

Sri Meenakshi Govt Arts College for Women(A), Madurai

National Service Scheme

1. National Service Scheme of Sri Meenakshi Govt Arts College for Women(A), Madurai organized a **On line Quiz programme on POSHAN ABHIYAAN- 2020** for the students to create the awareness on the importance of nutrition and to reduce the causes of malnutrition in India .This programme was arranged from 14/09/2020 to 16/09/2020.



**SRI MEENAKSHI GOVT ARTS COLLEGE FOR WOMEN(A)
MADURAI**

**POSHAN ABHIYAAN - 2020
(THE NATIONAL NUTRITION MISSION)**

**ONLINE QUIZ
ORGANIZED BY
NATIONAL SERVICE SCHEME**

No Registration fee
*E –Certificates will be provided for the participants
who scored 50% and above*
Click here : <https://forms.gle/iWScNCatZfXemmjq8>

Organizing Secretaries
Dr. S. Devibala
NSS Programme Officer- Unit No. 53
Dr. M. Ganaga Durga
NSS Programme Officer- Unit No. 54
Dr. K. Lilly Mary Eucharista
NSS Programme Officer- Unit No. 55

Patron
Dr. S. Vanathi
Principal

Date : 14/09/2020 – 16/09/2020

Stay Safe

Totally 568 students have participated in this online Quiz programme.

2. A webinar on the National Nutrition Mission programme 'POSHAN ABHIYAAN- 2020' organized by National Service Scheme was conducted on 20th September 2020.

Dr. S. Punitha , Medical Officer , Primary Health Center, Chellampatti was the resource person of the programme. She delivered a lecture on **நலம்தரும்சித்தமருத்துவம்**

Dr. Punitha spoke about health and Nutrition highlighting the concept of Malnutrition, life cycle approach, How to maintain our food habits? and how to prevent the diseases etc. she gave the importance of nutrition for pregnant women, lactating mothers and adolescent girls and also she explained the importance of breastfeeding and vaccination ect.

Totally 92 participants were benefited by this programme



 **Sri Meenakshi Govt. Arts College for Women(A)**
Madurai-2 

National Service Scheme

Webinar on

POSHAN ABHIYAAN 

Topic: "நலம் தரும் சித்த மருத்துவம்"

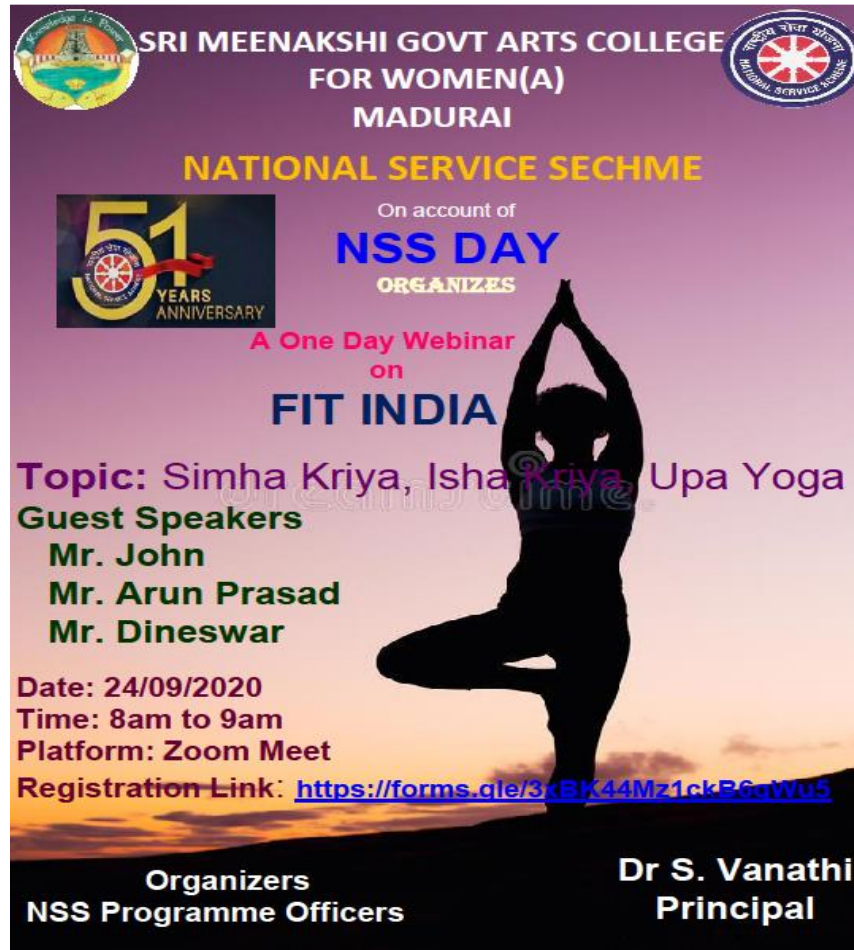
Guest Speaker: **Dr S. Punitha**
Assistant Medical Officer
Govt. Primary Health Center
Chellampatti, Madurai

Date: 20/09/2020
Time:10am to 11am
Platform: Zoom
Registration Link: <https://forms.gle/p7P8KRQJFjdFin3z7>

Organizers
NSS Programme Officers

Patron
Dr S. Vanathi
principal

3. A one day webinar on **FIT INDIA** on account of 51st NSS day which was celebrated on 24/09/2020 . Mr. John, Mr. Arun Prasad and Mr. Dineswar were demonstrated **SimhaKriya, IshaKriyaUpa Yoga**. They insisted the importance of pranayama. They told that pranayama is good not only for our body and also for our soul and how we protect ourself from COVID 19 through pranayama



**SRI MEENAKSHI GOVT ARTS COLLEGE
FOR WOMEN(A)
MADURAI**

NATIONAL SERVICE SECHME

On account of
NSS DAY
ORGANIZES

51 YEARS ANNIVERSARY

A One Day Webinar
on
FIT INDIA

Topic: Simha Kriya, Isha Kriya, Upa Yoga

Guest Speakers
Mr. John
Mr. Arun Prasad
Mr. Dineswar

Date: 24/09/2020
Time: 8am to 9am
Platform: Zoom Meet
Registration Link: <https://forms.gle/3xgK44Mz1ckB6nWu5>

**Organizers
NSS Programme Officers**

**Dr S. Vanathi
Principal**

Totally 72 volunteers participated in this programme.
