



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

**E52-20/21**

Name of Activity	'Nutrichoice' Nutrition Awareness Programme by NSS Units of Vimala College, Thrissur
Date	12/09/2020
Organized by	NSS Units, Vimala College, Thrissur
Collaborations (if any)	Nil
No.of Students Participated	44

Nutrichoice was the programme conducted through google classroom on 12 September 2020. All the volunteers selected on fruit or nut or vegetable and made a poster explaining its nutritional value.





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MESSAGES

now

### Check on Nutritional Value

Peach is a soft, juicy and fleshy stone fruit produced by a peach tree. Raw peach flesh is 89% water, 10% carbohydrates, 1% protein, and contains negligible fat. A medium raw peach, weighing 100 g (3.5 oz), supplies 39 calories, and contains small amounts of essential nutrients, but none is a significant proportion of the Daily Value (DV, right table). A raw nectarine has similar low content of nutrients. The glycemic load of an average peach (120 grams) is 5, similar to other low-sugar fruits.



## Canistel (Egg Fruit)

SCIENTIFIC NAME :  
POUNTERIA CAMPECHIANA



- 1) Immunity Booster.
- 2) Healthy for heart.
- 3) Lowers the risks of diabetes and cataract.
- 4) Prevent cancer, anemia and cough and flu.
- 5) Treats osteoarthritis.
- 6) Reduce the risk of Alzheimer's.



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### **Averrhoa bilimbi..**

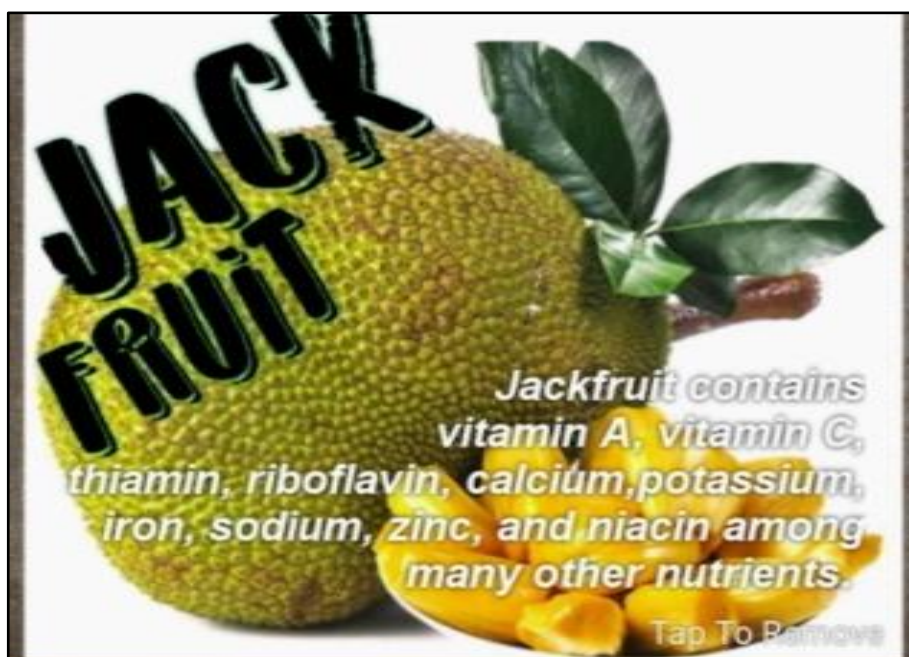
**Origin :**  
southeast asia  
but normally  
found growing  
throughout the  
tropics..

**"NUTRICHoice"**



**Vitamin C**  
**Vitamin B2**  
**Vitamin B3**  
**Calcium**  
**Flavonoids**  
**Tannins**  
**Terpenes**  
**Phosphorous**  
**Iron**

