

INSTITUTIONAL DISTINCTIVENESS-2019-2020

FREE FOOD FOR HOSPITAL IN-PATIENTS

MNR Medical College is situated at Sangareddy, where hundreds of patients come for treatment every day. Providing free food to all inpatients is distinctive attribute of MNR Hospital.

Lot of people come from the neighbouring villages. Majority of the patients are from remote areas and mostly from economically and socially backward strata of the society, who cannot afford the cost of food and medicine. Hospitals are the place which gives new life to people. Patients come with problems and leave after getting proper treatment and getting cured. But during this time, we often see that the patients and their close ones go through a great deal of trouble. Often in the not so developed parts of the society, we can see how a hospital gets overcrowded as people from all over the area rush to it, either to save their loved ones or cure some of their ailment. It is that when the face several issues other than medical ones. They face the issue of food and shelter. They face scarcity of food. There is only a fixed amount of time a person can withstand hunger before they lose their sanity. So, food and medicine, if given free of cost, are a great source of solace for them.

Objectives of giving free food are

1. To create social awareness and to respond to social needs
2. Improve nutrition and health outcomes of patients, through availability of foods that would increase intake of vegetables and fruits, and increase micronutrient intake.
3. Prevent malnutrition in the patients
4. To incorporate Healthy dietary practices

Our hospital provides free nutritious food for the patients, three times a day. Food is cooked in the hospital premise with well-ventilated place with ample hygiene water facilities. Food is cooked with cleaned rice and freshly brought vegetables. The meals served to patients are prepared to offer a safe, healthy and balanced diet. Food is served in the steel plates to avoid the use of plastic. It is an eco-friendly drive to achieve the clean-green concept.

Advantages of giving free food are

Good-quality, nutritious meals play a vital part in patients' rehabilitation & recovery, & limit the unnecessary use of nutritional supplements

Helps the economically backward patients, who cannot afford the cost of food and

medicine. Challenging issues for providing free food are

1. Sometimes it is difficult to provide the food at the right time.
2. Providing different menu is a challenging task for the food-committee
3. Procuring the much-needed cooking gas cylinders is a hurricane task
4. Absence of the cook is an obstacle to prepare the food at the right time.

5. Reducing food wastage

The project introduced few years ago, by supplying lunch to very few patients, is now providing free food to about 300 patients every day. Besides food, the hospital also provides counselling, medicine and blood to the possible extent.

Daily expenditure for the project is very high, excluding water, electricity, labor and rent, which are given freely by the Management.









