

Institutional Distinctiveness

Community Work:

Community work primarily aimed at helping people within local community to identify social needs to consider the most effective ways of meeting these and set about doing in so far as the available resources permit.

Community work process helps people within a community to identify various social needs and problems and enable them to act collectively in most effective ways of meeting these needs with available resources. The main purpose is to prepare students for their future by helping them learn what it means to be responsible citizens. It teaches the value of serving others and helps them develop self-discipline critical thinking skills. It is a kind of direct service learning where working directly with individuals or organization to address community issue or need like volunteering for disaster service.

The institution also works under advocacy service learning where planning and conducting and creating awareness, taking initiatives and event to address a community issues.

Due to corona many programs could not be conducted in the community but few substantial programs were done like Organ Donation Awareness Programme in which 147 students and 30 staff took pledge to donate organs. This activity in turn will spread in the homes of 147 students and villages on a very important issue.

Now a days with the advent of technology and novel foods available and the hype related to it. The local public has forgot to eat regional and indigenous food and the department of Foods and Nutrition organized a lecture in collaboration with Indian Dietetic Association and NetProFan. Dr. Minal Chauhan explained the importance of indigenous food to the students.

To empower the women in the community a national level webinar was organized on the topic Empowering Women through Human Milk Bank in which health workers, mukhya sevikas of ICDS and students participated.

To promote good health the department of foods and nutrition in collaboration with In body Academia, Mumbai conducted body composition analysis using BCA machine and interpretation was done by their expert in which 100 office employees of Charutar Vidya mandal were screened.

A webinar in association with Rotary Anand Milk-City an NGO on the topic converging towards healthy walk-through right nutrition for preventing diabetes and heart disease was organized in which Dr Ruchi Vaidya and Dietitian Jigna Patel explained how to deal with diabetes and heart diseases through diet and lifestyle changes to the members of Rotary club. It was screened live on Facebook and had 351 views.

Anganwadi centers are the primary health care centers at the grass root level where people refrain from sending their wards to Anganwadi for nutrition and pre-school.

The students of foods and nutrition department every year since last 5 or 6 year do internship in nearby Anganwadi centers and learn to work at the grassroots level apply their knowledge in field of nutrition to use of community. The students also interact with the community and also learn the working of ICDS.

ICDS provides following services and during their two weeks of Internships the students try to take part of the activities conducted and help the Anganwadi worker in carrying out her activity and also motivate the community people to make maximum use of their services.

In the year 2021 due to corona anganwadi centers were closed but workers had to door to door to give away supplementary foods and distribute the TRF powder and other powders talk to pregnant and lactating women collect data etc. so the students also helped the worker in all these areas.

Following are the areas in which every Anganwadi works:

1. Immunization- it is efficient in every Anganwadi center as claimed by The Anganwadi workers for the nurse mid-wife (NMW) comes every 1st Tuesday in one and on Thursday on the other for immunizing the children's and pregnant. The students helped the workers by bringing children to the center.
2. Supplementary nutrition- the students demonstrated recipes made of drumstick leaves, ragi to the women enrolled in the center to promote use of low-cost nutritious food.
3. Health check-up
4. Referral services- if there are any children who looked deprived of nutrition is referred to the blocks health center for supplementary nutrition.

5. Pre-school education- the students made games and rhymes and use to spend time with them and taught them games and poems and stories, cleaned them informed mothers regarding importance of hygiene and cleanliness

6. Nutrition and Health information- They conducted role plays and gave lecture on importance of nutrition and menstrual hygiene to the adolescent girl and also gave information as to how important it was to eat the powder given by the government.

In collaboration with Rotary Anand Milk city the students gave demonstration of lactogouges rich recipes to the lactating mothers and their mothers and mother in laws so as to promote use of ajwain, ragi, gingelly seeds, dill etc all low cost easily available sources for better lactation.

Over all the students gained confidence and polished their counselling skills and community was also benefitted by this project. We continue to do this work in future also.
