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- **TITLE OF EVENT/ PROGRAMME (SEMINAR/ WEBINAR/ WORKSHOP/ EXTENSION LECTURE/ EXTENSION ACTIVITY/ ANY OTHER ACTIVITY):**

Health Awareness Campaign “Eat Well Live Well”

- **THEME OF THE EVENT/ PROGRAMME:**

Knowledge transfer to the underprivileged people of our area

- **ACADEMIC SESSION:** 2022-2023
➤ **DATE:** 30th July, 2022
➤ **VENUE:**

Slum region of Kamdahari, Garia, Kolkata-700084

- **OBJECTIVE/ PURPOSE:**

The sole purpose of conducting the awareness program by the Department of Biochemistry was to provide a basic knowledge and understanding of the importance of having proper nutrition for the growth and development of children and adolescents among the underprivileged target groups.

- **SPEAKER/S / RESOURCE PERSON/S:**

Three students from semester IV along with one alumnus of the Department of Biochemistry gave an interesting lecture in lucid language on the various types of healthy foods, their nutritional values, daily requirements and how to prepare them easily. The children were also made aware of the unhealthy foods that need to be avoided to lead a good healthy life. The importance of drinking water and its daily requirement was also discussed. The importance of sanitization before and after taking meals was emphasized in the lecture.

- **TARGET AUDIENCE/ PARTICIPANTS:**

The program was conducted in a slum region of Kamdahari, Garia with 30 children and their mothers. Out of these thirty children, five were of 5 years old while rest were between 10 to 15 years. Their mothers were of ages from 22 to 30 years.

- **ATTENDANCE SHEET:**

Faculties of Dept of Biochemistry:

Dr. Poulami Khan

Dr. Shyamalina Halder



Dr. Paromita RoyChoudhury

Students:

Mr. Sirsajit Barua

Ms. Samanti Saha

Ms. Subhosmita Routh

Alumnus of Biochemistry Department Asutosh College

Mr. Subhojit Sinha

PRINCIPAL
ASUTOSH COLLEGE
92, S. P. MUKHERJEE ROAD
KOLKATA-700 026

➤ **BRIEF REPORT ABOUT THE EVENT/ PROGRAMME:**

With an aim of knowledge transfer to the underprivileged people, the Department of Biochemistry organized an awareness program entitled: “Eat Well Live Well” as a part of the “Initiation Project under Innovative Cell” of Asutosh College, Kolkata. This was the second awareness program after the health camp organized earlier in June, 2022 targeting the children of age 5 years to 15 years and their mothers from underprivileged zone of Garia and Brijji area, Kolkata. The program was conducted in a slum region of Kamdahari, Garia with 30 children and their mothers. Out of these thirty children, five were of 5 years old while rest were between 10 to 15 years. Their mothers were of ages from 22 to 30 years. Three students from semester IV along with one alumnus of the Department of Biochemistry gave an interesting lecture in lucid language on the various types of healthy foods, their nutritional values, daily requirements and how to prepare them easily. The children were also made aware of the unhealthy foods that need to be avoided to lead a good healthy life. The importance of drinking water and it’s daily requirement was also discussed. The importance of sanitization before and after taking meals was emphasized in the lecture.

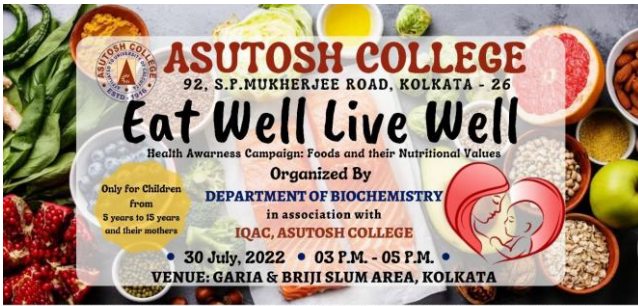
➤ **EXPECTED OUTCOME:**

The sole purpose of conducting the awareness program by the Department of Biochemistry was to provide a basic knowledge and understanding of the importance of having proper nutrition for the growth and development of children and adolescents among the underprivileged target groups. The present audience also got an idea about the nutritional values of various foods that they were already taking every day. They also got enlightened about the making of home-made nutritious foods and how to include a balanced diet in everyday life.



Even the students had a chance to outreach the common mass and transfer their acquired knowledge on the subject among the people.

➤ **GEO-TAGGED PHOTOGRAPHS:**



AN INITIATION PROJECT UNDER INNOVATION CELL, ASUTOSH COLLEGE, KOLKATA WITH AN AIM OF KNOWLEDGE TRANSFER



30.07.2022 17:46
 22.46278, 88.37456
 11, Kamadahan, Gostotala New Scheme, Kamadahan, Garia, Kolkata, West Bengal 700096



30.07.2022 17:46
 22.46278, 88.3751
 F97G+32Q, Purbapara Rd, Gostotala New Scheme, Kamadahan, Kolkata, West Bengal 700094



30.07.2022 16:46
 22.46231, 88.37456
 L55 Bose Para,Kamradan, Gostotala New Scheme, Garia, Kolkata, West Bengal 700096



30.07.2022 16:41
 22.46293, 88.37496
 L1, Keya Bagan Rd, Gostotala New Scheme, Bramhanur, Kolkata, West Bengal 700098



30.07.2022 16:50
 22.46278, 88.37506
 #97F+3XW, Gostotala New Scheme, Kamadahan, Kolkata, West Bengal 700094

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