

A Brief Report on Extension Activity

Organized by Department of Bioengineering

“Malnutrition among Children & Pregnant Women”

Department of Bioengineering collaborated with Integral University's NSS Unit for organizing an extension activity on **Malnutrition among Children & Pregnant Women** on **March 04 2023**, at **Behta Village, Lucknow** which is a great way to live a healthy life. Maintaining proper health and nutritional status while gestation and childhood is important. Proper nutrition is helpful in developing immunity and can prevent the spread of diseases and infections. If every pregnant maintains good health, the offspring would eventually will be a healthy individual and the health of the female is also necessary for overall development of family and nation.

The aim of this program was to increase the awareness among under privileged women. BMI and BMR of the children and pregnant ladies were measured by the students Department of Bioengineering. Many doubts and myths about eating habits were demystified by students. The students had actively participated to conduct the cultural activity at primary school Behta, Lucknow. Candies distribution was carried out after the activity. The idea was to raise awareness about the importance of health for a healthy mind which leads to a healthy attitude. The program was coordinated by Ms. Poonam Sharma NSS Program Officer, Integral University. The response from the audience was quite overwhelming.

