

Sri Meenakshi Government Arts College For Women (A) Madurai-2

Department of Home Science

Report of events/Activities conducted in September 2020

Date: 12.09.2020

Type of Event: National Nutrition Week Awareness Campaign

Theme: 'Eat Right, Bite by Bite - Adolescent Nutrition'

In association with our NGO partners - Voice Trust & Suji Health, Madurai

Open to UG & PG students of Home Science of our college

No. of Resource persons: 3

No. of participants: 92

Report: To commemorate the National Nutrition Week (Sep 1-7), 2020, an awareness creation activity was held among the students of Dept of Home Science from colleges in Madurai.

The Nutrition Awareness campaign to commemorate the National Nutrition week September 2020, was organised by Dept of Home Science with the inaugural address by Dr.S.Vanathi, Principal of the college. Three eminent resource persons shared their expertise. Dr.M.Rammohan, Prof & Head, Dept. of Biotechnology, Vivekanandha College, Tiruchengode, gave a special lecture on the importance of micronutrient, especially vitamin-D. The next session was by Mrs.N.Kavitha, Chief Dietitian, PSG IMSR Hospital, Coimbatore, highlighting the nutritional requirements of adolescents. In the third session Dr.K.Hemalekha, renowned Gynaecologist & Laparoscopic Surgeon, Apollo Hospitals, Madurai, explained the stages of life cycle in women from adolescence up to pregnancy. The role of nutrition during the developmental stages from puberty till gestation was emphasized. The event was attended by 92 students from colleges in Madurai, and they had a gainful experience.

The event was organised in zoom platform and was live streamed on YouTube via the department channel. <https://youtu.be/pMwDGp3cc98>

Participants aired their queries for both the sessions which were answered by the resource persons. The sessions were interactive and engaging. Feedback was given by two participating students. The event concluded with a vote of thanks by the Organising Secretary & NGO partner, Mr.T.Murugesan, Managing Director, Voice Trust & Suji Health, Madurai.