

5.4 Success Story of a Basic Nutrition Curriculum Intervention for Skill Trainees (Men and Women)

Good health is closely associated with nutritious food intake and healthy eating habits; this awareness and practice makes for a healthy work force. A Basic Nutrition Course was designed and run for young men and women at two locations in Punjab; Meher Baba Charitable Trust, Fategarh Sahib and Punjab Skill Development Mission, Ludhiana. The ten sessions curriculum was developed and tested as a participatory action research intervention. (Figure 1)

TIGR²ESS researchers led by PAU conducted Knowledge, Attitude, Practices (KAP) based pre- and post- surveys, to assess nutrition and food awareness, consumption habits and basic health parameters (Figure 2). Training sessions included undertaking anthropometric measurements, one to one counselling, live demonstrations and group activities. Opportunities in the nutrition food sphere were also highlighted to participants.

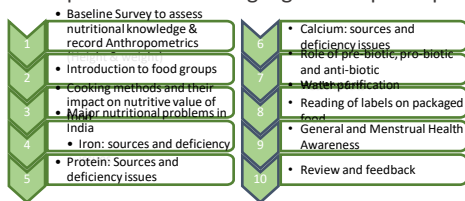


Figure 1: 10 sessions curriculum

Knowledge	Attitude	Practice
<ul style="list-style-type: none"> Enhanced knowledge about basic nutrition food groups, the food platter etc. Increased awareness about causes and symptoms of nutrition related deficiencies and appropriate foods to overcome them. Knowledge sharing with peer group and family members was observed. 	<ul style="list-style-type: none"> Consciousness of being healthy eaters noted. Mindfulness of cooking practices Discarded assumptions based on social beliefs; for example, non consumption of certain foods by young women. Enhanced confidence to discuss their health problems with the family, especially in case of female trainees. 	<ul style="list-style-type: none"> Notable changes in daily eating habits – eating at the right time, appropriate water consumption, including different food sources Use of appropriate quantity of cooking oil Motivations influenced interest: some male trainees focusing on body building relied on protein rich diet; whereas female trainees focused on home-based remedies for beauty care.

Figure 2: KAP

Participants demonstrated an increased awareness of causes and symptoms of nutrition related deficiencies and appropriate foods to overcome them. Behavioral changes were also observed in terms of healthy and regular eating, daily water consumption and mindfulness of cooking materials and practices. Importantly, the nutrition training raised the perceived value of 'domesticated' kitchen activities.

Knowledge exchange through recipe sharing, discussions on health and nutritional advice occurred amongst participants peer groups and family members.



Interactive training and demonstrations with trainees at MBCT and PSDM

Future Steps

The aim is to advocate 'Basic Nutrition Curriculum' as a compulsory component in all Skill Development Programmes, under the Punjab Skill Development Mission.

Researchers are actively working to develop the programme with stakeholders' support, and to extend this intervention to schools and women in rural areas. The goals of nutritional empowerment of women and youth, a low disease burden and enhancing the productive human capital of the nation would be well served.

FUNDING CALL	Growing Research Capacity: UKRI GCRF
COUNTRY:	India
TITLE:	Transforming India's Green Revolution by Research and Empowerment for Sustainable food Supplies (TIGR²ESS)
GRANT NO:	BB/P027970/1
LEAD INVESTIGATOR, CO-INVESTIGATORS & PARTNERS	Prof. Ramanjit K. Johal (PI), Dr. Amanjot Kaur (PDRA), Bharti Goel (Project JRF), Malika Kukreja, Nimret (Research Fellows) Panjab University Punjab Skill Development Mission, Meher Baba Charitable Trust