

## Health Mela - 2022

**Date:** 21<sup>st</sup> April, 2022

**Timings:** 9.30 am to 2.30 pm

Organized by Diet Counselling Cell, Department of Foods, Nutrition & Dietetics and NSS unit of College of Home Science, Nirmala Niketan

The Health Mela was organized in the College Hall 'Marie Adélaïde de Cicé' from 9.30 am to 1.30 pm followed by the workout session from 2 pm to 2.30 pm.

1. Anthropometric assessment as a part of the nutritional assessment that included measuring the Height, weight, waist circumference, hip circumference and Body Composition. It was conducted by the MSc. FND I and II.
2. Diet counselling & recommendations was conducted by the P.G. Diploma in Dietetics & Applied Nutrition. There were 5 stations each managed by a student of P.G. Diploma in Dietetics & Applied Nutrition. There were aids used for counselling e.g. charts for Iron rich foods, calcium rich foods and high protein foods, 'Food plate' was used to explain the concept of a balanced diet.
3. **Fitness Assessment was conducted by the sports nutrition students. It was performed only for the ones who were willing and could undertake the test.** Hand grip dynamometer test, Push up test, Curl up test, Sit & Reach test.
4. **Blood pressure** – It was conducted by the sports nutrition students
5. **SpO2 Assessment** - It was conducted by the sports nutrition students
6. **Bone Mineral Density assessment was conducted by Osteotech Solution (Parag Damle) and the NSS volunteers.**

Following assessments were done and below are the number of beneficiaries from each category.

### **7. Anthropometry and Body Composition (Nutritional assessment)**

Total – 120

- In-house – 119
- Out-house - 1

I. Staff -33

- a. Non- Teaching – 23
- b. Teaching – 10

II. Students – 86

### **8. Diet counselling & dietary recommendations: total -73**

- **Total in house -72**
  - staff – 35
  - Teaching- 8
  - Non- teaching -27
  - Students- 37
- **Outhouse-1**

### **9. Fitness Assessment**

The number of people who took the test.

- I. Hand grip dynamometer – 87
- II. Push up test- 5
- III. Curl up test – 6
- IV. Sit & Reach test – 10

10. **Blood pressure** - 45

11. **SpO2 Assessment** - 20

12. **Bone Mineral Density assessment**

Total no. 56

In-house – 55

1. Students -20

2. Staff – 35

a) Teaching- 10

b) Non- teaching- 25

Out-house -1

**Results**

Normal – 34

Osteopenic – 22

Osteoporotic- 0

The workout session was conducted by the College Gym instructor Ms. Ranjana Hadal  
There were 18 participants for the workout session (1 staff and 17 students)

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