

Diet, Health and Personal Hygiene Awareness Program for the women support staff of Raidighi College and their children

Date: 6th May 2025

Time: 11am- 12:30 pm

Venue: Raidighi College Girl's Hostel-Nivedita Bhawan, Ground Floor

Organised by: Raidighi College, NSS Unit-1

Participants: 7 volunteers, 4 female support staff members, 5 children

Speaker: NSS P.O-1 Dr Arvinda Shaw and Volunteers

Introduction:

Women support staff (e.g., housekeeping, security, administrative assistants) at Raidighi College and their children form an essential, yet often underserved, community segment. Addressing their nutritional needs, health literacy, and personal hygiene practices is crucial for:

- Enhancing individual well-being,
- Preventing common health issues,
- Fostering a healthier work and home environment.

Raidighi College has previously engaged in health-related initiatives such as a “Community Awareness Program: Health, hygiene and diet counseling” (07/04/2022), demonstrating commitment to public health education (raidighicollege.in). Building upon this foundation, we propose a comprehensive awareness program tailored to the women workers and their dependents.

Objectives:

1. **Nutrition education:**
 - o Teach the importance of balanced meals, micronutrients, hydration, and dietary adjustments for different life stages—including for children and working women.
 - o Highlight diet-related disease prevention (like anemia or vitamin D deficiency, prevalent in rural Bengal).
2. **Health awareness & screening:**
 - o Conduct basic health assessments: BMI checks, hemoglobin tests, blood pressure screenings.
 - o Facilitate referrals for chronic conditions or anemia, with follow-up mechanisms.
3. **Personal hygiene practices:**
 - o Promote daily hygiene routines—handwashing, nail and hair care, dental hygiene, menstrual hygiene.
 - o Provide training on sanitation, safe food handling, and water purification.
4. **Mother-child education:**
 - o Empower mothers with knowledge to ensure children's health—nutrition, hygiene, immunization, illness symptom recognition.

5. Behavioral change & empowerment:

- o Foster sustainable habit formation through peer support and role modeling.
- o Encourage questions and interactive dialogue to build confidence and understanding.

Program Components:

A. Expert-led Training Workshop:

- The interactive workshop focused on:
 1. **Balanced nutrition**, affordable local food planning, and myths versus facts.
 2. **Personal hygiene**, including demonstrations of proper handwashing, dental care, menstrual hygiene.
 3. **Childcare and family health**, covering immunizations, dehydration prevention, and food hygiene.

B. Anthropometric measurements & Clinical assessments:

- The anthropometric measurements were taken for both the women staff members and their children to assess their nutritional status.
- With help of a structured questionnaire their dietary intakes were recorded where frequency of different food items were recorded for better understanding of their dietary practices.
- Clinical assessment for presence of goitre, low haemoglobin, micro-nutrient deficiencies were also done so that low cost easily available food items could be suggested to reduce the signs and symptoms.

C. Information Materials & Visual Aids:

- Brochures were distributed in Bengali with easy-to-follow tips.
- Posters and colourful charts were demonstrated and shared to explain concepts on healthy balanced meals and personal hygiene routines.

D. Monitoring & Feedback:

- Participants were requested to maintain simple food intake log books.
- A post-program survey would help to assess behavior change and improvement in diet.
- A contact number was shared for telephonic counselling and doubt clearance.

E. Sustainability Measures:

- The women participants were requested to create a small peer-led support group to help other local women.

- Integrate ongoing awareness into annual college events (e.g., World Health Day, Nutrition Day)—Raidighi College has organized such events in 2019/2022 ([IndCareer, raidighicollege.in](http://IndCareer.raidighicollege.in), muktiweb.org).

Reach & Impact:

The initiative directly targets women staff members of our college who also happen to be the locals of Raidighi College, adopted village- Mundapara residents and their children. Indirect benefits include improved family health outcomes and strengthened community wellness. Skills learned by staff—like food hygiene and disease prevention will help them to lead a healthy life and improve work efficiency.

Lessons learned from earlier college programs—such as the April 2022 “Health, hygiene and diet counseling”—demonstrate strong institutional support and readiness for this expanded effort (raidighicollege.in).

- ❖ The Volunteers learnt to prepare charts and posters on the topics of diet, health and personal hygiene, they demonstrated them confidently to the participants and answered their queries.
- ❖ They learnt effective communication and the importance of such outreach activities in upliftment of community people.

Recommendations:

- **Collaborate** with departments like **Food & Nutrition**, Women’s Cell, and NSS for holistic implementation.
- **Partner** with NGOs or local health services (e.g., Mukti, PHCs).
- **Schedule** activities across one month, aligning with awareness dates like World Health/Nutrition Days.
- **Evaluate** impact via knowledge surveys and verbal testimonials.

Feedback:

The women staff members were happy to receive scientific information related to diet, health and hygiene through lucid poster and chart demonstrations done by volunteers. Through anthropometric measurement sessions participants came to know that they needed to improve their children's diet in nutrients such as protein (eggs, milk, pulses), energy, leafy greens, seasonal fruits for their overall growth and development. The question answer session was fruitful and the event came to an end with distribution of snacks boxes to all.

Conclusion:

A Diet, Health, and Personal Hygiene Awareness Program for women support staff and their children aligns strongly with both the college’s mission and its previous health-focused initiatives. By empowering this often-overlooked group with essential knowledge, skills, and

health support, Raidighi College can foster individual well-being, enhance overall campus hygiene standards, and strengthen community resilience.





6.5.2025

DIET HEALTH NUTRITION & PERSONAL HYGIENE AWARENESS
PROGRAM FOR WOMENFOLK OF ADOPTED VILLAGE
 (SUPPORT STAFF MEMBERS OF RAIDIGHI COLLEGE)

S. No	NAME OF PARTICIPANTS	CASTE	CONTACT No.	SIGNATURE.
①	Sundani Mondal	ST	7864831429	<i>[Signature]</i>
②	Sanasulata Halder	G	- No mobile -	<i>[Signature]</i>
③	Mamari Bauri	G	8653628203	<i>[Signature]</i>
④	Angula Moya	G	983111305338	<i>[Signature]</i>
5.	Riya Som (13)	ST	-	
6.	Pampa Mondal (12)	ST	-	
7.	Shampa Mondal (13)	G	-	
8.	Manasha Bawal (1)	G	-	
9.	Kantik Munda (1)	G	-	
10.				

NOTE: 04 Support Staffs (Women) & 05 children.

NSS	NAME OF VOLUNTEERS.	CASTE	SEM	CONTACT No.	SIGNATURE
1.	Suchismita Gayen	SC	2nd	8509891909	Suchismita Gayen
2.	Sudeena Halder	General	2nd	9609104973	Sudeena Halder
3.	Ananya Mondal	G	2nd	8675824146	Ananya Mondal
4.	Susmita Ghosei	G	2nd	8768993066	Susmita Ghosei
5.	Debashni Roy	G	2nd	9332301685	Debashni Roy
6.	Ranita Bera	OBC	2nd	9907007901	Ranita Bera
7.	Anushri Ranipara	G	2nd	9093097954	Anushri Ranipara

Programme officer: Dr Ananda Shaw Unit 1 P.O
 6/5/2025

Attendance Sheet of volunteers and participants.