



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

E11-16/17

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| Name of Activity | Observational Visit and Awareness Class on Healthy Eating Habits at Vimala Nursery School |
| Date | 22/06/2016 |
| Organized by | Department of Home Science, Vimala College, Thrissur |
| Collaborations (if any) | Vimala Nursery School, Cheroor |
| No. of Students Participated | 32 |

BSc Family and Community Science students (2015-2018 Batch) conducted a Nutritional assessment at Vimala Nursery School to study the overall development of preschool children on 22-06-2016. They took height, weight, dietary recall of students. Though almost all children were underweight, but seem to be healthy and active. Also gave a short and very interactive session to the students on healthy eating habits.



Students measuring height of children



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Students assessing the eating habits of children



Students measuring weight of children

Assessment Period (2016 - 2021)



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Observational Visit and Awareness Class on Healthy Eating Habits at Vimala Nursery School

Department of Home Science, Vimala College, Thrissur

| Teachers participated from Home Science department | Students participated from Home Science department | No.of teachers participated | No.of Students |
|--|--|-----------------------------|----------------|
| Mrs.Ambily KM | Krishnendu E C | 3 | 32 |
| Mrs.Anitha Davis | Libi Kuriakose | | |
| Mrs.Mony Geege | Anisha Paul T | | |
| | Athira Ps | | |
| | Athira V S | | |
| | Athulya V | | |
| | Chithira N P | | |
| | Gayathri K K | | |
| | Haritha Surendran | | |
| | Krishnapriya N S | | |
| | Likitha K R | | |
| | Neethu Johny | | |
| | Stella Rose E V | | |
| | Aiswarya T S | | |
| | Aysha O I | | |
| | Fatima Nowreen | | |
| | Nazrin Razak | | |
| | Sana R P | | |
| | Sreelakshmi P S | | |



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

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|--|---------------------------|--|--|
| | Wafa Hamna Abdul Azeez | | |
| | Almiya Paul | | |
| | Anju M | | |
| | Anu A P | | |
| | Delgi Joseph C | | |
| | Lisha E S | | |
| | Majidha Nasrin Kadambodan | | |
| | Naeema A K | | |
| | Riya K Zacharia | | |
| | Sona Davis | | |
| | Sreeshma N K | | |
| | Arya Kunjunny | | |
| | Isabel Sebi | | |

Head, Department of Home Science
Vimala College (Autonomous) Thrissur




PRINCIPAL IN-CHARGE
VIMALA COLLEGE
(AUTONOMOUS)
THRISSUR-680 009

Assessment Period (2016 - 2021)