

ABOUT THE ORGANIZATION

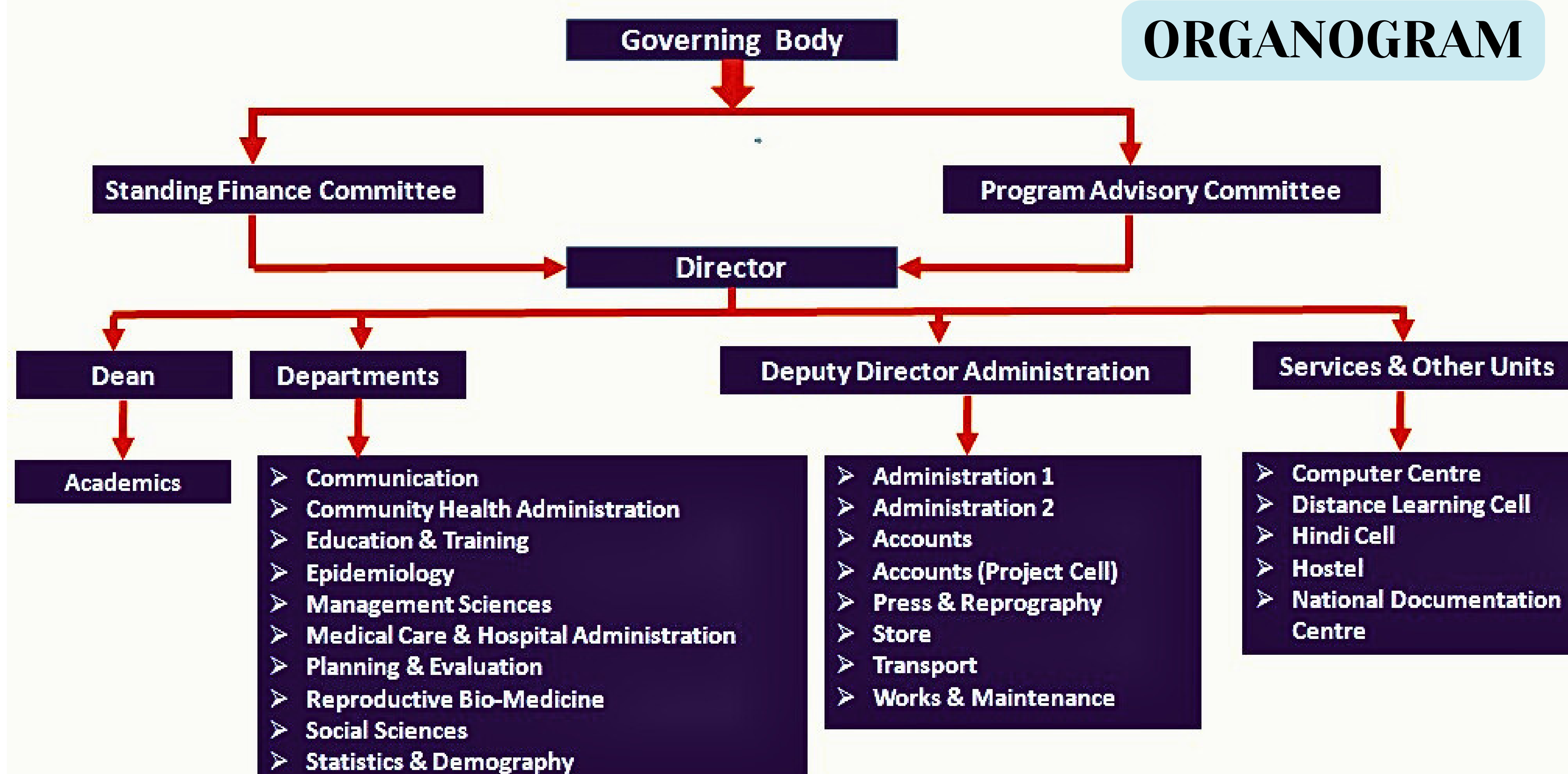
The National Institute of Health and Family Welfare (NIHFW), was established on 9th March 1977 by the merger of two national level institutions, viz. the National Institute of Health Administration and Education (NIHAE) and the National Institute of Family Planning (NIFP). The NIHFW, an autonomous organization, under the Ministry of Health and Family Welfare, Government of India, acts as an 'apex technical institute' as well as a 'think tank' for the promotion of health and family welfare Programmes in the country.

MISSION AND VISION

To act as think tank, catalyst & innovator for management of public health and related health & family welfare programmes by pursuing multiple functions of Education & Training, Research & Evaluation, Consultancy & Advisory services as well as provision of specialised services through inter-disciplinary teams

NIHFW is to be seen as an Institute of global repute in public health & family welfare management

ORGANOGRAM



Sugar, Salt, and Fat Content in Commercial Infant Food Formulas in India.

