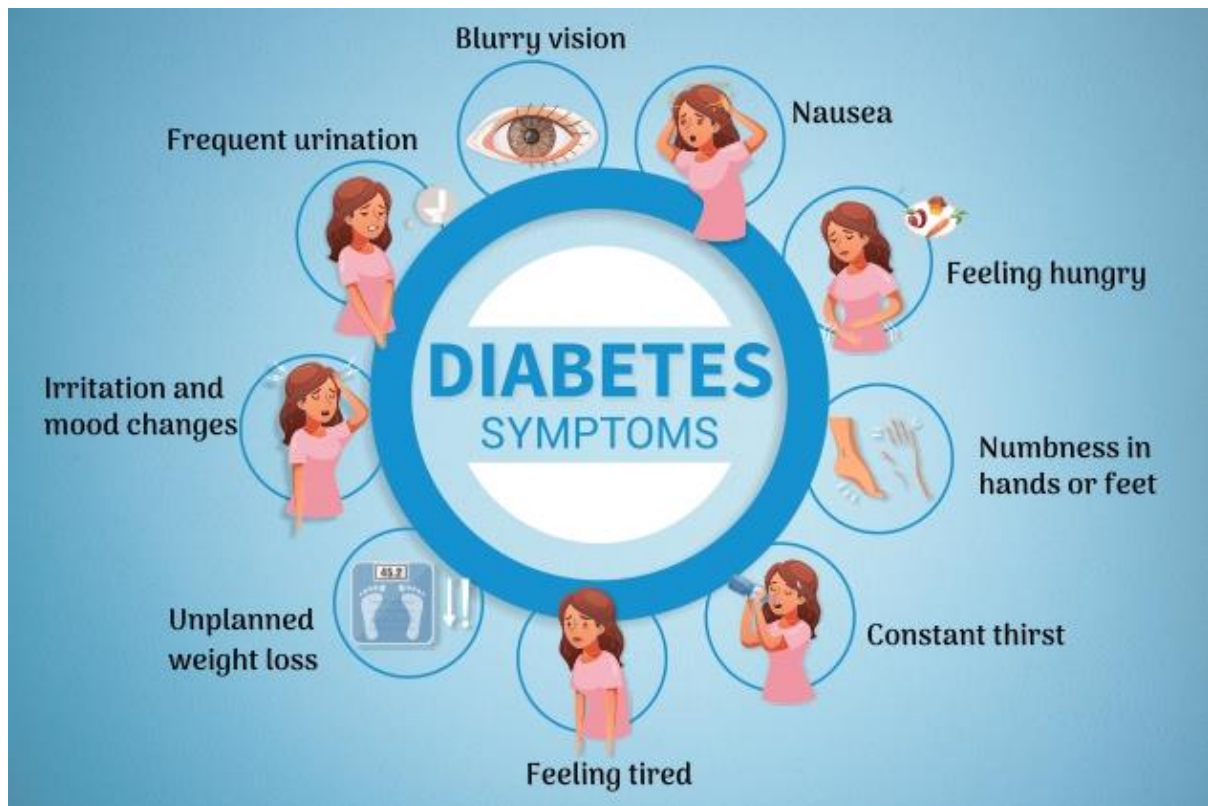
SEDENTARY LIFESTYLE



UNHEALTHY FOOD



MEDICINE





Procedure:

Our II B,Sc(H.Sc) students organised programme on world's Diabetes Day at Dk.Government College for Women (A),Nellore on 14-11-2022 . Students created posters and charts about Diabetes mellitus, their causes and symptoms and also different diagnosis tests done in laboratory. They also prepared a day menu of a Veg and Non-veg dishes on Diabetes. They also mentioned Nutritive values of each dish and exhibited near department.

CONDUCTION OF ACTIVITIES

In view of the above statistical data mentioned the Department of Home Science students felt the need to create awareness on Diabetes for the teaching and non-teaching staff in the college.

1. Students of Home Science department created posters and charts about Diabetes mellitus, their causes and symptoms and also different diagnosis tests done in laboratory.

November 14th is a significant date in the diabetes calendar because it marks the birthday of the man who co-discovered insulin, **Frederick Banting**. Banting discovered insulin in 1922, along with **Charles Best**.

Diabetes is a metabolic disorder in which there are high levels of sugar in the blood a condition called hyperglycemia. Under normal conditions food is broken down to glucose which then enters the bloodstream and acts as fuel for the body.

