

# **Project Report**

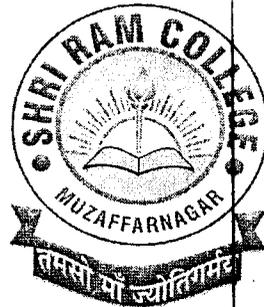
## **Supply of nutritious food for Covid Patients**

Submitted by

**Dr. Pooja Tomar**

Associate Professor,  
Shri Ram College, Muzaffarnagar

Shri Ram College

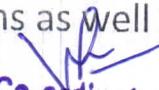


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## Background

As we all know, Covid 19 is a respiratory illness and it has affected lives of million people since August 2021, and from that period onwards everybody including the government and people are fighting their level best to cope up with this life threatening disease. Government has announced many schemes for the relief work, free vaccines are being administered and food distribution took place in rural and urban both the areas. There is no evidence that food itself is a vector of its transmission, however the virus and measures to contain its spread have had profound implications for food security, nutrition and food systems. There have been major disruptions to food supply chains in the wake of lockdown measure which have affected the availability, pricing and quality of food. The closure of restaurants and other food service facilities led to a sharp decline in demand for certain perishable foods including dairy products, vegetables and fresh fruits.

To help people in getting recovered fast and to boost their immunity, it is a must to be taken nutritious food by all. To help cope with stress that may be related to the pandemic, it is necessary to take care of the body by eating proper nutrition, certain vitamins and minerals. Which may have effects on how our immune system works to fight off infections as well as inflammation and swelling?

  
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## Project

### Supply of nutritious food for Covid patients

Even though one must be concerned about a novel virus, keep in mind that food prepared outside the home also has to be handled safely to prevent the growth of bacteria. Viruses and bacteria in food can make you sick and they mainly come from cross contamination. Since our department is directly linked with food and nutrition, we found our utmost responsibility to serve the society by supplying nutritious food for Covid patients, so that they could get proper nutrients and a balanced diet without getting any financial strain.

For this, we made diet plans considering the dietary recommendations by different institutions such as WHO, UNICEF e.t.c (recommended dietary allowances), decided a nourishment filled meal to be packed in eco friendly packets (to keep our environment clean and healthy) and finally supplied them to the target group. This project was funded by Mr. Nishank Jain (President, Jan Manch, Muzaffarnagar)

  
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## Summary of dietary recommendations disseminated during the coronavirus disease 2019 (COVID-19) pandemic

Institution	Dietary recommendations	Supplementation recommendations	Food hygiene recommendations
<p><u>ABRAN</u> <u>(2020)</u></p> <p style="text-align: right;">   <b>Co-ordinator</b>  <b>IQAC, Shri Ram College,</b>                      Muzaffarnagar                 </p>	<p>Most-relevant vitamins and minerals: vitamin A, vitamin C, vitamin D, zinc (vegetarians may need up to 50% more dietary zinc than non vegetarians), selenium; Probiotics can be considered in COVID-19 patients who have diarrhea</p>	<p>Supplementation with vitamins, minerals, and probiotics does not treat or prevent COVID-19 infection, but it can optimize the immune response, acting as an adjunct treatment; For individuals at risk of respiratory viral infections, high doses of vitamin C (up to 2 g/d) orally can be indicated; In groups at risk or</p>	<p>NA</p> <p style="text-align: right;">   <b>Chairman</b>  <b>IQAC, Shri Ram College,</b>                      Muzaffarnagar                 </p>

		with low sun exposure, vitamin D between 2000 and 4000 IU/d orally may be indicated;Maximal zinc intake should not exceed 40 mg/d;Higher doses of selenium (200 µg) can act as adjunct therapy in the treatment of infections but cannot be used for an extended period of time	
<u>AEDN &amp; GCDN (2020)</u>	Maintain good hydration;Consume at least 5 servings of fruit and vegetables per day;Consume whole-grain products and legumes;Choose low-fat dairy products (milk and fermented milks or yogurt);Consume other foods of	NA	NA

