Introduction
CUTS Centre for Consumer Action, Research & Training (CUTS CART) organised the 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 April 16, 2009.

Objective
The main objective of the workshop was to provide training to teachers for implementation of the activities under Module II of ‘Get Active’ programme. This workshop provided teachers a common platform to discuss the strategy to overcome the shortcomings of the activities under the programme. The workshop was designed in such a way to describe the methodology to be adopted to inculcate nutritional intake and physical activity behaviours among school students.

Participation
Around 70 participants including Dr. Sunil Thomas Jacob, State Programme Coordinator, United Nations Population Fund (UNFPA), Rajasthan; Dr Namita Bhagat, Chief Dietician, Fortis Escorts Hospital; Tina Rawal and Surbhi Bhalla from HRIDAY; CART’s personnel, media persons and teachers from selected 30 English medium schools of Jaipur city attended the workshop.

Proceedings
The workshop started with a welcome address by Khushbu Parnami, CUTS CART. She provided a brief overview of the ‘Get Active’ programme and emphasised upon the activities undertaken and main highlights of the Module I – ‘Breakfast makes me smart’ implemented during December 2008-January 2009, through a PowerPoint presentation.
Further, she summarised the objectives and activities of the Module II – ‘My Pyramid’ which will be implemented in schools during April 2009-July 2009.

**George Cheriyan, Director, CUTS**, in his introductory remarks, informed the participants about the findings of the sample survey ‘Junk Food Trap’ carried out by CUTS CART on the eve of ‘World Consumer Rights Day’. He pointed out that junk food is easily available in 63 percent schools of Jaipur city through canteens.

Linking it with developing a culture of inculcating healthy-eating habits in the children, he called upon the schools not to accept the offers made by the companies to sponsor activities in schools for marketing of unhealthy food to children. He said that these are the strategies adopted by companies to trap the young minds. Stating about the survey, he told that it was conducted in connection with an effort to develop an international code of conduct to ban marketing of unhealthy food products. He also congratulated the winners of the poster competition organised under Module I of the programme and thanked teachers for their active participation in ‘Get Active’ activities.

**Dr. Sunil Thomas Jacob, State Programme Coordinator, UNFPA, Rajasthan**, in his address lauded CUTS’ focus on such an important issue of nutrition in today’s scenario. While elaborating upon the importance of life skill education, he stated that imparting yoga training, stress releasing techniques, career planning, knowledge about stages of life cycle etc. to the children is a dire need in the present scenario. Teachers being a role model for children should enhance their responsibilities to help develop decision-making skills among the children in order to build a healthy society.

He also suggested teachers to adopt innovative ideas for imparting education and moving outside instead of always keeping children inside the boundary of the classroom. He mentioned about one incident in which children showed their preferences towards learning through innovative means and going outside the school premises sometimes.

The awards were presented to the winners of the Inter-school poster competition held on the theme ‘Eat Healthy, Think Healthy’ under Module-I on January 30, 2009 and respective teachers received awards on behalf of the children.
Dr. Namita Bhagat, Chief Dietician of Fortis Escorts Hospital as resource person spoke upon the minute details regarding diet and nutrition for children. She specifically focused upon various nutrient values in different food groups and emphasised upon that one food group cannot be replaced by other, so food from all groups should be consumed on a regular basis.

Surbhi Bhalla from HRIDAY presented the technicalities of the Module II-‘My Pyramid’. Briefing about the ‘Module II-My Pyramid’ she stated that the objective is to spread awareness about the available food groups and encourage children to opt for healthy choices in a comprehensive manner. She further elaborated the concept of moderation and energy balance that can be done through keeping a watch on the food intake and involving physical activities in daily life. She emphasised the importance of food consumption from the five major groups and linked it with variety of activities with respect to the food intake of the individual.

She further added that the Module is well designed to bring a healthy change in eating habits of children; and in order to create a long lasting impact, family support and involvement are needed. The handouts and information material, which will be distributed to the children, are designed in such a way that the children can easily understand the concept of ‘My Pyramid’. It would help and guide parents to inculcate healthy eating habits and corresponding physical activities among their children. She stated that healthy eating would be more enjoyable when children consume all kinds of food from all the food groups represented in ‘My Pyramid’. She recommended that number of servings should be largest from the bottom of the Pyramid and decrease while moving up.

Tina Rawal from HRIDAY provided a brief introduction of the ‘Get Active’ Programme. She stated that Module II ‘My Pyramid’ is specially designed to promote good nutrition and active lifestyle among present generation making them understand the importance of food and food portions they need each day and the balance between food and physical activity. She also briefed about the mix of classroom and field activities, which would reinforce learning with fun while implementing activities in school.
A group activity for all teachers was organised in which they were given the exercise of preparing a food pyramid. This was followed by the discussion taking various pyramid prepared by teachers into consideration to make it conceptualised, which would help them to implement it effectively in schools.

