



NARAJOLE RAJ COLLEGE
(NAAC Accredited 'B' Grade Govt. Aided College)
NARAJOLE: PASCHIM MEDINIPUR: WEST BENGAL: Pin-721211
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Extension Activity Cell



REPORT ON DIET SURVEY (MDM)

Date of Survey: 18.01.2023, 09.02.2023, 10.02.2023, 12.02.2023, 17.02.2023, 18.02.2023, & 20.02.2023

Survey Area: Dubrajpur Gram, Daspur, Paschim Medinipur, West Bengal

Faculty Coordinator: Dr. Parimal Dua

Organized by: Department of Physiology in collaboration with IQAC, Narajole Raj College

Description:

The Diet Survey is an important part of the nutritional assessment method for assessing the nutritional status of individuals or groups. The Department of Physiology of Narajole Raj College organized an extension program to survey on diet in the families of Dubrajpur Gram. The survey program was successfully carried out along with the enthusiastic students of Narajole Raj College.

Aims: The aim of the survey is

1. to find out whether the existing dietary patterns are satisfactory or not.
2. to know the inadequacies in the existing dietary pattern.

Objectives: The objectives of the survey program are to assess the nutritional status of a selected population, diagnose malnutrition, evaluate existing nutritional problems, and inform evidence-based nutrition policies.

Name of the participating teachers: Dr. Parimal Dua, Prof. Suman Kalyan Khanra, Sk. Mohammad Aziz, Dr. Nilanjana Bhattacharya, Prof. Bangamati Hansda, Prof. Uttam Singha, Prof. Bholanath Mahato, Prof. Anustup Chattopadhyay, Prof. Goutam Jana

Name of the participating students: Suman Das, Malay Dolai, Pradip Nandi, Palash Gaanti, Indrajit Sing, Priyanka Singha, Shrabani Samanta, Bishnupriya Dolai, Priya Adak, Rubi Bag, Nabin Bishai, Subhadip Dolai, Mampy Pandit, Santanu Bera, Biplab Dolai, Trishna Samanta, Dipika Maity, Papiya Bhunia, Toufik Mahammad, Tanmay Pore, Pritam Kotal, Saikat Goswami, Ardhendu Rana, Priyanka Dolai, Rupsa Adak, Jahura Khatun, Khushi Bhukta, Samhita Maiti, Rina Koley, Malabika Mal, Payel Maji, Arabinda Das, Santanu Sanki, Sanjana Kuilya, Nayan Patra, Sohini Jana, Riya Alu, Priyanka Maity, Sonamoni Midya, Mou Adak, Sanchita Das, Piyali Chakraborty, Mousumi Ghosh, Achinta Mana, Avijit Dolai, Dipika Bera, Monika Ghorai, Disha Jana, Sima Samanta, Madhumita Dolai, Nayan Poria, Manash Rana, Tuhina Maity, Arnab Samanta, Monika Das, Swastidpa Paul, Sampa



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Dandapat, Keya Meta, Sunita Dandapat, Riya Dandapat, Arpita Singha, Riya Ghosh, Chandana Rakshit, Deblina Kar, Payel Mondal, Ranu Panja, Alpana Maity, Sohana Parvin, Riya Samanta, Barsha Kar, Priyanka Roy, Sutapa Chakraborty, Priya Dolai, Susmita Parvin, Nissar Mollick, Ronobir Khanra, Suranjan Dolai, Soumya Chowdhury

Outcomes:

We visited 100 families in Dubrajpur Gram of Paschim Medinipur District of West Bengal. We had conducted our survey by questionnaire method with the members of the family to know about their diet. Though the participation in the survey is entirely voluntary, they were actively participated and also informed all about their diet. This survey showed that intervention programmes have some potential benefits and provide good insights for an up scaling intervention programme at a larger scale. The current study showed a reduction in energy in every family after a week intervention. We have also seen the reduction of carbohydrate and protein intakes in many families. Although the magnitude of reduction was small and insignificant at this time, this could potentially have an accumulative effect on reducing these dietary intakes under a more extended intervention period. This study found that there was many members suffering from many disorders and taking some medicines. Some have blood sugar and blood cholesterol and others have thyroid problems, gastric problems, osteoporosis, heart disease, and kidney disease. There were many women with anaemia. Some members have bad habits like smoking and drinking alcohol.



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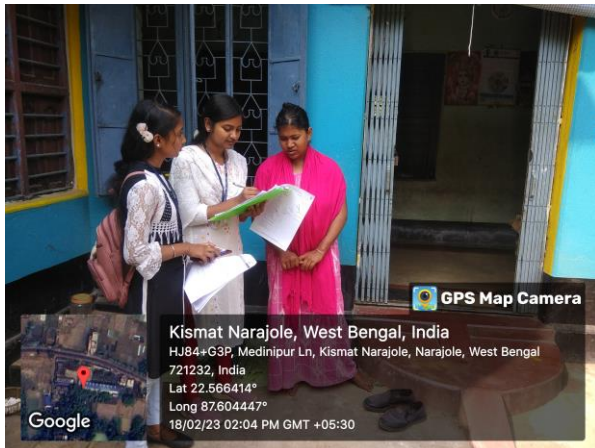
Pictures:



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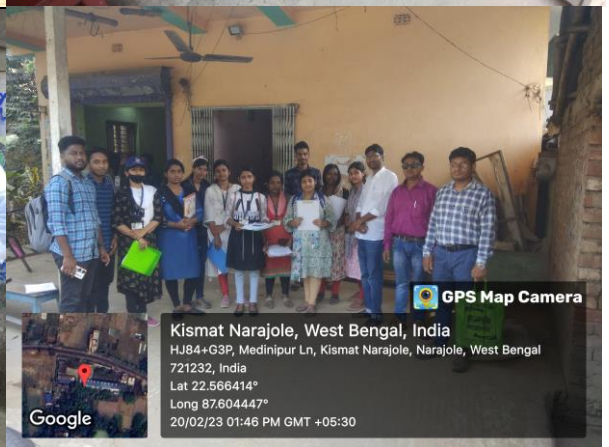
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