

## **REPORT ON HEALTHY BABY SHOW UNDER UBA**

**BY SHIVALIK INSTITUTE OF NURSING, BHATTAKUFFER SHIMLA**

**DATE 23/02/26**

**VENUE...ANGANWADI CHHAKRAIL**

**BATCHES INVOLVED : GNM SECOND YEAR, P.BSc. SECOND YEAR, M.Sc. I YEAR**

### **OBJECTIVES:**

- To assess the physical growth of children Upto 5 year of age
- To identify malnourished children
- To spread awareness about nutrition and breastfeeding
- To educate mothers about immunization schedule

### **PARTICIPANTS:**

- Children upto five year of age
- Mother/guardians
- Lactating woman
- Anaganwadi worker,ASHA worker

### **ACTIVITIES CONDUCTED:**

- Registration of children
- Height ,weight measurement
- BMI or growth chart comparison
- Health education regarding personal hygiene, breastfeeding, balanced diet etc
- Immunization awareness
- Refreshment for children and parents
- Distribution of nutrition supplements (Banana, oranges, almonds) prizes.

### **CRITERIA FOR JUDGEMENT:**

- Weight according to age
- Height according to age
- Hygiene

**CONCLUSION:** The “HEALTHY BABY SHOW” conducted under UBA was successful in promoting awareness regarding child nutrition and health. The programme helped in identifying malnourished (underweight ,overweight) children and educated mothers about proper feeding practices. The community and students actively participated and helped in making the Event impactful.



