



# HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

Jubatara, P.O. Lembucherra, Tripura West Pin-799210

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"Educating hearts and minds"

## DEPARTMENT OF HUMAN PHYSIOLOGY

No. F.6/HCC/HP/2023/02

Date: 24.04.2023

To

The Principal

Holy Cross College, Agartala

Rev. Father,

This is to inform you that Dept. of Human Physiology is proposing the organization of a 'Community Outreach Programme' (Health and Nutrition assessment of families) on **25<sup>th</sup> April, 2023 (Tuesday)** at 10 am. in our adopted village Sipaipara, Lembucherra. Through this we will assess the BMI and dietary pattern of the households and will also aware villagers to maintain proper diet for healthy life.

May we request your kind permission to do the above-mentioned programme.

Yours faithfully-

*[Signature]*  
24.04.23

HoD, Human Physiology  
Holy Cross College, Agartala

**HEAD**

Department of Human Physiology,  
HOLY CROSS COLLEGE, AGARTALA

Copy to-

1. Vice Principal & Administrator for information.
2. Academic Coordinator for information.
3. IQAC for record.

Approved by-

*[Signature]*  
24/04/2023

Principal,

Holy Cross College, Agartala

PRINCIPAL  
HOLY CROSS COLLEGE  
AGARTALA



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## DEPARTMENT OF HUMAN PHYSIOLOGY

**Date: 25th April 2023**

### **Community outreach program (health and nutritional assessment of families)**

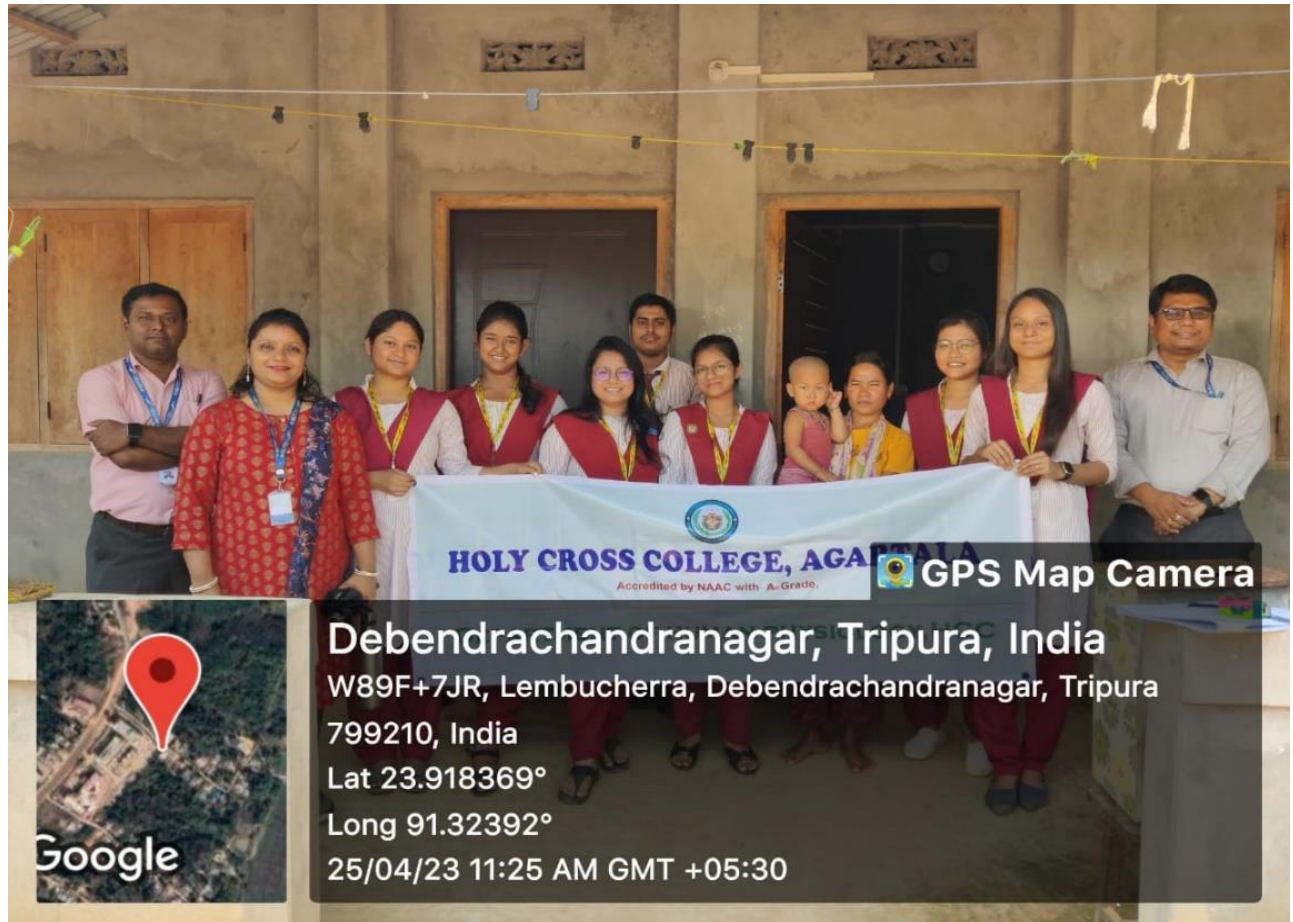
The Community outreach program was organized by Department of Human Physiology to assess the health and nutritional status of the villagers of nearby adopted Shipaipara village, Lembucherra, Tripura. The final year students of Human Physiology Dept. (21 nos.) visited the families along with all the teachers of department. The program was conducted to assess the dietary habit and nutritional status of a family. Body Mass Index (BMI) of the members of the family from their respective height and weight was measured. The families were selected randomly for conducting survey from the local area. Each family had different numbers of members, with various age group. Daily food habits of the family were taken into consideration during the survey work. The family buys all regular food commodities (vegetables, cereals etc.) from the market nearest to their house. They use water provided by local municipality and this water is also used for cooking purpose. Oral questionnaire method was used for the study. The group wise and nutrients-based consumptions of food stuff were asked to calculate and compare with their daily requirements (RDA) and so that, excess or deficit intake can be evaluated. Finally, in respect to their respective BMI what type of food chart they should follow will be assessed within one month. Through this outreach program department will also aware villagers to maintain proper diet for healthy life those who need this.

Rupam Deb  
3<sup>rd</sup> Year Student  
Dept. of Human Physiology

# DEPARTMENT OF HUMAN PHYSIOLOGY



# DEPARTMENT OF HUMAN PHYSIOLOGY



*A. S. D.*  
27-04-2023

**HEAD**

Department of Human Physiology,  
HOLY CROSS COLLEGE, AGARTALA