  
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	animal origin in moderation; Consume nuts, seeds, and olive oil; Avoid processed foods and fast food		
<u>ASBRAN (2020)</u>	Prioritize fresh or minimally processed foods; Use oils, fats, salt, and sugar in small amounts when preparing meals; Limit consumption and purchase of processed and ultraprocessed foods such as french fries, soft drinks, cookies, and ice cream, which are rich in empty calories; Use all parts of fruits and vegetables in recipes; Avoid buying commercially prepared meals	NA	Before placing supplies in cupboards or pantries, wash the packaging with soap and water and spray with 70% alcohol or a chlorinated solution; Fruits and vegetables that are stored in the refrigerator should be removed from packaging and sanitized beforehand; Before consumption, raw fruits and vegetables should be washed under running water and sanitized with sodium hypochlorite

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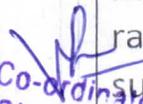
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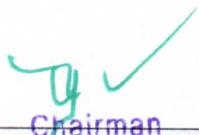
	that are rich in sodium, trans fat, and calories		which should always be used diluted, as instructed on the packaging
<u>ASN (2020)</u>	The healthiest meals emphasize whole grains, vegetables, and fruits; Meat portions should be smaller to limit intake of saturated fat; Limit consumption of commercially prepared frozen dinners; Stock up on nutrition-packed foods that will stay fresh for a week or longer	NA	When grocery shopping, use a disinfecting wipe to wipe hands and grocery cart handle
CDC (2020)	NA	Although COVID-19 has not been detected in breast milk, it is not known whether mothers with COVID-19 can spread the virus during breastfeeding; Wh	Washing hands with soap (20 seconds) before preparing or eating food is important for general food safety; Keep raw meat separate from other foods;

  
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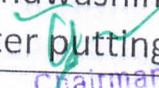
		en breastfeeding, mothers with COVID-19 should wear a face mask and wash hands before each feeding	refrigerate perishable foods; and cook meat to the recommended temperature to kill harmful microorganisms
<u>DAA (2020)</u>	When selecting fruits and vegetables, choose fresh options that last longer; other options are frozen, dried, and canned produce; Keep canned soup on hand; Recommended protein sources include canned fish, legumes (canned or dried), nuts, and seeds; Choose long-life milk (ultra-high temperature or powdered milk); Consider a range of grains,	NA	NA

  
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	<p>pasta, quinoa, couscous, rolled oats, and other cereal grains; Use herbs and spices to reduce salt intake. Foods that are a source of comfort or a reminder of daily routine can be beneficial for mental health</p>		
<p><u>Dietitians of Canada (2020)</u></p>	<p>Consume a healthy diet rich in fruit and vegetables, protein foods, and whole grains; There is no single food, supplement, or natural health product that will prevent, treat, or cure COVID-19</p>	<p>Women who choose to breastfeed should be allowed to do so after appropriate handwashing and while wearing a mask</p>	<p>There is no evidence that COVID-19 is spread through eating or touching raw fruits or vegetables; Prior to consumption, fresh fruits and vegetables should be washed or scrubbed under cold, running, potable tap water; While there are no special precautions for storing food, handwashing after putting away</p>

  
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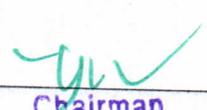
			<p>purchased food and before preparing food is recommended; Hands should be washed before and after food containers are washed</p>
<p><u>EUFIC (2020)</u></p>	<p>Appropriate intakes of copper, folate, iron, selenium, zinc, and vitamins A, B6, B12, C, and D play an important role in the immune system; In general, these nutrients should be obtained through foods</p>	<p>Supplements can be used to add nutrients to the diet in individuals who have specific challenges in meeting dietary requirements</p>	<p>Wash hands for 20 seconds with soap before and after preparing or eating foods; Wash fruits and vegetables before eating; Disinfect surfaces and objects before and after use; Keep raw and cooked foods separate from each other; Use different utensils/chopping boards for raw and cooked foods; Cook and reheat foods to adequate temperatures</p>

  
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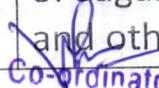
  
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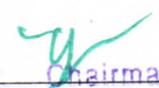
			(≥72°C for 2 min); There is no need to disinfect food packaging items
<u>FAO (2020)</u>	Consume a healthy diet to support a strong immune system; Eat a variety of foods within each food group; Eat plenty of fruits and vegetables; Consume a diet rich in whole grains, nuts, and healthy fats; Limit intakes of fat, sugar, and salt; Drink water regularly; Limit consumption of alcohol; There are no foods or dietary supplements that can prevent COVID-19 infection	NA	Continue to practice good food hygiene; There is no evidence that COVID-19 can be spread through contact with purchased foods; Store raw and cooked foods separately; keep food preparation surfaces clean; cook foods thoroughly; store food at safe temperatures; and use safe water and raw materials
<u>SIN (2020)</u>	NA	For mothers previously diagnosed with	NA

