

Community outreach Program to Tribal Community at H.D. Kote, Mysore

The PG Department of Social Work, JSS College of Arts, Commerce and Science (Autonomous) Ooty Road, in Collaboration with the Department of Nutrition & Dietetics, JSS AHER, Mysore organized MSW Social Work Camp- 2026, a community outreach programme through a field visit to the **tribal community in H.D. Kote (Udburu Haadi H.D. Kote Taluk) on 20.04.2026** with the objective of promoting nutrition awareness, understanding local dietary practices, and assessing community health concerns and survey. The programme aimed to bridge academic learning with real-world community engagement while sensitizing students towards rural and tribal health challenges.

The outreach activity involved interaction with tribal families, women, children, and elderly members of the community. Students and faculty members conducted awareness sessions focusing on balanced diet, personal hygiene, maternal and child nutrition, anaemia prevention, importance of micronutrients, and safe food practices. Special emphasis was given to the nutritional importance of locally available foods, traditional food habits, and sustainable dietary practices.

During the visit, participants observed the lifestyle, food consumption patterns, and socio-economic conditions of the tribal population. Informal nutritional assessments and discussions helped identify concerns related to malnutrition, limited dietary diversity, lack of nutrition awareness, and accessibility to healthcare services. Educational materials and interactive demonstrations were used to communicate simple and practical nutrition messages to the community members.

The outreach programme concluded successfully with active participation from the tribal community, students, and faculty members. The visit highlighted the significance of continuous nutrition education and community-based interventions in improving the health and wellbeing of vulnerable populations. The initiative served as a meaningful step towards social responsibility, health promotion, and inclusive community development.





