



DEPARTMENT : NUTRITION & DIETETICS

ACTIVITY : EXTENSION ACTIVITY

YEAR : 2018-2019

DEPARTMENT OF NUTRITION & DIETETICS

DATE	TIME	VENUE
15.10.2018	11:00 a.m. To 12:00 noon	Sourashtra girl's higher secondary school, Theppakulam, Madurai.
Theme	Nutrition Education for the prevention of Anaemia to school children	
Nature of the Activity	Extension Service	
Title	Anaemia	
Convener	Mrs. P. Tamilarasi Head & Assistant Professor of N & D EMGYWC	
In Charge Staff	Mrs. K. Janaki Assistant Professor of N & D EMGYWC	
No. of Participants	Sourashtra Girls Higher Secondary School Faculty- 10	

EXTENSION SERVICE ON "ANAEMIA"

Objectives:

- To create awareness among school children about anaemia, its causes, and health implications.
- To promote the consumption of natural iron-rich foods as a preventive measure.

Programme Outcome:

The extension service conducted at Sourashtra Girls Higher Secondary School significantly enhanced students' understanding of anaemia, including its symptoms, ill effects, and long-term health consequences. The session emphasized the importance of incorporating

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iron-rich foods into their daily diet as a natural and effective preventive measure. As a result, students became more aware of healthy eating habits and the role of nutrition in maintaining overall well-being, especially in combating anaemia.

Photographs:



Extension Service on "Anaemia" - 14.10.2018