**Outputs**

- Successful conduction of the workshop with the active participation of the teachers and resource persons.
- Workshop provided complete introduction of the activities under module II that will help in smooth implementation of project activities in schools.
- Wide print and electronic media coverage resulted in spreading awareness in general public about CUTS’ initiative for children.
स्कूल कैंटिन में न हो जंक फूड

कार्यशाला में 30 स्कूलों के प्रतिनिधियों ने हिस्सा दिया।
सिटी रिपोर्टर, जयपुर

'आज की बदलती सामाजिक व्यवस्था में स्कूल कैंटिन प्रूफ़ीटकर की जीवन व्यवस्था बदल जाती है। जिसमें दूरसंचलन की गतिविधियों की सहमति आपराधिक हो सकती है। इस कारण आज हमारे दिन के राजनीति प्रतिनिधियों सुमित्रा थोमस जैकिया का। वे गुवाहाटी की स्वागती प्रशासन ने जोती सैदिया शाही में कैंटिन सेंटर पर एक सिरियं एंड टूरिंग व इलाक़े में दिल्ली के संबंध में 'गेट एंड टूरिंग' का उपयोग किया जो कार्यशाला में भाग लेने वाले क्रिकेट प्रतिद्वंद्वियों के रूप में कोत्तर है। उनके आज की जीवन व्यवस्था में एक डिलीमा को देखा जा रहा है कि पहले संयुक्त परिवार होने वाले अफ़ग़ान आदर्शों का महत्वपूर्ण परिचय रूप से ही हो जाता था। कार्यक्रम की शुरुआत एम्बुलेंस और कार्यक्रम के द्वारा आंदोलन ने संविधान की मदद से संख्या बढ़ाने का मार्ग दिखाया। आज 63 प्रतिशत स्कूल ऐसे हैं जहाँ कैंटिन की व्यवस्था है। इस कैंटिन में बच्चों को जंक फूड आसानी से मिल जाता है। ऐसे में स्कूलों की दिल्ली में छात्रों को मिल रहा है कि वे बच्चों के द्वारा सरकार में नियुक्त दिखाया के लिए प्रयास करे। उन्हें अभी तक आदर्शों का नियुक्त करना। कार्यक्रम में 30 स्कूलों के प्रतिनिधियों ने हिस्सा लिया। फूड पोकेट और फ़ाइटिंग विषय में चर्चा करने वाले एक सेंटर को पूरकस्त्र भी किया गया। कार्यक्रम में फूटबॉल टास्कफोर्स के मुख्य पोलिस विभाग द. नमिता भारत ने पार्टीज़ पॉपुलेर के आदर्श द्वारा नुकसान से युवा कई परिस्थितियों को दूर करने के लिए नए बनाए।

महाका भारत

लाइफ स्किल एजुकेशन जरूरी

जयपुर, 17 अप्रैल, 2009

जयपुर, 16 अप्रैल (वार्स)। भारत में पहले सामाजिक व्यवस्था में संयुक्त परिवार होने के कारण अच्छी आदर्शों का विकास होंगा संकेत था जो आज के एकल परिवार में मुश्किल है। यह बात भूमिकानुष्ठान के राजनीति प्रतिनिधियों सुमित्रा थोमस जैकिया ने यह एक कार्यशाला का संबंधित करते हुए कहा कि कार्यशाला 'केदर' सेंटर फॉर एक्स-एंड-एन्टिंग द्वारा 'हार्ट' ने दिल्ली के संबंध में 'गेट एंड टूरिंग' के अन्तर्गत आयोजित की गई। इस स्कूलों में विशुद्ध के नकाशे की महत्व, उरका उत्सुक, प्रयुक्ति खवाप पदार्थों, पोषण तकनीकों और वाणिज्य-जैसे प्रतिबंधित की उपयोगिता पर आयोजित किए गए। इस कार्यक्रम जो जयपुर शहर के निजी 30 स्कूलों में गत दिसंबर से चला जा रहा है।
NGO to create health awareness

ENSURING GOOD standards of health amongst school-going children has always been a major concern for both parents and school administration. To resolve this issue a Non Governmental Organisation (NGO), Centre for Consumer Action, Research and Training (CUTS), has come up with a health awareness project in collaboration with a Delhi based NGO called Hriday.

The Project began formally last year in the month of December 2008, where under its module I new and innovative techniques of maintaining health were discussed between parents and schools. Recently the NGO organised a seminar to start a project called as 'Get Active' under the module II, under which 30 English-speaking schools are covered, whose teachers attended the meet on imparting lifestyle education to all school kids. The meet was also attended by the State representative of the UN, Sunil Thomas, who laid stress on implementing lifestyle education in the school academics and and blamed the absence of joint family system as a major reason for today's children being overweight.
‘लाइफ स्किल एजुकेशन’ एक जत्ती अध्याय

जयपुर, (वि.): 'आज को बदलो, इंटील सामाजिक व्यवस्था में लाइफ स्किल एजुकेशन एक जत्ती अध्याय की तरह जोड़ा जाएगा महत्वपूर्ण आवश्यक हो गया है।' ऐसा यूनिफॉर्मोज के राजस्थान विभागित डा. सुनील शर्मा जैकल का। वे गुरुवार को कांसर सेंटर फॉर एक्सेस की ओर से आयोजित एक शिखर कार्यशाला को संबोधित कर रहे थे।

राजस्थान पत्रिका
बुधवार, 22 अप्रैल, 2009

सिटी ब्रीफ
पोस्टर प्रतियोगिता का आयोजन

सेंटर पॉर्ट के कानपुर एक्सेस रिसर्च पंडट दोवे की ओर से 'उद्यमी - अमूर्त हेल्दी' विषय पर आयोजित पोस्टर प्रतियोगिता का आयोजन किया गया। प्रतियोगिता में अपना नाम निकात सेंट एडम्स स्कूल की छात्र दिशा खत्री ने दौड़ी स्थान प्राप्त किया है। स्कूल निदेशक सुंदर सिंह ने उन्हें इस सफलता के लिए युग्मकामनाएं दी।