

ST. ALOYSIUS' COLLEGE, JABALPUR

OUT-REACH PROGRAMME

SESSION 2025-26

Program theme: Health & Nutrition

Duration: 1 Day

Date: 23 August 2025

Number of faculty participants: 2

Mode Of activity: offline/onsite

Venue: Ekikrit Shaskiya Madhyamik Shala Gaur, Khamaria, Jabalpur (M.P)

OBJECTIVE

- To spread awareness about the importance of balanced diet and healthy lifestyle.
- To educate people about nutritional requirements and prevention of lifestyle diseases.
- To encourage adoption of healthy eating habits in daily life.

REPORT

- A Health and Nutrition awareness program was organized under ISR initiative.
- Sessions were conducted by faculty/experts on topics like balanced diet, importance of vitamins and minerals, and harmful effects of junk food.
- Demonstrations on healthy meal planning and nutritional value of

common foods were given.

- Students distributed informative pamphlets and interacted with community members.
- Basic health check-ups (BMI, weight, blood pressure) were also carried out for participants.

OUTCOME

- Participants gained knowledge about balanced diet and its role in overall well-being.
- Increased awareness regarding lifestyle diseases such as obesity, diabetes, and hypertension.
- Community members motivated to include fruits, vegetables, and whole grains in daily meals.
- Positive feedback received from both students and local residents.

CHALLENGES FACED

- Limited resources and availability of health experts.
- Difficulty in changing existing unhealthy eating habits of people.
- Lack of awareness in rural sections regarding nutrition labels and food hygiene.

CONCLUSION

- The ISR Health and Nutrition drive was a **meaningful and impactful initiative**.
- It helped participants understand the direct link between food and health.

- Consistent awareness programs and follow-ups can further promote a healthy community.

STAR PERFORMERS

Speaker Name:

- Dr. Sutapa Roy
Head, Department of Chemistry
- Ms. Mala Das
 - Teacher In-charge, ISR
 - Assistant Professor, Department of Computer Science

