



VIMALA COLLEGE (AUTONOMOUS), THRISSUR

E44-19/20

Name of Activity	'Mega Arogyamela' Nutrition Awareness Programme at AnthikadPanchayath, Thrissur
Date	03/12/2019
Organized by	Department of Home Science, Vimala College, Thrissur
Collaborations (if any)	Obstetric &Gynecological Society, Thrissur/AnthikadPanchayath, Thrissur
No.of Students Participated	24

As part of World Diabetic Day and National Cancer Day, Thrissur Obstetric & Gynaecological Society (TOGS) conducted a Mega Arogyamela at Anthikadu on December 3, 2019. It was conducted to create awareness about various lifestyle diseases, breast cancer, breastfeeding, menstrual hygiene, healthy diet etc. This Arogyamela was aimed for the benefits of health and care for people of Anthikadu especially for adolescents and adult women. The Mela was inaugurated by famous Film Director Mr. SathyanAnthikad and Panchayat President A.V Sreevalsan was also among other guests on the dias along with Dr Ramesh kumar (president), Dr Venugopal (general coordinator) and Dr Deepthy (secretary) of Togs.

Medical Colleges of Thrissur like Ashwini, Jubilee Mission, Amala, Mother and Vimala College (Arts & Science) had put up their respective stalls in Mela. Our College was given the theme of 'Healthy Diet', so teachers of Department of Home Science guided the students of 2nd year MSc, 1st year MSc. and PG Diploma in Nutrition and Dietetics for setting up displays, games etc. Still models like food guide pyramid, healthy snacks and cooking recipes; displays like food for organs, food art model, kitchen garden and games like identifying the white flours were there in the stall. Students were awarded with participation certificates from TOGS. Everyone liked and congratulated the teachers and students for their innovative ideas and creativity.



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Inauguration function



Stall 'Healthy Diet'



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Film Director Sathyam Anthikand Sir visiting our stall



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'Mega Arogyamela' Nutrition Awareness Programme at Anthikad Panchayath, Thrissur

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.Betty Thomas	Akshatha T.V	5	24
Dr.Thomas Ruby Mariamma	Anisha Paul		
Ms. Mony Geege	Anjana C.S		
Ms.Jayalakshmi Sajeev	Anu Maria Wilson		
Ms.Samja Sabu	Arathi C.V		
	Athira V.Nair		
	Anu.A.P		
	Aparna. B		
	Delgi Joseph C		
	Gintumol George		
	Henna Francis		
	Isabel Sebi		
	Laseena.P.V		
	Libi Kuriakose		
	Naeema. A.K		
	Helen Vincent		
	Jashlin Anna James		

Assessment Period (2016 - 2021)



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	Jomol O.J		
	Livitha T.M		
	Sahva Nazrin Malayamkulathel		
	Evlin Jacob		
	Jismi K J		
	Juliya P Johny		
	Mehnas Asaraf		

HOD , Dept.Home science

Vimala College



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