



**Criterion : III – Research, Innovations and Extension**

**Metric : 3.6.3 & 3.6.4 Extension Activities**

**Year : 2015 – 2016**



**Fatima College (Autonomous), Madurai  
ROSA - Reach Out to Society through Action  
Health & Hygiene - Diet Survey**

**Name of the Department** : Department of Home Science  
**Name of the village** : Thandalai  
**Name of the Activity** : Diet Survey  
**Number of Beneficiaries** : 100  
**Number of Students involved** : 35  
**Date of the Activity** : 22.1.2016

The village chosen for carrying out nutritional assessment of school going children is Thandalai of Madurai district with the sample size of seventy.

Objectives: To assess the nutritional status of school going children, to assess the anthropometric measurements, to know about the food pattern & intake of school going children.

Food intake

S.No	No of courses (times)			Total no of student	Percentage
	4	3	2	70	100
	nil	70	nil		

It has been inferred from table 1. That all the respondents are taking meals three times a day.

Dietary recall

Day	On rising	Breakfast	Mid morning	lunch	tea	Dinner
Thursday	Ragi porridge	Idli- sambar chutney	-	Noon meal lunch	-	Rice with gravey

From the tables it is well depicted that 100 % of students are not taking a balanced diet and the majority source of diet is only carbohydrates, on lack of vitamins, minerals, since they are devoid of milk, fruits, and vegetables.

Food avoided:- Some students avoid certain foods like meat, poultry during periods and foods like butter milk, lemon juice during diarrhea.

Eating behavior:- Hundred percent of students consume only homemade food items, though they have liking towards outside foods. Some students (20%) were allergic to brinjal.

Food taboos:- All the students prefer consuming hot food as it aids in easy digestion. Roots and tubers were considered as gas producing foods and they are avoided for the same.

**Clinical examination**

- ❖ 40% of the students suffered from fatigue
- ❖ 5% of the students had breathlessness
- ❖ 35% of the students had hair loss
- ❖ 11% of the students had pale skin
- ❖ 50% of the students suffered from poor concentration



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**Conclusion** From the above interpretation of the study it can be concluded that 80% of the students were malnourished which hindered their performance at school. To overcome the above problem the department of Home Science with food biotechnology is planning to organize a cooking demonstration on low cost nutritious recipes. The message will be carried out through rally procession.

### Anthropometric measurement



### Diet survey



### PARTICIPANT'S LIST

S.NO	REGISTER.NO	NAMES
1.	2014N01	AMBREEN FATHIMA T
2.	2014N02	ANANTHA VALLI A
3.	2014N03	ANCY RANI S
4.	2014N04	ANIS FATHIMA M A
5.	2014N05	AYESHA FAZILA S M
6.	2014N06	BAVYA M



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7.	2014N07	CHAMUNDESWARI N P
8.	2014N09	GOKILA G
9.	2014N10	HAMEETHA BANU M
10.	2014N11	INDHU NANDHINI P
11.	2014N12	JANSIRANI G
12.	2014N13	JAYASRI S
13.	2014N14	JEYANANDHINI G
14.	2014N15	JEYASHRI M
15.	2014N17	KAVITHA M
16.	2014N18	KEERTHANA U
17.	2014N19	LAVANYA K
18.	2014N21	RAGADEEPA M
19.	2014N22	RESHMA A
20.	2014N23	RUMANA BISM I
21.	2014N24	SAFEENA FATHIMA M
22.	2014N25	SAFIYA BANU S
23.	2014N26	SARASWATHI R
24.	2014N27	SATHYA B
25.	2014N28	SATHYABAMA M
26.	2014N29	SIVANANDHINI NACHIYAR E
27.	2014N31	SWETHA V
28.	2014N32	SYED ALI FATHIMA L
29.	2014N33	TERISA ANANTHA SELVI T
30.	2014N34	VAITHEKI M
31.	2014N35	VANITHA K
32.	2014N36	VIMALADEVI M
33.	2014N37	VISHALI M
34.	2014N38	YAMINI@PRIYADHARSHINI C
35.	2014N39	YASSMIN RASITHA K