Study Design

Descriptive Cross-Sectional Study

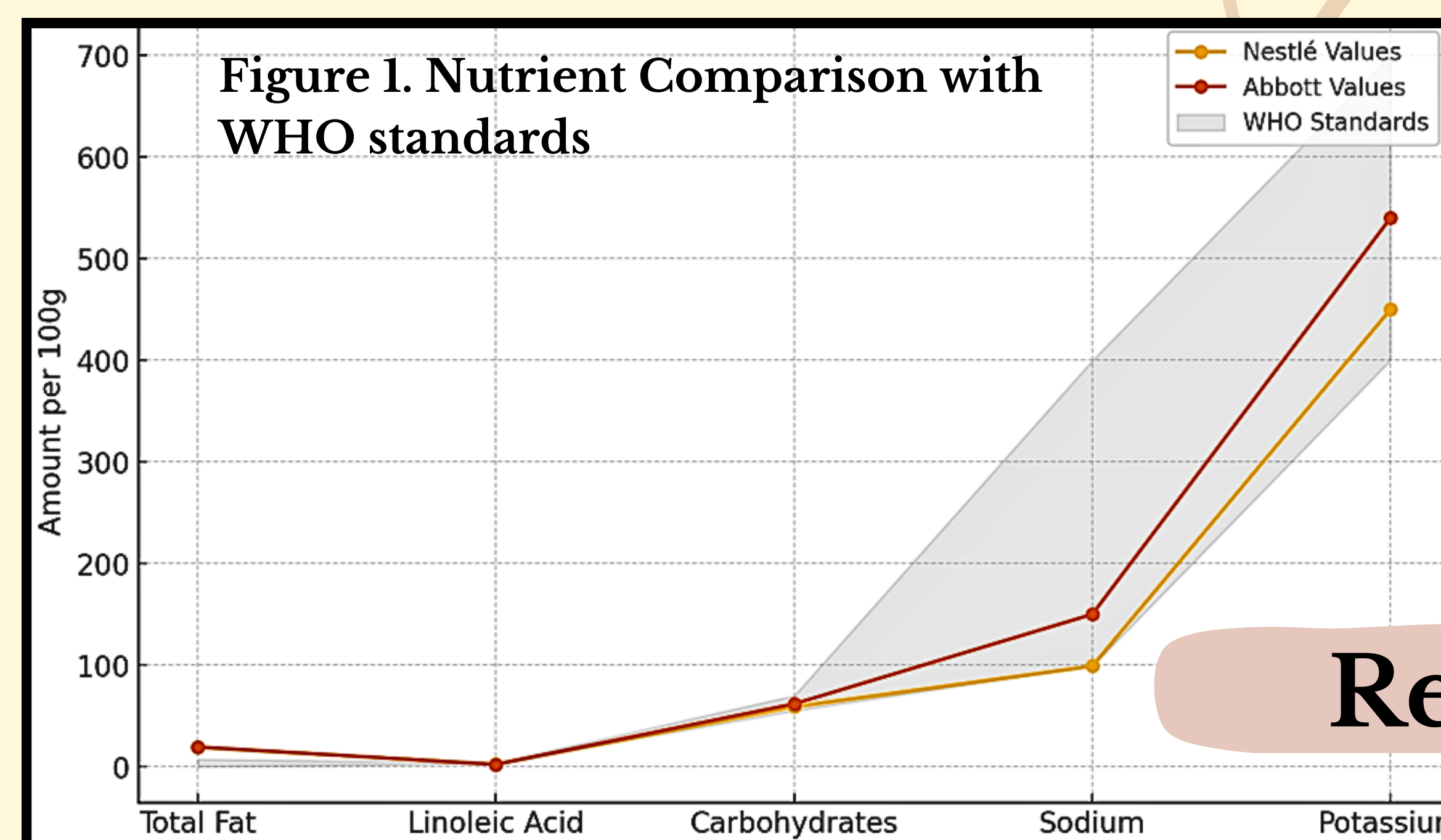
- **Descriptive:** The study aims to describe the nutritional content (sugar, salt, and fat) in commercial infant food formulas available in India. It does not involve testing a hypothesis or examining the cause-effect relationship between variables.
- **Cross-Sectional:** The data is collected at a single point in time. The study analyzes the nutritional content of various infant food products available during the period of data collection.

Objective

- Evaluate sugar, salt, and fat content in infant formulas (0-6 months and 6-24 months).
- Compare with national (FSSAI) and international (WHO) guidelines.
- Identify potential health concerns.

Methodology

- **Data Collection:**
 - Utilize sources such as commercial databases, manufacturer websites, and grocery stores for information gathering.
- **Product Categorization:**
 - Classify products based on age groups: 0-6 months and 6-24 months.
 - Categorize products according to their feeding purposes.
- **Nutrient Content Analysis:**
 - Evaluate nutrient content by comparing it with the standards set forth by FSSAI and WHO guidelines.



Result

plan

Revision of modules of DLC

Reviewing existing study materials, identify outdated, invalid and inaccurate information and proposing necessary deletions.

Incorporating feedback and **critical comments** from subject matter experts to enhance the **quality and effectiveness** of the study materials

Ensuring the content is designed to be **accessible and appropriate** for distance learning programs, considering **diverse learners**

LEARNINGS

- Ample opportunities in public health sector
- Secondary research experience
- Polished soft skills
- Networking
- Skills and knowledge into practice

CHALLENGES FACED

- Complex bureaucratic process, rigid organizational structure
- very slow decision making process
- Extensive file and paper work



- Establish monitoring systems
- Utilize feedback
- Update display boards
- Implement floor plans
- Enhance library resources
- Revamp internship programs
- Enhanced distance learning modules - Innovative access methods