



**GOVERNMENT DEGREE COLLEGE, NELAKONDAPALLY,  
KHAMMAM DISTRICT, TELANGANA STATE, 507 160.  
(Affiliated to Kakatiya University, Warangal, T.S)  
(Estd: 2008)**

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## **DEPARTMENT OF ECONOMICS**

### **BEST PRACTICES – 2021-22**

#### **Nutrition and health education**

The Department of Food and Nutrition & Food Technology regularly carries out community outreach activities as a part of its social responsibility to teach community members how to improve their nutritional status and develop healthy lifestyles. Under the supervision of faculty members, the community outreach activities are conducted mainly by the under graduate students. As part of Public Health Nutrition, nutrition and health education sessions are carried out for beneficiaries of ICDS programme (adolescent girls, pregnant women, nursing mothers as well as other women) in the neighbouring colonies.

During the COVID-19 pandemic too, efforts have been made to reach out to the community in the virtual mode. Sessions have been conducted for beneficiaries of ICDS programme as well as members of Resident Welfare Associations, NGOs, school/college students. Sessions have been conducted on themes such as reading food labels, food safety, menstrual hygiene, anaemia, importance of millets, gut health, obesity, Polycystic Ovarian Syndrome, healthy eating and lifestyle, care and nutrition during pregnancy.

**PRINCIPAL**

**Govt. Degree College**

**Nelakondapally-507160, Khammam Dist**