TYPES OF DIABETES

There are two main types of diabetes:

1. Insulin-dependent diabetes (Type 1)
2. Non-insulin-dependent diabetes (Type 2)

1. Insulin-dependent diabetes (Type 1)

This type of diabetes usually affects children & adolescents and is known as juvenile-onset diabetes. There is little or no production of insulin in it. Insulin injections are required daily to maintain health.

2. Non-insulin-dependent diabetes (Type 2)

This usually affects younger & older adults and is known as adult-onset diabetes. Non-insulin-dependent diabetes is always mild and is usually milder and more stable.

Symptoms

- Increased hunger
- Increased thirst
- Increased urination
- Blurred vision
- Itchy skin
- Slow healing of cuts and wounds
- Dark spots on the skin

Other types:

1. Malnutrition-related diabetes mellitus (MIDDM)
2. Gestational diabetes

This type of diabetes is mainly seen in some tropical countries like India and it occurs in young people between 20-30 years of age. Generally people with MIDDM are lean and underweight.

Gestational diabetes develops during pregnancy. It is described as gestational diabetes. It occurs in about 2-5% of pregnant women. Gestational diabetes disappears after the diabetes-related complications during pregnancy and after the subsequent development of diabetes after the delivery.

Symptoms

Many diabetics are not aware that they have the disease.

Following are the symptoms:

1. Polyuria (excessive urination)
2. Polydipsia (excessive thirst, especially for sweets)
3. Polyphagia (frequent eating) and weight loss
4. Itching
5. Frequent weakness or tiredness
6. Treatment
7. Slow healing of cuts and wounds
8. Frequent infections of the skin, gums and vagina and pain in the legs but contrary that in fingers
9. Blurred vision
10. Hypertension
11. Hypoglycaemia (low in the urine)

Dietary guidelines to be recommended are:

1. Healthy intake of fat between meal and snacks should be observed to avoid hypoglycaemia
2. Patients should avoid fasting and feasting
3. The diabetics should avoid alcohol
4. Take small but frequent meals
5. Take plenty of fluids
6. Diet should be balanced

List:- Diagnostic criteria for IGT and diabetes

Blood sugar levels (mg/dl)

Fasting - IGT < 120 Diabetes: > 120

2 hours after 75g glucose load - IGT: 120 - 180 Diabetes: > 180

< stands for less than
> stands for equal to more than

Urinary sugar

Glucose is excreted into the urine when the blood glucose levels are elevated. 180 mg/100ml. Diabetics lose varying amounts of glucose depending on the severity of disease and the dietary intake of carbohydrates.

Benedict's test

Eight drops of urine and 5ml of Benedict's Solution are taken in a test tube mixed solution are taken in a test tube and mixed. The test tube is in boiling water for 5 minutes and colour is noted.

Orthocresolated hemoglobin (Hb_{1c}) test carried to detect pre Diabetes

As the concentration of glucose in blood rises more glucose gets attached to hemoglobin a pigment present in RBC.

DIAGNOSTIC TEST

Diabetes may be present when sugar is present in the urine or when the blood sugar after fasting (12 hours after the last meal) or two hours after meals postprandial is higher than 120 mg/100 ml.

Diagnosis of diabetes is confirmed after an oral glucose tolerance test.

ORAL GLUCOSE TOLERANCE TEST (OGTT)

This test is carried out after 12 hours of every night fasting. 75g in adults and 1-1.5g/kg of body weight in children is orally administered before the glucose load and two hours after it. Blood samples are collected and glucose levels are estimated.

The diagnostic criteria for diabetes and impaired glucose tolerance test (IGT) are given below in the normal persons with out diabetes the fasting sugar levels vary between 80-110 mg/100 ml. The blood sugar levels increase after the glucose load and come down to basal within two hours.

CLINICAL TESTS FOR DIABETES

| Glucose tolerance test | |
|------------------------|--------------|
| NORMAL PERSONS | |
| Fasting | 80-100 mg/dl |
| one 1/2 hr | 100 mg/dl |
| two 1/2 hr | 160 mg/dl |

2. Students prepared a day menu of a Veg and Non-veg dishes on Diabetes. They also mentioned Nutritive values of each dish.



VEG MENU



NON-VEG MENU



DODLA KOUSALYAMMA GOVERNMENT COLLEGE FOR WOMEN

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BREAST FEEDING WEEK CELEBRATIONS



Organized by

DEPARTMENT OF HOMESCIENCE

2022 – 2023

BREAST FEEDING WEEK CELEBRATIONS SCHEDULE 2022

| DATE | EVENT CONDUCTED |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 01-08-2022 | World Breastfeeding week Celebration Brochure opened by Principal . |
| 02-08-2022 | Pamphlets was distributed to all the departments. |
| 03-08-2022 | An awareness programme in Government General Hospital, Nellore on “Foods to be taken during pregnancy and lactation” & Advantages of Breastfeeding, RDA for lactating women by students. |
| 04-08-2022 | Rally by students and staff |
| 06-08-2022 | Bulletin Board - slogans on breast feeding |

THEME OF THE YEAR

THE 2022 THEME FOR WORLD BREASTFEEDING WEEK,

“STEP UP FOR BREASTFEEDING: EDUCATE AND SUPPORT”.



