

A HEALTH AWARENESS CAMP CONDUCTED BY FOOD AND NUTRITION

DEPARTMENT OF KANYASHREE UNIVERSITY

A one-day free health awareness camp was organized by the department of Food and Nutrition of Kanyashree University on 13th December 2023. The adjacent area of the University campus (Krishnanagar Collegiate School campus) was chosen for the location of the event. The location was very well equipped with sufficient furniture for the convenience of the participants. Under the guidance and supervision of Departmental Coordinator, Ms. Srabani Banerjee and three other departmental faculties, Mrs. Debanjana Sen, Dr. Anindita Mitra and Mrs. Debapriya Bhattacharya, ardent participation of both the students (25) of 1st and 3rd semester was seen in the programme. The health awareness camp started around 12.00 p.m. and it included vital anthropometric measurements such as weight, height, BMI (Body mass Index) calculation, BP (Blood Pressure) monitoring and diet counselling with the provision of diet charts. Different types of diet charts such as normal, underweight, obese, hypotensive and hypertensive etc. were provided to the participants as per their need. The programme was a huge success as over 100 people came to check their health status. All the local shopkeepers, police staff, school children along with their guardians, college students, passers-by and the students of other department of the university were eagerly came and had sought dietary recommendations. The students were able to manage the rush as they uniformly distributed their responsibilities among themselves to attend people. 4-5 students were present in each sector of the working procedure. The whole programme was all along under observation and guarded by the respected police staff, provided by the local police station, therefore it was completely secured. The person, who came to check his/her health, was first get registered with his/her details, then after the measurements of weight and height, his/her BMI was calculated, BP was monitored. Once the measurements were done, according to the results, he/she was counselled with proper dietary advises, and was given the diet chart.

Honourable Vice Chancellor, Professor Kajal De; Registrar, Dr. Debabrata Saha; Controller of Examination, Mr. Anjan Kr. Dan and Academic Coordinator Dr. Aniruddha Saha had supported and guided, the Food and Nutrition department in each and every possible way to make the programme a grand success. They not only visited the camp but also participated and allowed the students to nutritionally counsel them after all the measurements. The students were very much motivated by their presence and even got confident. The other Departmental Coordinators, the faculties of other departments and the non-teaching staffs cooperated thoroughly and came to encourage the students and took part happily. The programme came to an end at 3.30 p.m.

The health awareness camp overall was very significant as by this event, students learned team work and collaboration. They were able to apply their subjective knowledge in the field of public health and acquired working experience in a community.