



“Nutrition Brigade” Novel Venture for tackling various challenges Nutrition challenges

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Abstract:

Purpose: Malnutrition among school children is a cause of concern in India. Faulty dietary practices, lack of physical activity and stress are the major factors contributing to dual burden of mal nutrition in school children. Anemia – micronutrient malnutrition is also prevalent among this group. Various strategies to improve nutritional status are implemented at present. Recently National nutrition Mission is focusing on Jan andolan strategy to create awareness in community for improving their nutritional status. the present study was planned to form a nutrition brigade – change agents to sensitize their own school fellows on various aspects of nutrition and health.

Methods. List of schools having secondary division were obtained from the district education office of the Vadodara . these schools are divided in 7 Shala Vikas sankul(SVS) - School development Clusters). From 7 SVS total of 60 schools were selected after permission from concerned authorities. Students of 9 and 11 th were enrolled for the study . Based on their anthropometry measurements, leadership qualities and basic knowledge about nutrition and health, four change agents were selected from each enrolled school s.

Results: from each school four change agents’ two boys and two girls were selected. In all 240 change agents are selected. In the month of September- Nutrition month celebrations, these change agents were sensitized about jan andolan strategy using various activity based approach to create awareness about nutrition and health amongst their fellow school children. Periodic meetings and supportive supervision were carried out to motivate members of nutrition brigade to spread messages on health, nutrition, holistic development of school children. This activity is a ongoing activity that is each year



240 change agents are selected.

Conclusion: 240 change agents are serving as effective strategy to achieve holistic health of school children in India. Activities carried out by change agents are one to one counseling, group counseling, quiz on holistic development. In few schools drawing competition, celebration of National Nutrition month, diabetes day, World health day , science day and such other days are celebrated doing various activities on holistic development of the children. Members of Brigade also took part in eat right campaign.

Biography

Dr. Sudhir Joshi is a senior practitioner at Sattva Clinics and has been practising homeopathy in Valsad since the last 30 Years. After M.D. (Ayu.) Degree qualified as merit first of Class -II Medical officer GPSC state level exam and appointed as insurance medical officer in Government ESIS dispensary, Rajkot. Then promoted as RMO in ESIS Hospital Rajkot. Then in 2010 selected as DAO, Class-I officer by GPSC with merit first 1st in state level direct recruitment and posted here in Vadodara district Panchayat in 16-03-2010.

Webinar on Healthcare - Health Economics and Policy, October 28, 2020, London, UK

Citation: Sudhir Joshi, “Nutrition Brigade” Novel Venture for tackling various challenges Nutrition challenges, Health Economics 2020; October 28, 2020; London, UK