

J.D. BIRLA INSTITUTE
A UNIT OF VIDYA MANDIR SOCIETY
(Affiliated to Jadavpur University)
Departments of Science, Commerce & Management

J.D. BIRLA INSTITUTE
Department of Food Science and Nutrition Management
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World Health Day
7th April, 2022

In the midst of a pandemic, a polluted planet, increasing diseases, on World Health Day 2022, We focus on keeping the humans and the planet healthy and foster a movement to create society focused on well being.

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Activities

Assessment of Nutritional Status
Venue: Ground Floor
Time: 10:00 A.M onwards

Session on
Yoga for Health and Wellness
Ms. Henakshi Puglia
Certified Yoga Trainer
Adi Swasthya Kendriya
Venue: College Auditorium
Time: 11:30 A.M onwards

Title of the Event: Celebration of World Health Day

Event Category: Social

Organizing Department: Department of Food Science & Nutrition Management

Date: Thursday, 7th April, 2022

Time: 10.00 AM onwards

Venue: Ground Floor & College Auditorium (Main Campus)

About the Event (in 150 words): World Health Day is commemorated and celebrated every year on April 7th, in accordance with the World Health Organization's goals of discussing health-related problems and drawing attention to specific health challenges that affect people all over the world. The day also commemorates the creation of WHO and is viewed as an opportunity to attract public attention to a topic of great significance, "Global health". WHO conducted its first World Health Assembly in 1948.

The pandemic has raised awareness of the necessity of adopting a healthy lifestyle, yet many people still believe it is out of reach. The ability to make oneself aware of a fit lifestyle and how we might attain it in our hectic daily routine was recognized in the Institute on World Health Day. Due to the ever-present outlook of perfection on social media, the judgement of our bodies is continuously changing, especially among young minds looking for ways to remain fit. This year the World Health Day celebrations honoured the understanding of living a healthy lifestyle rather than only losing weight. The day's festivities centered on simple pleasures that can keep our brains and bodies happy.

Objective/s (intended outcomes in 100 words): The day was commemorated to provide students with vital information about their bodies and to advise them on how to make their lifestyles better, as well as to provide them with the opportunity to have a lighthearted discussion about their bodies and to make them feel good about themselves.

People with obesity are more likely to develop a number of potentially serious health problems, including heart disease and strokes. One of the easiest ways to identify this is through Body Mass Index (BMI), which is a measure of body fat based on height and weight of adult men and women in the age group of 18-65 years. $BMI = \frac{kg}{m^2}$ where kg is a person's weight in kilograms and m^2 is their height in metres squared. A BMI of 25.0 or more is overweight, while the healthy range is 18.5 to 24.9.

Content (Contextual features and challenging issues in 150 words):

The Department of Food Science and Nutritional Management observed World Health Day and conducted a BMI check-up camp for students and staff of the college. More than 300 students and staff actively and enthusiastically participated in the assessment of nutritional status using BMI measurement. Students and staff were informed about their current health condition and given tips to improve them by the budding dieticians. Students who were afraid of the weighing scale were given the assurance that their health was not only dependent on their weight and this boosted their confidence. An interactive and enthralling yoga session also captivated the students and relieved them from their daily routine.

Details of Resource Persons, if any:

Name	Ms. Henakshi Puglia
Designation	Certified Yoga Trainer
Organization	-
Country & City	India, Sainthia, Birbhum
Mobile	96799 14285
Email	henakshi.puglia@gmail.com

Highlights of the Event: NIL

Number of Participating Students/Faculty & Staff:

CLASS	FSNM	TCFS	ID	HD	COM	MANG
Students						
1 st year UG	31	--	--	--	--	--
2 nd year UG	24	--	--	--	--	--
3 rd year UG	14	--	--	--	--	--
1 st year PG	24	--	--	--	--	--
2 nd year PG	15	--	--	--	--	--
TOTAL	108	--	--	--	--	--
Faculty	09					
Administrative Staff	01					--
Group-D Staff	--					--
GRAND TOTAL	118					

Feed Back Summary of Participants:

Quality Parameter	Total Numbers			
	Excellent	Good	Average	Bad
Overall Quality of the Event	52	26	05	00
Organizational adeptness	52	26	05	00
Quality of Resource Persons	55	22	05	01
Relevance to Course of Study	56	20	07	00
Excellent take back	YES - 78		NO - 05	
Can be repeated	YES - 76		NO - 07	

Evidence of Success (in 200 words): The active engagement and interaction of students during the session demonstrated the event's success. More than 300 students and staff actively and enthusiastically participated in the assessment of nutritional status using BMI measurement. The feedback from the attendees also reflects the event's success, with the majority of participants rating it as good or better. Approximately 94 percent of the participants valued the healthy discussion on their bodies with their peers and ease their mind with yoga, and 92 percent thought the session was knowledgeable, had a good take-away, and could be repeated.

Resources Used and Amount Spent, if any: Nil

Problems Encountered, if any: Nil

Note (any other information that is relevant in 150 words): Nil



In-charge / Coordinators

Signature with date

Name: Dr. Adrija Saha
Designation: HoD & Assistant Professor,
Department of Food Science & Nutrition Management