



"Educating hearts and minds"

# 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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Web: www.holycrosscollege.in

## DEPARTMENT OF HUMAN PHYSIOLOGY

No. F.8/HCC/HP/2024/2-

Date: 14.05.2024

To  
The Principal  
Holy Cross College, Agartala

Rev. Father,

This is to inform you that Dept. of Human Physiology is going to organize 'Community Outreach Programme' (Health and Nutrition assessment of families) on 17th May, 2024 (Friday) at 1 pm. in the nearby Jubatara, village Lembucherra. Through this we will assess the BMI, blood pressure 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,

14/05/2024  
Dr. Susmita Saha  
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. Departmental file
4. IQAC for record.

Approved by:

16-05-2024  
Dr. Fr. Benny K. John, CSC  
Principal  
Holy Cross College, Agartala

PRINCIPAL  
HOLY CROSS COLLEGE  
AGARTALA





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## DEPARTMENT OF HUMAN PHYSIOLOGY

### Report on Community Outreach Programme (Body Mass Index assessment of families)

Date: 17<sup>th</sup> May 2024

Total Participants: 15nos

A Community Outreach Programme was conducted by the Department of Human Physiology to assess the health and nutritional status of the villagers of the Jubatara Village, Lembucherra, Tripura. The first-year students, one second-year student, and some of the final-year students of the Human Physiology Department visited the families along with all the teachers of the Department. The program was conducted to assess a family's dietary habits and nutritional status. The family members' Body Mass Index (BMI) was measured according to their height and weight. A total of 11 families were selected randomly from the local area. Each family had different numbers of members, with various age groups. The oral questionnaire method was used to conduct the program efficiently. Finally, with respect to their BMI, the category of their body mass was evaluated; they were also instructed to consume food properly. The villagers also actively participated with the team. Through this outreach program, the department also wants to convey a social message of well-being among the villagers.