WABA | WORLD BREASTFEEDING WEEK 2022

AIM: To celebrate Breast Feeding Week

OBJECTIVE:

- To educate the women students about the importance of breastfeeding.
- Food to be taken during lactation period.
- To educate the lactating mothers on Feeding Practices.
- To educate lactating mothers on disadvantages of Bottle Feeding.

IMPORTANCE OF BREASTFEEDING:

- Breast milk provides ideal nutrition for babies
- Breast milk contains important antibodies
- Breastfeeding may reduce disease risk
- **EX:** Middle ear infections, Respiratory tract infections, Colds and infections, Gut infections, Intestinal tissue damage, Sudden infant death syndrome (SIDS), Allergic diseases, Bowel diseases, Diabetes, Childhood leukaemia.
- Breast milk promotes baby's healthy weight
- Breastfeeding may make children smarter
- Breastfeeding may help you lose weight
- Breastfeeding helps the uterus contract
- Mothers who breastfeed have a lower risk for depression

- Breastfeeding reduces your disease risk
- Breastfeeding may prevent menstruation
- It saves time and money

Breastfeeding your baby is also important for your own health. It can:

- help your body return to its pre-pregnant state faster
- lessen the chance of cancer in the ovaries or breasts
- lessen the chance of osteoporosis (weak bones) when you are older
- lessen the chance of you developing type 2 diabetes later in life if you had gestational diabetes in pregnancy
- helps you build a close bond with your baby.

Context:

World Breastfeeding week

It was first observed in 1992 by World Alliance for Breastfeeding Action (WABA) and is now celebrated in more than 120 countries by UNICEF, WHO and their partners including individuals, organizations, and governments. Every year World Breastfeeding Week is celebrated from August 1 to 7 with an aim to encourage breastfeeding and improve the health of babies across the globe. As per the UNICEF report, about 60% of the world's total infants are missing out of recommended six months of exclusive breastfeeding.

Materials required:

- Charts
- Posters
- Pamphlets

RESOURCES REQUIRED:

- Money
- vehicle

Students participated: 42

Date : 01-08-2022 To 06-08-2022

Procedure :

II and III B.Sc (Hsc), students along with staff planned to Celebrate World Breast Feeding Week. First day Students Prepared Brochure on Importance of breast feeding and inaugurated by the principal sir, Dr.D.Girigaru. Second day students circulated those brochure to all the departments in the college.

Third day students along with staff went to the Government General Hospital of SPSR Nellore District and met the superintendent of Maternity ward and distributed those brochures to all the pregnant and lactating mothers.

Fourth day students and staff gave awareness to the public through rally. Last day students displayed a bulletin board with slogans on breast feeding in the campus.

CONDUCTION OF ACTIVITIES

1.WORLD BREASTFEEDING WEEK CELEBRATION BROCHURE OPENED BY PRINCIPAL

- ❖ On account of World Breast Feeding Week Celebration Department of Home Science prepared a Brochure and inaugurated by Principal sir, Dr. D. Girigaru on 01-08-2022.



2. PAMPHLETS WAS DISTIBUTED TO ALL THE DEPARTMENTS

- ❖ Students of Home Science gave pamphlets about Importance of BreastFeeding to all the departments.



3. AN AWARENESS PROGRAMME IN GOVERNMENT GENERAL HOSPITAL, NELLORE

- ❖ Students took permission from Superintendent of Hospital and gave awareness to the lactating mothers about importance of breast feeding, and foods to be taken during lactation period and disadvantages of bottle feeding.





4.RALLY BY STUDENTS AND STAFF

- ❖ Department of Home Science conducted a rally to give awareness on Breast Feeding to Public. We started from college and went to Niligirisangam till KVR Petrol Bunk and gave awareness in that area about breastfeeding and students raised slogans.



5.BULLETIN BOARD - SLOGANS ON BREAST FEEDING

- ❖ To encourage students and to make them aware about significance of breastfeeding Bulletin Board presentation was conducted by the department. Students actively participated in it.

Thus, the department actively participated and fulfilled the objectives in motivating students and succeeded in conducting several activities on World Breast Feeding Week Celebrations.



