



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**E24-19/20**

<b>Name of Activity</b>	<b>'Arogyadheeksha' Community Nutrition Camp at Meechana, Wayanad, Kerala</b>
<b>Date</b>	<b>26/06/2019 – 02/07/2019</b>
<b>Organized by</b>	<b>Department of Home Science, Vimala College, Thrissur</b>
<b>Collaborations (if any)</b>	<b>Nil</b>
<b>No.of Students Participated</b>	<b>21</b>

The students of MSc. Nutrition and Dietetics and P.G diploma, Department of Home Science Vimala College Thrissur, conducted a community nutrition camp “Arogyadheeksha” at Mechanna, Wayanad. The camp was conducted to analyse the nutritional status of women between the age of 18-70 residing at the rural area of Wayanad. A total of 285 sample of women who were between 18-70 years were randomly selected. The tool used for study was questionnaire. The questionnaire was prepared to find the socioeconomic status, anthropometric data and clinical assessment, obstetric and menstrual data, medical history, dietary habits, food consumption pattern and food frequency. A nutrition education programme was conducted at Government higher secondary school, Kottathara on July 2nd 2019 on various topics including balanced diet, cancer in women, gastrointestinal diseases and lifestyle diseases. The inauguration of “AROGHYA DHEEKSHA 2019-2020” was conducted on 28-7-2019 at Government higher secondary school, kottathara by the ward member Mr.AbdulNazar and followed by felicitations. Awareness classes were conducted by students NazrinRazak and Jasmin M N. Nutritious recipe was given to the subjects and a good response was given. Leaflets regarding these topics were also distributed among them. An exhibition was conducted along with charts and general nutritional guidelines. Demonstration of snack Avalcheera cutlet was also held on the same day and distributed to the students and teachers of the school. Diet counselling was also done to the needy people in the panchayath.



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**



Students attending nutrition education programme at Govt.H.S. School, Kottathara



## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**



Students reading posters displayed at Govt.H.S. School, Kottathara



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### COMMUNITY NUTRITION CAMP 'AAROGYADEEKSHA'

We the department of Homescience of Vimala college (autonomous), Thrissur, is conducting a nutrition awareness program 'AAROGYADEEKSHA' from June 26<sup>th</sup> to July 2<sup>nd</sup> 2019 at Mechanna, Wayanad. The inauguration of the program will be conducted at 2:00 pm on 28<sup>th</sup> June at Government higher secondary school, Kottathara, followed by a nutritional survey and a class on the topic 'Balanced diet and it's importance'. All are cordially invited.

Dr. Sr. Beena Jose

Principal

Coordinators

Ms. Kochurani J. Thayyil

Ms. Betty Thomas

Ms. Jayalakshmi Sajeev

Ms. Samja

Asst. Professors

Department of Homescience

Vimala college, Thrissur

Dr. Thomas Ruby Mariamma

Asst. Professor

HOD, Homescience department

Vimala college, Thrissur

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## **VIMALA COLLEGE (AUTONOMOUS), THRISSUR**



A student taking nutritional survey



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

'Arogyadheeksha' Community Nutrition Camp at Meechana, Wayanad, Kerala

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
Ms.Kochurani J Thayyil	Anu.A.P	4	21
Ms.Betty Thomas	Aparna. B		
Ms.Jayalakshmi Sajeev	Delgi Joseph C		
Ms.Samja Sabu	Gintumol George		
	Henna Francis		
	Isabel Sebi		
	Laseena.P.V		
	Libi Kuriakose		
	Naeema. A.K		
	Nazrin Razak		
	Aiswarya T S		
	Akhitha P S		
	Aysa O I		
	Halima C		
	Hiba		
	Jasmin M N		
	Pearl Sunny		
	Prajitha C P		





## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

	Sana R P		
	Sayana Vincent		
	Drisya P R		

Head, Department of Home Science



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