



HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

Phone: 0381-2915930, +91 9402315672

email- principalhccagt@gmail.com

Web: www.holycrosscollege.in

"Educating hearts and minds"

DEPARTMENT OF HUMAN PHYSIOLOGY

No. F.6/HCC/HP/2023/02

Date: 24.04.2023

To

The Principal

Holy Cross College, Agartala

Rev. Father,

This is to inform you that Dept. of Human Physiology is proposing the organization of a 'Community Outreach Programme' (Health and Nutrition assessment of families) on **25th April, 2023 (Tuesday)** at 10 am. in our adopted village Sipaipara, Lembucherra. Through this we will assess the BMI and dietary pattern of the households and will also aware villagers to maintain proper diet for healthy life.

May we request your kind permission to do the above-mentioned programme.

Yours faithfully-

[Signature]
24.04.23

HoD, Human Physiology
Holy Cross College, Agartala

HEAD

Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

Copy to-

1. Vice Principal & Administrator for information.
2. Academic Coordinator for information.
3. IQAC for record.

Approved by-

[Signature]
24/04/2023

Principal,

Holy Cross College, Agartala

PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA



"Educating hearts and minds"

HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

Phone: 0381-2915930, +91 9402315672

email- principalhccagt@gmail.com

Web: www.holycrosscollege.in

DEPARTMENT OF HUMAN PHYSIOLOGY

Date: 25th April 2023

Community outreach program (health and nutritional assessment of families)

The Community outreach program was organized by Department of Human Physiology to assess the health and nutritional status of the villagers of nearby adopted Shipaipara village, Lembucherra, Tripura. The final year students of Human Physiology Dept. (21 nos.) visited the families along with all the teachers of department. The program was conducted to assess the dietary habit and nutritional status of a family. Body Mass Index (BMI) of the members of the family from their respective height and weight was measured. The families were selected randomly for conducting survey from the local area. Each family had different numbers of members, with various age group. Daily food habits of the family were taken into consideration during the survey work. The family buys all regular food commodities (vegetables, cereals etc.) from the market nearest to their house. They use water provided by local municipality and this water is also used for cooking purpose. Oral questionnaire method was used for the study. The group wise and nutrients-based consumptions of food stuff were asked to calculate and compare with their daily requirements (RDA) and so that, excess or deficit intake can be evaluated. Finally, in respect to their respective BMI what type of food chart they should follow will be assessed within one month. Through this outreach program department will also aware villagers to maintain proper diet for healthy life those who need this.

Rupam Deb
3rd Year Student
Dept. of Human Physiology



HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

Phone: 0381-2915930, +91 9402315672

email- principalhccagt@gmail.com

Web: www.holycrosscollege.in

"Educating hearts and minds"

DEPARTMENT OF HUMAN PHYSIOLOGY



[Signature]
27-04-2023

HEAD

Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA