

M.M.E.S WOMEN'S ARTS AND SCIENCE, MELVISHARAM
DEPARTMENT OF NUTRITION, FSM & DIETETICS & ICDS
OUTREACH PROGRAMME

DATE:23.09.2022

TIME:11.00 AM to 3.00 PM

VENUE: Nandiyalam, Arapakkam, Manguppam, puttuthaku

THEME: NUTRITION AWARENESS PROGRAMME

NO OF PARTICIPANTS:128

REPORT:

Nutrition Awareness Programme was organized by the Department of Nutrition, Food service management and dietetics with the collaboration of ICDS (Integrated child development scheme). UG Students and staffs gathered in **V.M FUNCTION HALL**, Nandiyalam Village. Welcome Speech Was Given By Deepika , III NFSMD. Mrs. Vasanthi District Programme Officer, **RANIPET DISTRICT** Delivered speech on **IRON DEFICIENCY ANEMIA** and, Mrs. Girija, CDPO Officer, Ranipet District gave instructions and divided students into three teams accompanied by staff members and anganwadi workers in three villages like Arapakkam, Manguppam, puttuthaku respectively.

TEAM 1: ARAPAKKAM

Students Were accompanied by Ms. Nuzra sultana, Assistant Professor, and Lab assistant, Mrs. parveen DEPT of Nfsm&D MMES College . Mrs. vasanthi, District programme officer, Mrs. Girija, Cdpo Officer, Ranipet District . The programme was commenced by the Introduction speech given by Ms. Nuzra sultana to 100-day workers about Nutrition awareness programme. In Addition to, Students Performed villupattu, Mime show on Nutrition through lifespan, Role play on Anaemia and vitamin A Deficiency. Finally, students conducted games related to food pyramid and Basic five food groups. In commemoration of Nutrition awareness programme the pledge was taken by students as recited by Mrs. Vasanthi, District programme officer. Field workers enjoyed the programme very well and gave positive feedback.

TEAM 2: MANGUPPAM

Students Were accompanied by Mrs. Kathy HEAD & Assistant Professor, DEPT of Nfsm&D MMES College. The programme was commenced by the Introduction speech given by Mrs. Kathy HEAD & Assistant Professor, Dept of NFSMD, MMES College to 100-day workers about Nutrition awareness programme. In Addition to, Students Performed song on Nutrition Awareness, Mime show on Obesity & Role play on Tuberculosis. Finally, students explained charts related to anaemia. In conclusion, vote of thanks was given by student. Field workers enjoyed the programme very well and gave positive feedback.

TEAM 3: PUTTUTHAKU

Students Were accompanied by Mrs.Fathima Thaskin, Assistant Professor,DEPT of Nfsm&D MMES College and Dr. Anbukkarasi , Assistant Professor,DEPT of Nfsm&D MMES College.. The programme was commenced by the Introduction speech given by Mrs.Fathima Thaskin Assistant Professor,Dept Of Nfsm&D,MMES College to Primary school children about Nutrition awareness programme.In Addition to , Students Performed Mime show on CVD(cardiovascular disease)and Eating disorder.Finally, Role play on Anaemia was conducted. In conclusion, vote of thanks was given by Dr.Anbukkarasi , Assistant Professor,DEPT of Nfsm&D MMES College.



**MRS.VASANTHI, DISTRICT PROGRAMME OFFICER, RANIPET DISTRICT
DELIVERING SPEECH ON ANEMIA**



NUTRITION EDUCATION PROGRAMME FOR 100 DAY WORKERS





**NUTRITION EDUCATION PROGRAMME FOR 100 DAY WORKERS AT
NANDIYALAM**