

REPORT OF WEEK-WISE ACTIVITIES CARRIED OUT AT ONGE SETTLEMENT.  
D/CREEK, LITTLE ANDAMAN

Eat Healthy:

Celebrating the month of September on Nation Nutritional Month (Rashtriya Poshan Maah), the team of PHC, R.K.Pur headed by the Medical Officer along with ANM, ASHA workers & ward attenders visited Dugong Creek on 11/09/2018 and the programme has been organized at Community Hall. The Medical Officer, RKPur advised to take complete and balanced food, so that they can lead a healthy life and asked them to follow their traditional food items thereby hunting pig for meat, fishing, collection of honey, roots and tuber crops from the jungle for consumption which fulfils the nutrient requirements such as protein, vitamins and minerals.

Further speaking on hygiene and sanitation, she asked the children as well as elders to wash hands before and after eating, cut and keep the nails clean, brush the teeth in the morning as well as before going to bed, keep home and surroundings clean, cover the food items and stored water with lid, wear clean clothes and to avoid open defecation of kids to prevent spread of diseases in the settlement area.

Promotion of Drumstick Plants at Settlement:

The Drumstick plants are available in the settlement area and the Onges are regularly using the leaves and drumstick in their food. In order to plant more, the branches were planted in the settlement area and they were made aware about the benefits of drumsticks and its leaves as it is rich source of iron and fibre.

Teachers of GMS, the ward attender and ANM of Sub-centre, DRMs and helpers of OMPCS, Dugong Creek were also attended the programme.

*(Signature)*  
14/9/18

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D/Creek, Little Andaman