

REPORT FOR POSHAN ABHIYAAN

National Service Scheme

Unit – 51

1. Organized National Nutrition Week (1 week of Sep) – 2019 Seminar on 3.9.19. Our Principal Madam Dr.S.Vanathi have presided over the function and Mr. J.B Sharmila, Associate Prof and Head, Department of Home Science, have co-ordinated the seminar.Mrs. N.Jeyanthi, Senior Dietician, Apollo Speciality Hospitals, Madurai, have addressed the NSS volunteers from II year BA History and II Year BA English (NOs – 50).



2. Organized a guest lecture on Thyroid Health of Women Demystified and medical camp on Thyroid on 6.9.19. Our Principal Madam Dr.S.Vanathi have presided over the function and Mr. J.B Sharmila, Associate Prof and Head, Department of Home Science, have co-ordinated the guest lecture and the camp. Dr. K.Arun, Consultant Endocrinologist & Diabetologist, Madurai

Institute of Diabetes, Endocrine Practice & Research, Madurai -1, have addressed the NSS Volunteers from BA History and English, on the chosen topic. NSS volunteers have assisted in organizing the Thyroid medical camp.



Organized a seminar on “Malnutrition for Teenagers” for NSS volunteers which is delivered by Mrs. Bhuvaneshwari, Assistant Professor, Sri Meenakshi Govt. Arts College for Women (Autonomous), Madurai-2.





UNIT - 53 & 55

Visited “VELLIVEETHIYAR CORPORATION GIRLS HIGHER SECONDARY SCHOOL PONAGRAM, MADURAI – 16” with NSS volunteers on 04.09.2019. A lecture programme on “Obesity and Eating Disorders” was arranged for 9th and 10th standard students . Lecture was given by Dr. R. Vijayalakshmi, Assistant Professor of Physics, Sri Meenakshi Govt. Arts College for Women(A), Madurai. She explained about the demerits of Obesity and cause of Obesity. Nearly 100 students were benefited by this programme.



Visited “VELLIVEETHIYAR CORPORATION GIRLS HIGHER SECONDARY SCHOOL PONAGRAM, MADURAI – 16” with NSS volunteers on 06.09.2019. NSS volunteers met 11th and 12th standard girls and discussed about “Nutrition Awareness”. They explained about the demerits of Junk food and the merits of nutrition food like natural fruits and vegetables. Nearly 75 students were benefited by this programme.



Visited “VELLIVEETHIYAR CORPORATION GIRLS HIGHER SECONDARY SCHOOL PONAGRAM, MADURAI – 16” with NSS volunteers on 09.09.2019. NSS volunteers met 6th , 7th and 8th standard girls and discussed about “Importance of Nutrition ”. They explained about the importance of food and advised them not to skip the breakfast . NSS volunteers also advised not to eat uncovered foods and they promoted organic diet. Nearly 150 students were benefited by this programme.



Organized a guest lecture on “Un Cooked Foods” on 20.09.2019. Our Principal mam Dr.(Mrs.) S. Vanathi have presided over the function and Mr. M. P. Anbusivan, Treasurer,

Tamilnadu Nature Cure Association , Gandhi Museum, Madurai has delivered a special lecture. He explained the merits of uncooked foods. During this session, Moong sprouts were distributed to the students. Nearly 100 students were benefited by this programme.



Conducted a Poshan Abhiyaan oriented competitions on 27. 09. 2019 for our College students. The title of the competitions was ‘Healthy food’ for Poster making and ‘Healthy India’ for Slogan writing. 22 students were participated in Poster Making and 36 students were participated in Slogan writing. Judgement was given by Dr. (Mrs.) R. Mangai Kasthuri, Assidtant Professor of Botany and Dr.(Mrs) Selvarani , Assistant Professor of Physics. Our Principial distributed the prizes to the winners.



NSS UNITS : 51, 52, 53, 54 & 55

A rally conducted on 24.09.2019 for all units of NSS volunteers for that topic POSHAN ABHIYAAN.



PRINCIPAL