



MIER COLLEGE OF EDUCATION (Autonomous)

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Report on Awareness Programme

Topic: Prevention from Disability through Nutrition

Date: 06th August 2025

Venue: Village Nowgran, Bishnah, Jammu

As part of its Community Based Rehabilitation (CBR) initiative, the Department of School of Education (Special Education), MIER College of Education, under Unnat Bharat Abhiyan organized an Awareness Programme on "Prevention from Disability through Nutrition" on 06th August 2025 at Village Nowgran. The objective was to sensitize the rural community about the essential role of nutrition in preventing disabilities and promoting overall health and development.

The programme commenced with a rally organized by the students of B.Ed. Special Education, aimed at spreading awareness on the theme across the village. Holding placards and raising slogans, the participants walked through the main areas of Village Nowgran, engaging with residents and encouraging them to adopt healthy nutritional practices. The rally created a strong visual and auditory impact, drawing the attention of villagers and initiating dialogue around nutrition and disability prevention.

The main awareness session was presented by Ms. Shweta, a student of B.Ed. Special Education (Intellectual Disability), Semester II. She delivered an insightful and informative talk on the relationship between nutrition and the prevention of disability. Ms. Shweta explained how prenatal nutritional deficiencies, such as the lack of folic acid during pregnancy, could lead to neural tube defects in the developing fetus. She also emphasized the impact of postnatal factors like the absence of a balanced diet in young children, which can result in anemia, stunted growth, and cognitive delays. Highlighting the consequences of micronutrient deficiencies, she discussed how a lack of vitamin A can lead to vision impairment and how iodine deficiency is linked to goitre and intellectual disability. Ms. Shweta advocated preventive strategies, urging the audience to ensure a balanced diet rich in essential nutrients, the regular intake of prescribed supplements like iron and folic acid, and exclusive breastfeeding during the first six months of life. She also stressed the importance of hygiene and sanitation in preventing infections that could affect nutritional health. Encouraging the use of locally available and affordable food sources, she called upon local community members and women's groups to take an active role in spreading nutritional awareness at the grassroots level.

The session witnessed active participation from villagers, including parents, women's groups, and community leaders, who asked questions, shared real-life concerns, and received practical

guidance. The interactive format helped debunk common myths and misconceptions surrounding nutrition and disability.

Supervision and Coordination: The programme was conducted under the guidance of Dr. Nishta Rana, HoD, School of Education, Programme In-charges: Dr. Raj Pawan, Associate Professor, Dr. C. R. Jangra, Assistant Professor & Mrs. Anuradha Thakur, Assistant Professor, their continuous support and supervision contributed immensely to the successful execution of the event. The initiative once again showcased the department's commitment to community welfare, health promotion, and grassroots-level disability prevention.

This awareness programme, enriched by a community rally and interactive session, played a vital role in empowering the rural population with knowledge and strategies to prevent disability through proper nutrition. The initiative successfully fostered community involvement, encouraged healthy practices, and strengthened the college's role in inclusive and preventive education.

