

"Jai Sri Gurudev"

Sri Adichunchanagiri First Grade College

Channarayana - 573116

"Women Empowerment Cell"

Venue: Principle Chamber

Date: 29/11/2023

Time: 4:00 PM

The Committee meeting is held on 29/11/2023 at 4:00 PM in the Principle chamber under the Chairmanship of Dr. Manjunath M.K.

The convenor Dr. Nisupama M was welcoming all the members to the committee meeting.

Agenda:

To do an Awareness of Malnutrition and Anemia.

Discussion:

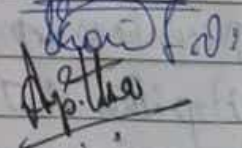
1. The committee convenor proposed that it was important to raise awareness among the village ~~among~~ motherhood ~~that~~ about the effect of malnutrition & Anemia and ^{its} control.

All the members agreed to create awareness on this topic. Recommended picking a village to raise awareness (Pambur).

Members:

- 1) Kallitha J.N.
- 2) Arpitha H.J
- 3) Niroosha M.R.
- 4) Radhamma K.M.
- 5) Parvathamma K.B.
- 6) Sowmya C.V.
- 7) Swathi J.A.

Signature:



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Page No. :
Date: / /

- 8) Seethal C.H
- 9) Apoorva M.S
- 10) Chandana A.C
- 11) Harshitha D.S

~~Princip~~
HOD in Zoology
SAFE College.

~~Megavathi M.K~~
Principal
Sri Adichunchanagiri First Grade Collage
Channarayapatna-573 116

Sri Adichunchanagiri Frist Grade College

Channarayapatna-573116

Women Empowerment Cell

Date:-05-12-2023



Report on Awareness on Malnutrition and Anemia in Motherhood

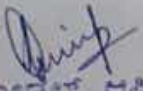
The Women Empowerment Cell raised awareness among the villagers about the Malnutrition and Anemia in Motherhood in the villages of Jamburu, Nuggehalli (H), Channarayapatna (T), Hassan (D)-573131.

With the assistance of ASHA employees Mrs. Mani J.M., the Women Empowerment Cell of our college held a programme at Jamburu Village Kindergarten on Tuesday, December 5, 2023.

Nurse J.D. Ratna said that in India, anaemia and malnutrition in mothers and children continue to be the main causes of health loss. Offspring of women who suffer from anaemia and chronic malnutrition frequently have low birth weight (LBW) and are at a higher risk of developing cardio metabolic illnesses in adulthood, as well as insulin resistance, infantile stunting, and wasting. She advised consuming iron-rich meals as well as greens, vegetables, milk, and legumes.

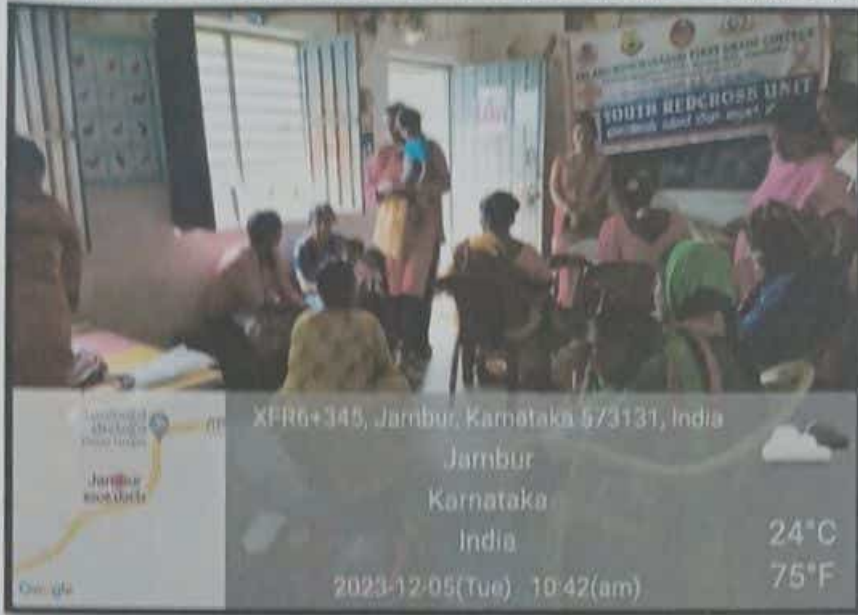
In her speech to the villagers, Mrs. Kavaitha J.N. a Librarian, she advised that the infant should only be breastfed until the child is six months old. After that time, she promised to offer the infant homemade ragisari in place of instant meals.

Dr. Nirupama M., Convener, Women Empowerment Cell, advised that it's important to encourage exclusive breastfeeding and steer clear of consuming too much diary milk. It becomes essential to step in at the correct time and offer foods suited for the child's age. Infant anaemia is positively correlated with maternal illiteracy. The path to a country free of anaemia will be paved by raising maternal awareness.


ನೋಡಲ್ ಅಧೀನರ
ಭಾರತೀಯ ಯುವ ರೆಡ್‌ಕ್ರಾಸ್ ಸಂಸ್ಥೆ
ಆದಿಚುಂಚನಗಿರಿ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜು
ಚನ್ನರಾಯಪಟ್ಟಣ


Principal
Sri Adichunchanagiri First Grade Collage
Channarayapatna-573116

Awareness on Malnutrition and Anemia in Motherhood on 05-12-2023



Dr. J. S. ...
 ಅಭಿಷೇಕ
 ಜ್ಞಾನವಿಷಯ ಯುಪ್ ಲೆಡ್‌ಕ್ರಾಸ್ ಪಟ
 ಅಧಿಕಾರವಹರಿ ಪ್ರಕಮ ದರ್ಜೆ ಶಾಲೆ
 ಚಿಕ್ಕಯಪಲ್ಲಾ

Me Juralhmk
 Principal
 Sri Adichunchanagiri First Grade Collage
 Channarayapatna-573 116