

Launch-cum-Teachers Training Workshop under the ‘Get Active’ Project

Hotel Maharani Plaza, Jaipur, December 12, 2008

Introduction

CUTS Centre for Consumer Action, Research & Training (CUTS CART) organised the ‘Launch-cum-Teachers Training Workshop’ under the project entitled, ‘Get Active’ in collaboration with Health Related Information Dissemination Amongst Youth (HRIDAY), New Delhi at Hotel Maharani Plaza, Jaipur, on December 12, 2008.

Objective

The main objective of the workshop was to generate awareness among teachers about the importance of Diet, Nutrition and Physical Activity in student’s life with an aim to make students realise the importance of nutritional intake and physical activity and provide training to teachers for the effective implementation of project activities in their respective schools.

Participation

Around 70 participants including Samuel Mawunhanidze, Chief, United Nations Children’s Fund (UNICEF), State Office for Rajasthan; Swati Parmar and Anika Singh from HRIDAY; teachers from 25 selected English medium schools of Jaipur city; and media persons attended the workshop.



Proceedings

The workshop started with the introductory remarks by **George Cheriyan, Director CUTS**, which was followed by a warm welcome by **Khushbu Parnami of CUTS CART**. In his remarks, Cheriyan pointed out that since healthy food is one of the basic consumer rights whatever food items are sold in the market should be health-friendly. Briefing on the various programmatic areas and activities of CUTS, he outlined the strong presence of the organisation both at the grassroots as well as international level.



Cheriyen presented the brief overview of the successful initiatives undertaken by CUTS CART in the area of child development. He informed the participants about a survey entitled 'Lunch Box Challenge' which was conducted by CART among the school children of Jaipur city on the eve of World Consumer Rights Day 2008. The survey revealed that 65 percent children preferred junk and fast food and the main reason identified was the aggressive advertisement of these products by the

media. In the end, he expressed his gratitude towards schools and teachers for their active participation in the programme.

Khushbu Parnami made a brief introduction to the 'Get Active' Project including forthcoming activities under it through a PowerPoint presentation. Further, she provided the details, such as the target group, teacher training workshops, peer leader training, the modules to be used under the project, and the celebration of 'Get Active Day' etc.

Samuel Mawunganidze Chief, UNICEF, State Office for Rajasthan, appreciated CUTS for its focus on the issue of nutrition in today's scenario. While describing the importance of a complete breakfast, he said out that a hungry child is not ready to undertake his/her daily routine activities. Therefore, he argued that it is essential for all children to start their day with a healthy breakfast. He emphasised on the need to make food more colourful like India's National Flag, for example, green colour motivates for consumption of green vegetables, white colour for milk products, and saffron which resembles with orange colour, motivates for consuming fruits in diet.

Mawunganidze opined that the habit of early rising has a direct relation with the consumption pattern of breakfast among children. Getting early in morning helps them to have a proper breakfast. He suggested that students should not skip breakfast in any case. He praised the presentation style of Indian food and said that only after his arrival in India he realised that vegetarian food is really tasty, nutritious and attracts those people also who consider it as boring and tasteless.



Mawunganidze emphasised on the need for educating teachers and parents about making food more nutritious, healthy and attractive, which can tempt young children, and should be taken as a challenge in the contemporary world. Further, he added that teachers are the one who are efficient enough to bring about such changes in students' life. He added that UNICEF has also been working in this area and would be glad to be associated with CUTS. He thanked George Cheriyen, for inviting him to the workshop.



Swati Parmar from HRIDAY presented a brief introduction of HRIDAY, including its association in activities under the 'Get Active' Project. She reiterated a strong need for sensitising the children, parents and teachers about the importance of breakfast and the growing tendency of skipping it in children these days. She told that a regular breakfast, which should meet 25 percent of total calorie requirement, helps in increased attention span,

improved test scores, reduced rates of tardiness and absenteeism from the school.

Anika Singh from HRIDAY, through her PowerPoint presentation on Module 1 entitled, 'Breakfast Makes Me Smart', emphasised how the classroom activities should be carried upon by the teachers and non-governmental organisation (NGO) personnel. She also briefed about the importance of maintaining a balance between calorie intake and expenditure. This presentation was followed by a very interactive discussion among the teachers of different schools.