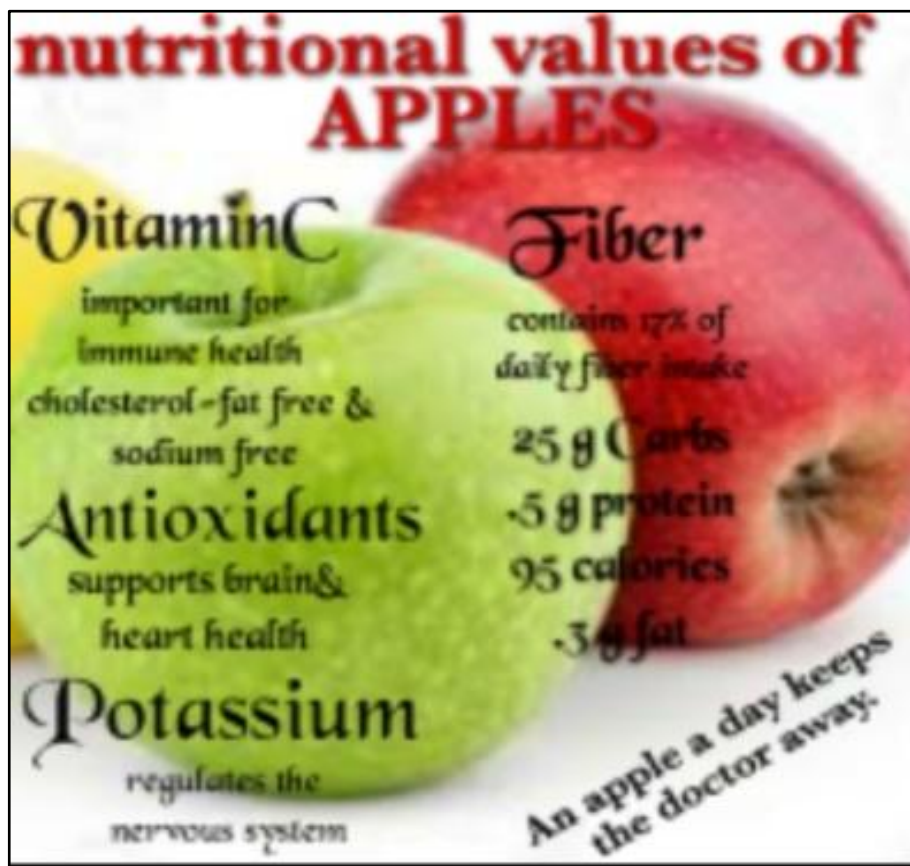
 Poster Maker







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## ‘Nutrichoice’ Nutrition Awareness Programme by NSS Units of Vimala College, Thrissur

NSS Units, Vimala College, Thrissur

The screenshot displays the 'Nutrichoice' program interface. At the top, there are tabs for 'Instructions' and 'Student work', with 'Student work' being the active tab. Below the tabs, the program name 'Nutrichoice' is displayed. A summary shows 44 'Turned in' submissions and 17 'Assigned' tasks. A filter dropdown is set to 'All'. The main area shows a grid of student submissions, each with a profile picture, name, and a thumbnail of their work. The submissions are as follows:

Student Name	Submission Title	Status
Aaranya Manoj	Photo_160017207926...	Turned in
Akhila B Nair	Photo_160000288006...	Turned in
Akshaya Ramachandran	FlyerMaker_14092020...	Turned in
ALEENA K R	No attachments	Turned in
Anamika K A	Photo_160017207926...	Turned in
Ananya	Photo_160000288006...	Turned in
Aneeta Renny	FlyerMaker_14092020...	Turned in
Angela Elsa Rejoy	Photo_160017207926...	Turned in



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<input type="checkbox"/>		ASWATHY R B	<input type="checkbox"/>		Ananya
<input type="checkbox"/>		Ayana T S	<input type="checkbox"/>		Aneeta Renny
<input type="checkbox"/>		chelsiya Joy	<input type="checkbox"/>		Angela Elsa Rejoy "Angela Elsa Rejoy S3 BSc ch..."
<input type="checkbox"/>		Ciya Xavier "Ciya Xavier S3 B.com Self"	<input type="checkbox"/>		Anjana P R
<input type="checkbox"/>		Delna V Gigi	<input type="checkbox"/>		Anjana Pauly
<input type="checkbox"/>		Devika Divakaran	<input type="checkbox"/>		Anooja Mohan
<input type="checkbox"/>		Devika K	<input type="checkbox"/>		ARSHA MARIE
<input type="checkbox"/>		Geethanjali JC	<input type="checkbox"/>		Aswathy K



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<input type="checkbox"/>		Krishna k arjun	<input type="checkbox"/>		RESHMA JAMES
<input type="checkbox"/>		Krishna P U	<input type="checkbox"/>		Rinsha Br
<input type="checkbox"/>		madhumitha s nair "Madhumitha S Nair S3 Bsc. ...	<input type="checkbox"/>		rose prince
<input type="checkbox"/>		NANDANA T S	<input type="checkbox"/>		S.samyuktha Nair
<input type="checkbox"/>		nidhiya baburaj	<input type="checkbox"/>		sandra sn
<input type="checkbox"/>		Nimita Wilson	<input type="checkbox"/>		Sarika U
<input type="checkbox"/>		Nisha C P	<input type="checkbox"/>		Sheethal Satheesh
<input type="checkbox"/> 		NIYA JOY	 <input type="checkbox"/>		Sneha Sunny



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

<input type="checkbox"/>		SREECHANDRA P M	<input type="checkbox"/>		Aaranya Manoj
<input type="checkbox"/>		SREEPRIYA K B "Mullatha(soursop) S3 Bsc ch...	<input type="checkbox"/>		Akhila B Nair
<input type="checkbox"/>		SWETHA K G	<input type="checkbox"/>		Akshaya Ramachandran
<input type="checkbox"/>		vidhu martin	<input type="checkbox"/>		ALEENA K R
<input type="checkbox"/>		vidhya wilson	<input type="checkbox"/>		Anamika K A
<input type="checkbox"/>		VishNupRiYa ms			
<input type="checkbox"/>		Vismaya Vinod K P			



N.S.S. Programme Officer  
Vimala College  
Thrissur-9



PRINCIPAL IN - CHARGE  
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