  
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		COVID-19 or under investigation for possible COVID-19, rooming-in with the infant is feasible, and direct breastfeeding is advisable, provided strict measures of infection control are in place; Fresh expressed breast milk (no need for pasteurization) is recommended when a mother with COVID-19 is too sick to care for her newborn	
<u>SINU</u> (2020)	Consume 5 servings per day of fruit and vegetables as sources of vitamins A and C; Avoid weight gain by reducing the consumption of sugary drinks and other sugar-	NA	NA

  
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	rich products;		
<u>UNICEF</u> <u>(2020)</u>	Maintain fruit and vegetable intake; Choose healthy dried or canned alternatives when fresh produce is not available; Canned oily fish is rich in protein, omega-3 fatty acids, and a range of vitamins and minerals; Build up a stock of healthy snacks; Limit highly processed foods; Make cooking and eating fun and meaningful	Breast milk remains an optimal food for infants and children aged 6 to 24 months; Women with COVID-19 can continue to breastfeed; If mother is too unwell to breastfeed due to COVID-19 infection or other complications, she should receive support to safely provide her newborn with breast milk in any way possible; Practice respiratory hygiene during feeding, wearing a mask when available; Wash hands before and after touching the baby; Routinely clean and	Any unnecessary packaging and refuse must be removed and placed into a waste bin with a lid; Packaging like cans can be wiped clean with a disinfectant before being opened or stored; Wash hands with soap and water for at least 20 seconds; or use an alcohol-based hand rub; Unpackaged produce, such as fruit and vegetables, should be washed thoroughly under running water

  
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		disinfect surfaces	
WHO (2020)	Vitamins, minerals, dietary fiber, protein, and antioxidants can be obtained from a variety of fresh and unprocessed foods; Drink enough water; Avoid sugar, fat, and salt	Women with COVID-19 can breastfeed; Practice respiratory hygiene during feeding, wearing a mask when available; Wash hands before and after touching the baby; Routinely clean and disinfect frequently used surfaces	NA

  
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Shri Ram College implemented this project by distributing the food packs immediately by our network of local teachers, students, peons and other staff members.

500 food packets were supplied containing fresh fruits, vegetables, milk and other grocery items. The partner people would take responsibility for distributing the prepared packages to those persons who have the most need.

Target groups

Covid affected all patients

Identification of localities

Reshu Vihar

Mahaveer Chowk

  
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# SHRI RAM COLLEGE

(Affiliated To CCS University, Meerut & Approved By NCTE)

CIRCULAR ROAD, MUZAFFARNAGAR

**'A' Grade Accredited by NAAC**

To

Nishank Jain  
President  
Jan Manch Muzaffarnagar

Sub - Proposal on Project of Dr. Pooja Tomar on topic of "Supply of Nutrious food for Covid patients"

Dear Sir,

Please find enclosed Herewith the project proposal of Dr. Pooja Tomar , Basic Sciences Department on the topic of "Supply of Nutrious food for Covid patients". And kindly approve the fund of 18,000/- Rs for the progression of project work .

Thanking you

Dr. Pooja Tomar  
Head of Department  
Basic Science Department  
Shri Ram College  
Muzaffarnagar

Co-ordinator  
IQAC, Shri Ram College,  
Muzaffarnagar

Chairman  
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**संरक्षक मण्डल**

श्री कपिल देव अग्रवाल  
मंत्री, उ.प्र. सरकार

श्री सतीश गौयल  
टिहरी स्टील्स

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डॉ. बुशरा अलीम

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श्री अनमोल जैन

To

Dr. Pooja Tomar  
Department of Basic Sciences  
Shri Ram College Muzaffarnagar  
Muzaffarnagar

Dear Madam,

This is with reference to your project work proposal on "Supply of nutritious food for Covid Patients" and our letter of interest on the subject. We are herewith sanctioning an amount of rs. 15,000/- as fund to conduct project work

Kindly note that you have to fulfil all the conditions mentioned in our letter and complete the work with stipulated time.

Thanks & Regards

(Nishank Jain)  
President

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