

**Community Health Department, St. Stephen's Hospital
G-4, Sunder Nagri, Delhi-110093**

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September 2023

1. 06.09.2023

Our Teachers' Day celebration on 05 September 2023-

Insightful talk by our Professor Emeritus Dr. S. K. Kapoor, who was recently honoured with Lifetime Achievement Award from AIIMS, New Delhi.

At our Child to Child Education programme, even the students play the role of teachers for their younger batches, enabling them to attain academic success.



2. 12.09.2023

Our recent Adolescent Boys' Workshop organized on 08 September 2023, was attended by 27 enthusiastic participants.

We discussed the Physical and mental Changes during Adolescence, Nutrition, Anemia, Addiction, Responsible Use of Social Media, Disaster Management, Ethical and Moral Values, Value of Women in our Life.

A preventive health checkup was done for all the participants at the end of the workshop.



3. 14.09.23

हिंदी दिवस पर विद्यार्थियों द्वारा कहानी पठना



4. 19.09.2023

Poshan Pakhwada (18-30 September, 2023)

Day 1- Health awareness sessions were held for 441 beneficiaries on Nutrition & Balanced Diet.



5. 19.09.2023

Poshan Pakhwada (18-30 September, 2023)

Day 2

372 beneficiaries were reached through our health awareness sessions on Diet in Hypertension & Diabetes.



6. 20.09.2023

Poshan Pakhwada (18-30 September, 2023)

Day 3

421 beneficiaries were reached through our health awareness sessions on Food Safety and Hygiene.



7. 23.09.2023

Poshan Pakhwada (18-30 September, 2023)

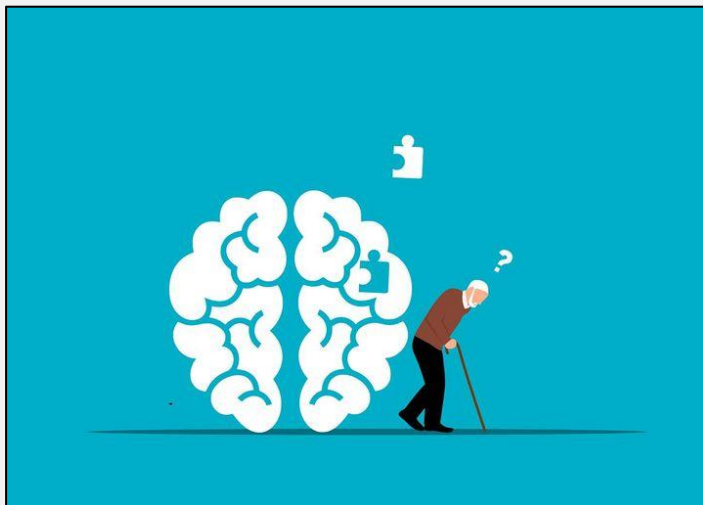
Day 4

506 beneficiaries were reached through our health awareness sessions on Nutrition and Demonstration including Millets.



8. 23.09.23

349 beneficiaries were reached through our health awareness sessions on Alzheimer's Day.



9. 26.09.2023

Poshan Pakhwada (18-30 September, 2023)

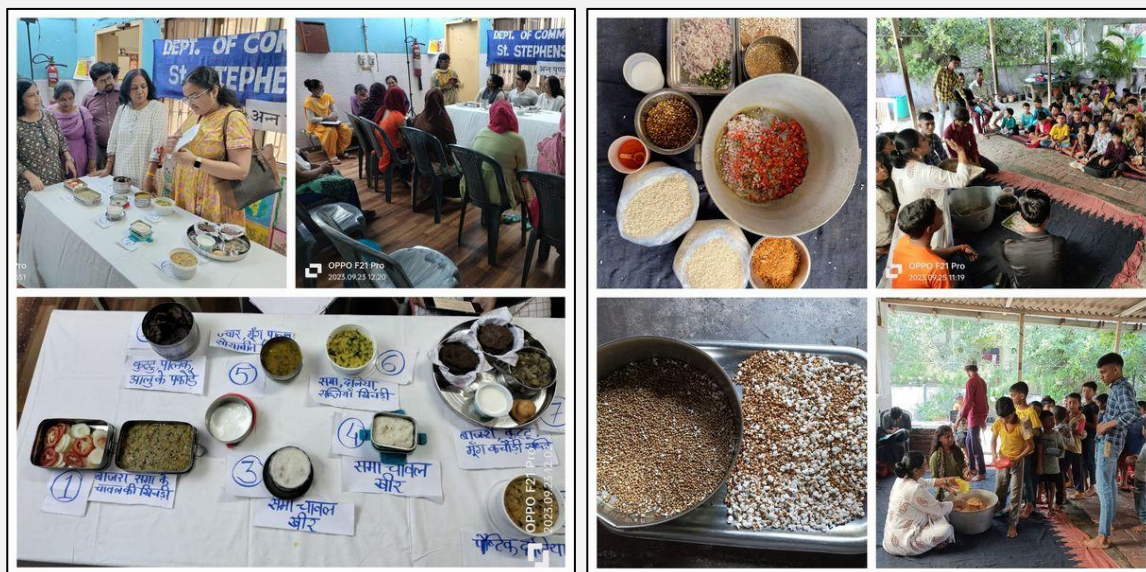
Special activities:

'Millet Annapoorna'-

Selected women from the community were explained about the millets and encouraged to cook affordable millet recipes. They showcased their dishes and explained the recipe, nutritional benefits of the preparation.

'No Flame Cooking using Millets'-

an activity for Child to Child Education programme students where roasted millets were added to a regular recipe and the students took part at every step from collecting the ingredients to preparation of the dish and serving.



10. 27.09.23

Poshan Pakhwada (18-30 September, 2023)

Total beneficiaries reached in past four days through our health awareness sessions on Nutrition demonstration, Malnutrition, Diet in Diabetes & Hypertension was: 1065.



11. 30.09.2023

Poshan Pakhwada (18-30 September, 2023)

Special activities:

26 Millets Rangolis made by students of Child to Child Education programme.

A Floor Game on Nutrition was also held for the students.



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Stay healthy. Thank you.