Prepared by

Dola De

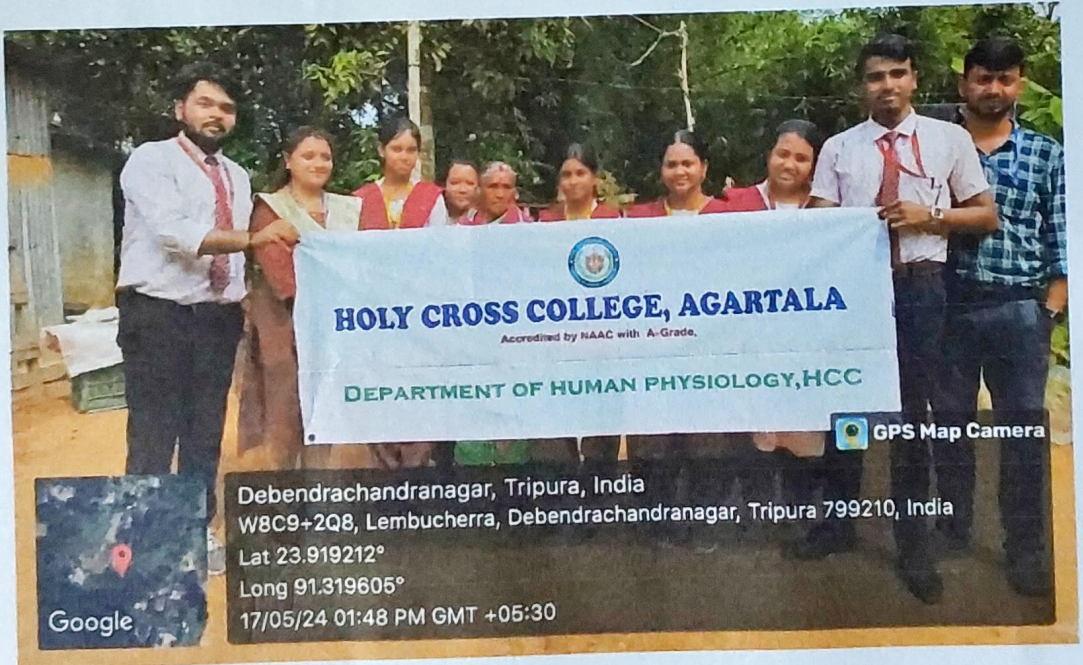
1<sup>st</sup> year student

Department of Human Physiology

07/06/2024

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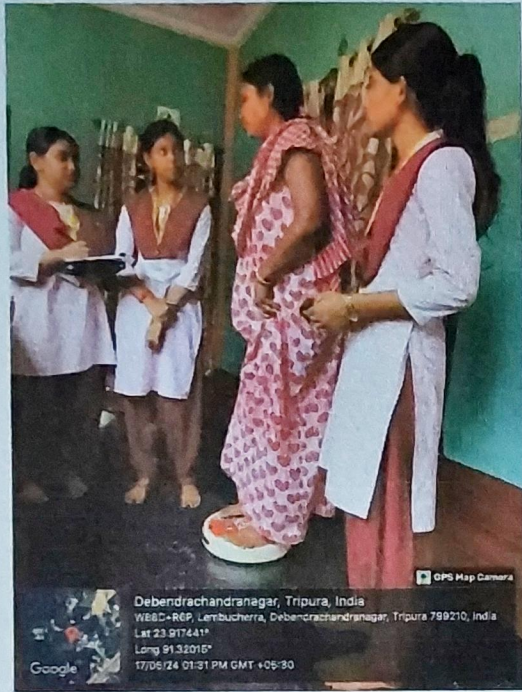




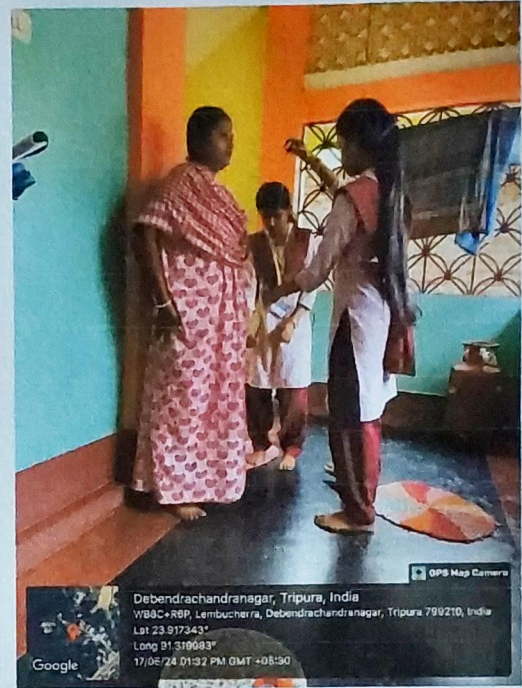
07/06/2024

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 W88C+R6P, Lembucherra, Debendrachandranagar, Tripura 799210, India  
 Lat 23.917441°  
 Long 91.32016°  
 17/05/24 01:31 PM GMT +05:30



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 Lat 23.917343°  
 Long 91.319683°  
 17/05/24 01:32 PM GMT +05:30



Debendrachandranagar, Tripura, India  
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 Lat 23.917928°  
 Long 91.320022°  
 17/05/24 02:11 PM GMT +05:30

  
 17/05/2024

Department of Human Physiology,  
 HOLY CROSS COLLEGE, AGARTALA



**Students List of Community Outreach Programme  
Conducted by the Department of Human Physiology  
Holy Cross College, Agartala  
17<sup>th</sup> May 2024**

Sl. No.	Name of the Participants
1	Chayanika Acharjee
2	Moumita Debnath
3	Riya Acharjee
4	Dola De
5	Hillol Chakraborty
6	Jahnabi Jamatia
7	Rinaldo Suchiang
8	Shibangi Das
9	Sristy Sardar
10	Sudipta Sarkar
11	Tanushree Sarkar
12	Tushar Sarkar
13	Deeptanu Datta
14	Souradeep Chakraborty
15	Somnath Bhattacharjee



7/06/2024

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