



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

**E2-19/20**

<b>Name of Activity</b>	<b>Arogyasamhitha-Nutrition Camp and Awareness Class at Kallampara Colony, Thekkumkara Panchayath, Thrissur</b>
<b>Date</b>	<b>10/12/2019-14/12/2019</b>
<b>Organized by</b>	<b>Department of Home Science and UBA, Vimala College, Thrissur</b>
<b>Collaborations (if any)</b>	<b>Thekkumkara Panchayath, Wadakkanchery, Thrissur</b>
<b>No.of Students Participated</b>	<b>18</b>

Community Nutrition Camp “AROGYASAMHIDA” was conducted by 1<sup>st</sup>Year MSc. and P.G Diploma Nutrition & Dietetics students of Home Science Department,Vimala College(Autonomous) Thrissur from 10<sup>th</sup> to 14<sup>th</sup>December 2019. Community of Kallampara Colony belongs to a below poverty category and they were not aware about nutrition and health. Our aim was to improve their knowledge on nutrition related problems and its prevention. So the students took Nutrition awareness classes on various topics like Balanced diet, Lifestyle diseases, Menstrual hygiene, Cancer and importance of Kitchen Garden. The classes were taken for the local community of Kallampara Colony, Thekkumkara, Wadakkanchery, Thrissur District in association with UBA on 13<sup>th</sup>December, 2019.

The classes were taken by AnjanaC.S, Sarika.V.Rajan, Akshatha T.V, Aneesha Paul T, Sandra P.S and MehnaazAsaraf. The beneficiaries were adult females within the age group 20-55, in the presence of Smt. M.K Sreeja (Panchayat President), Smt. Eliamma Johnson (Block ember), Smt. Saritha A.K (CDS). Leaflets regarding the same topics taken in awareness class were also distributed. With regard to this an interactive session was held.



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Students taking nutrition awareness class



Students taking measurement of height of a woman

*Assessment Period (2016 - 2021)*



# VIMALA COLLEGE (AUTONOMOUS), THRISSUR



DISTRIBUTION OF SEEDS



Notice

Assessment Period (2016 - 2021)



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

Arogyasamhitha-Nutrition Camp and Awareness Class at Kallampara Colony,  
Thekkumkara Panchayat, Thrissur

Teachers	Students
Ms.Kochurani J Thayyil	Evlin Jacob
Ms.Betty Thomas	Jismi K J
Ms.Athira Mathews	Juliya P Johny
Ms.Samja Sabu	Mehnas Asaraf
	Akshatha T.V
	Anisha Paul
	Anjana C.S
	Anu Maria Wilson
	Arathi C.V
	Athira V.Nair
	Bindhiya.k
	Helen Vincent
	Jashlin Anna James
	Jomol O.J
	Livitha T.M
	Sahva Nazrin Malayamkulathel
	Sandra P.S
	Sarika V Rajan

HOD , Dept.Home science



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THRISSUR - 680 009

*Assessment Period (2016 - 2021)*