A quiz session was also conducted for the teachers with an objective to check their attention level and grasping power. Consolation prizes were given to winners. After the quiz session, a group activity was organised in which participants prepared healthy breakfast recipes including maximum number of food groups. This provided an opportunity to teachers to exchange various recipes among themselves. Resource persons provided their expert comments on the recipes.

Finally, **Khushbu Parnami** proposed a vote of thanks to all guests and participants for being part of the workshop. She closed the session with the hope to receive support and cooperation from all participants to implement the programme in their schools in an effective and efficient manner.



Outcomes

- Successful launch of 'Get Active' Project and wider media coverage resulted in raising awareness in general public about the initiatives undertaken by CUTS for children.
- The workshop provided complete introduction of the project, which would result in smooth implementation of the project activities in schools to benefit children, teachers and schools.
- The programme was successful in sensitising the partnering schools about the importance of healthy breakfast and building the ownership among them for the programme.

ब्रेकफास्ट मेक मी स्मार्ट



कट्स कार्ट की ओर से आयोजित एक ट्रेनिंग प्रोग्राम में हिस्सा लेते टीचर्स।

सिटी रिपोर्टर जयपुर

ब्रेकफास्ट स्टूडेंट्स के लिए कितना इम्पोर्टेंट है, यह जानकारी टीचर्स को शुक्रवार को कट्स कार्ट की ओर से आयोजित एक ट्रेनिंग प्रोग्राम में दी गई। शहर के 25 इंग्लिश मीडियम स्कूलों के टीचर्स ने इस प्रोग्राम में हिस्सा लिया। दिल्ली से आई दो न्यूट्रीशियन अरुणिका और स्वाति ने बताया कि ब्रेकफास्ट स्टूडेंट्स और बढ़ते बच्चों के लिए बहुत जरूरी है।

हो एक ब्रेकफास्ट ब्रेक

ट्रेनिंग प्रोग्राम में हुई चर्चा के दौरान सामने आया कि सभी स्कूलों का टाइम इतना जल्दी का है कि सुबह छह बजे बच्चों के लिए ब्रेकफास्ट करना मुश्किल होता है। स्कूल में सिर्फ एक बार लंच ब्रेक होता है। इसी वजह से अधिकतर बच्चे अपना ब्रेकफास्ट स्किप करते हैं। डाइट में से ब्रेकफास्ट जब लगातार स्किप होता रहता

है, तो इसका असर बच्चों की ग्रोथ और उनकी मेमोरी पर पड़ता है। इस परेशानी को सॉल्व करने के लिए स्कूलों में करीब दस से पंद्रह मिनट का ब्रेकफास्ट ब्रेक शुरू करने का प्रस्ताव भी रखा गया।

क्लासरूम एक्टिविटी जरूरी

ट्रेनिंग में टीचर्स को बताया गया कि कैसे वो स्टूडेंट की डाइट को बैलेंस बनाने के लिए क्लारूम में कुछ रोचक एक्टिविटीज कर सकते हैं। बच्चों को क्लारूम में अलग-अलग ग्रुप के फूड ग्रुप के बारे में जानकारी दी जानी चाहिए। इसके अलावा बच्चों के लंच को चेक करके उन्हें कुछ अच्छे सुझाव भी दिए जा सकते हैं। इस दौरान ब्रेकफास्ट के लिए अलग-अलग फूड ग्रुप के कॉम्बिनेशन के बारे में भी बताया गया, जिसे बच्चे आसानी से समझ सकते हैं।

जयपुर ♦ शनिवार ♦ 13 दिसम्बर, 2008

राजस्थान पत्रिका

गेट एक्टिव कार्यक्रम शुरू

कट्स कार्ट एवं हृदय संस्था की ओर से शुक्रवार को बच्चों के लिए नाश्ते का महत्व और इसकी गुणवत्ता के सम्बन्ध में 'गेट एक्टिव' कार्यक्रम शुरू हुआ। इस अवसर पर आयोजित कार्यशाला के दौरान मुख्य अतिथि यूनिसेफ के राजस्थान प्रमुख सैम्युअल मैवुंगनिज ने स्कूली शिक्षकों को बच्चों में अच्छे नाश्ते की आदत डालने और जंकफूड से बचाने की सलाह दी।