



SGT UNIVERSITY
SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC & AICTE Approved) Gurugram, Delhi-NCR

**Nutritional Assessment of Under
Five Children
(24/05/2024)**



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1. **Title of the Activity:** “Nutritional Assessment of Under Five Children At Anganwadi

Centre ”

2. **Date:** 24th May 2024

3. **Location of the Activity:** Anganwadi Centre, Harijano Ki Dhani, Taj Nagar.

4. **Organizing Faculty/Department/Association:** Department of Child Health Nursing,

Bridge well Club in Collaboration with Samajik Vikas SGT Ka Pyraas

5. Participating Team Members with Designation:

1. Prof. (Dr.) Sunil Kumar Dular (Dean Faculty of Nursing & central coordinator SVSP)
2. Prof. (Dr.) Sarika Yadav (HOD, Child Health Nursing Department, Advisor, Bridge well Club)
3. Ms. Deepa Mukherjee (Faculty coordinator , SVSP, Associate Professor)
4. Dr. Khushbu (Associate Professor & Co- Advisor, Bridge well Club)
5. Ms. Kulpooja (Associate Professor & Co- Advisor, Bridge well Club)

6. **E Brochure/Banner (if made):-**



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7. **Objective of the Activity:**

- To Assess Nutritional Status and Growth Patterns.
- To Identify Nutritional Deficiencies and Health Risks.
- To Evaluate Feeding Practices and Dietary Intake.
- To Engage with the community and caregivers to understand barriers to proper nutrition and to encourage participation in interventions.

8. **Brief Write-up (300 -500 words) on the event(s)explaining activities undertaken**

The Bridge Well Club under the Department of Child Health Nursing, Faculty of Nursing, SGT University, Gurugram organized a Nutritional Assessment of Under five Children at Anganwadi Centre, Harijano Ki Dhani, Taj Nagar on 24th May 2024.

The nutritional assessment of under-five children at Anganwadi Centres is crucial for ensuring their healthy growth and development. Anganwadi Centres, part of the Integrated Child Development Services (ICDS) in India, play a vital role in providing basic health care, nutrition, and pre-school education to children in rural areas. The primary objective is to evaluate the nutritional status and growth patterns of the children. This



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involves systematic measurement of height, weight, and mid-upper arm circumference (MUAC). These metrics help identify stunting, wasting, and underweight conditions by comparing the data against WHO growth standards.

After the introductory session, the GNM 2nd Year Students Started the Assessment and shows role play on Healthy and unhealthy Food . this creative approach likely engaged the audience and effectively communicated clear instructions to children and their caregivers about the importance of nutritious food for the growth and development of the child..

The Program was successfully done under the Guidance of Prof. (Dr.) Sunil K. Dular, Dean , Faculty of Nursing& Prof. Dr. Sarika Yadav HOD , Child Health Nursing Departmentand executed by Dr. Khushbu & Ms. Kul Pooja , Associate Professor, Child Health Nursing Department.



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9. **Number & Description of Beneficiaries:** 15 Children & 18 Parents from, Haryana

participated.

10. **Outcome of the Activity & its relevance to Health Sciences:**

Based on the assessment findings, tailored intervention strategies are developed to address identified nutritional issues. These strategies may include nutrition education for parents, provision of supplementary foods, and community health initiatives. The effectiveness of these interventions is monitored regularly, with necessary adjustments made. Collaborations with healthcare providers and local authorities are essential for ensuring sustainable improvements.

Overall, nutritional assessments at Anganwadi Centres are crucial for safeguarding the health and development of children under five. By systematically evaluating and addressing their nutritional needs, these centers significantly contribute to combating malnutrition and promoting healthier futures for the youngest and most vulnerable members of the community.

11. **Relevant Photographs with captions (preferably geo-tagged & High-resolution images –**

to be mailed as separate attachments along with placement in word file also) – 4 to 6

Photograph



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Roleplay on Healthy & Unhealthy Food



Group Photograph



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Nutritional Assessment Parameters noted down by the students

12. Permission Letter/ Feedback from Beneficiaries/ Photo of Letter of Appreciation/

Testimonials:



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Ref No: FON/SGTU/24/333 Date: 07.05.2024

Subject: Regarding Approval for Nutritional Assessment for Under Five Children on 24/05/2024 at Anganwadi Centre, Harijano Ki Dhani, Taj Nagar.

The Bridge-Well Club under the Department of Child Health Nursing, Faculty of Nursing, in Collaboration With Samaiik Vikas SGT Ka Prayas is Organizing a Nutritional Assessment for Under Five Children on 24/05/2024 at Anganwadi Centre, Harijano Ki Dhani, Taj Nagar, Under

The activities will be included:-

- Nutritional Assessment
- Play Activities

The details of the budget for approval are given below:

Sr. No.	Budget Heads	Description	Quantity	Price	Total
1.	E-Certificates	For the organizers For Participants	-	-	-
2.	Charts		05	5	25/-
3.	Markers - Green - Blue - Red		03	20	60/-
4.	Transport			3000	3000/-
				Total	3085/-

Kindly provide transport facility for 10 students and 02 Faculty members on 24/05/2024 from 9:30 am to 1:00 pm.

Submitted for your kind perusal and approval.

Faculty Coordinator
Dean/SVSP Dept. Coordinator
Registrar, SGT University
Joint Registrar SGT University Budhera, Gurugram

Request may be committed and done
Hence we for approval.
Tallan 07/05/24
Registrar SGT University Budhera, Gurugram
Jeelange (SVSP)

13. List of the student participants:



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- 1) Vanshita
- 2) Sheetal
- 3) Baby
- 4) Sakshi
- 5) Tamara
- 6) Sakshi
- 7) Neha
- 8) Sonakshi
- 9) Sheetal.