



	<b>Report</b>
Name of Activity	Awareness Campaign on the role of balanced diet for pregnant and lactating women.
Date	28-12-2021
Venue	Aanganwadi Kendra, Vaidpura
Organised by	Fitness Club, Mangalmay Institute of Management Technology
Name of Expert	Ms. Rajwati, Incharge, Aanganwadi Kendra, Vaidpura
Participated by	BBA Students(10)
Activity-Convener	Dr Gazal Singh, Faculty, MIMT
Objective	The aim of the activity is to generate awareness on the role that balanced and nutritional diet plays for pregnant and lactating women at Aanganwadi Kendra, Vaidpura
Content	<p>Most women in India do not follow the guidelines for healthy diet and weight before and during pregnancy. Women and providers frequently inquire about a healthy diet for a pregnant woman. The message should be "eat better, not more," which can be accomplished by replacing inferior quality highly processed foods with a range of nutrient-dense, whole foods such as fruits, vegetables, legumes, whole grains, healthy fats with omega-3 fatty acids such as nuts and seeds, and seafood.</p> <p>Mangalmay Institute of Management Technology students, in collaboration with the Fitness Club, created chart papers illustrating healthy diet charts and other critical nutritional information for pregnant and nursing mothers. The students assisted women in understanding the importance of a nutritional diet during and after</p>



	pregnancy, the energy that is expended and should be regained during and after pregnancy, the significance of laboratory testing, the healthy nutrients required by a pregnant body, and the reasons for gestational weight gain during pregnancy and its aftereffects.
Outcome of Activity	The activity helped students understand the common but ignored societal problems. It also helped students realize the importance of social interactions which can help them in understanding their environment in a better way and in turn help in their growth and development.

**List of beneficiaries:**

<b>Sr. No.</b>	<b>Student Name</b>
1	Aakriti Singh
2	Akshita Saxena
3	Anamika Rajput
4	Anshu Kumari
5	Anushka Yadav
6	Divya Gaurav
7	Divyanshi Mittal
8	Jyoti Ranjan Satapathy
9	Jyoti Singhal
10	Kajal