



Community Outreach Program

Introduction

Mahila Mahavidyalaya not only assures the empowerment and enrichment of the lives of the students but it also strives for the welfare of the neighboring community. To ensure the continuity of the nutritional awareness for improved health beyond National Nutrition Week, year-round initiative such as outreach programs are initiated. Community Outreach Program is an effort to connect the students with the community. In the teaching-learning process outreach programs are effective in providing the students an academic foundation. The outreach program helps in personal development and also strengthen the sense of civic responsibility in the students.

Features of the Activity

Sustainability of the community mostly depends on informed population, eventually originating a need to improve link between society and those learning or having scientific understanding and knowledge. Student-community association focus is on these features -

1. Nutrition and Health Education: Programs to spread nutritional, health and hygiene awareness by dissemination of knowledge in the target groups who may not have easy access to the scientific information. The students and faculty work as an interface between science and society.
2. Skill Development: Imparting training to the target group to increasing their skills and furthermore raise awareness on the importance of nutrition for better health.
3. Training: Providing nutritional and health competence through workshops to the key groups such as ICDS workers and Home-makers who interact with the target population.
4. Research: community based participatory research provides methodical nutrition and health knowledge and comprehension of a given problem and integrates the acquired knowledge for community benefits.

Objectives

1. To enhance student's academic skill, personals skills and civic responsibility.
2. To connect academe and society for improved nutritional and health knowledge.
3. To disseminate nutritional, health and hygiene information and provide training to the community workers and homemakers.
4. To raise and spread nutritional and health awareness in the society.
5. To develop skills in culinary art for better enrichment of nutrients.
6. To engage target groups in community based participatory research to improve practice or bring social change.

Outcomes

1. Community outreach program was able to support and inspire students to work for the community thus improving the understanding of the social needs of public health and nutrition.
2. The outreach activity was able to spread scientific knowledge of nutrition and health related issues.
3. The program helped to mobilize mass awareness on nutrition and health through educational material and training.
4. Community based research enabled to critically analyze the problem and provide community-based solution.


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