



**DEPARTMENT : ZOOLOGY**

**ACTIVITY : CONSULTANCY PROGRAMME**

**YEAR : 2019-2020**

**DEPARTMENT OF ZOOLOGY**

| DATE                   | TIME   | VENUE                  | MODE    |
|------------------------|--|------------------------|---------|
| 01.02.2020             | 10.00 a.m.<br>to<br>01.00 p.m.   | Zoology Lab,<br>EMGYWC | Offline |
| Theme                  | To create an awareness on the importance of Hb % in human blood.           |                        |         |
| Nature of the Activity | Consultancy Programme  |                        |         |
| Title                  | Haemoglobin and its Importance of health                                   |                        |         |
| Convener               | <b>Dr.G.Indira Rani</b><br>Head & Associate Professor of Zoology<br>EMGYWC |                        |         |
| Resource Person        | <b>Mrs.S.Dhanam</b><br>Lab Technician<br>Dhanam Clinical Lab<br>Madurai.   |                        |         |
| Beneficiaries          | <b>Students - 43</b><br><b>Faculty - 4</b>                                 |                        |         |

**CONSULTANCY PROGRAMME ON "HAEMOGLOBIN AND ITS IMPORTANCE OF HEALTH"**

**Objectives:**

The main objective of the programme was to create awareness about the importance of iron in daily nutrition and to inculcate the habit of including iron-rich foods in the regular diet. The initiative aimed to promote better health and prevent iron-deficiency anaemia, especially among young women.

**Programme Outcome:**

During the course of the programme, several students and a few staff members were found to have haemoglobin (Hb) levels below 10 mg/dl, indicating a potential risk of iron-deficiency anaemia. They were individually counselled and advised to make dietary changes by incorporating more iron-rich foods such as green leafy vegetables, legumes, jaggery, dates,

## **E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**

and fortified cereals into their meals. The session emphasized the need for a balanced diet and the importance of regular health check-ups. Overall, the programme successfully raised awareness and encouraged participants to adopt healthier dietary practices to improve and maintain their haemoglobin levels.

### **Photographs:**



**Department of Zoology organised Consultancy Programme on “Haemoglobin and its Importance of Health” - 01.02.2020**

Enclosures:

a. Circular :



## **DEPARTMENT OF ZOOLOGY**

### **Consultancy Programme**

Lecture on

“ Hemoglobin and its importance of health ”

**Date** : 01.02.2020

**Time** : 10.00 p.m to 01.00 p.m

**Venue** : Zoology lab

**Resource Person** : Mrs.S.Dhanam,  
Lab technician,  
Dhanam clinical lab,  
Madurai.

**Topic** : “ Hemoglobin and its importance  
of health”

**Participants** : III Year Zoology Students

**All are cordially invited**

**E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE****a. Nominal Roll of Participants:****1. Student participants of EMGYWC:**

| <b>Consultancy Programme on "Haemoglobin and its Importance of Health"<br/>- 01.02.2020</b> |                            |                     |                   |
|---|----------------------------|---------------------|-------------------|
| <b>S.No.</b>  | <b>REGISTER<br/>NUMBER</b> | <b>NAME</b>         | <b>DEPARTMENT</b> |
| 1.  | 17ZOO02                    | S.Abinaya           | Zoology           |
| 2.  | 17ZOO03                    | N. Ansiya           | Zoology           |
| 3.  | 17ZOO04                    | B. Aruna            | Zoology           |
| 4.  | 17ZOO05                    | S. Asarap nisha     | Zoology           |
| 5.  | 17ZOO06                    | M. Bouthika         | Zoology           |
| 6.  | 17ZOO07                    | S. Chitra devi      | Zoology           |
| 7.  | 17ZOO08                    | S. Dhivya Bharathi  | Zoology           |
| 8.  | 17ZOO09                    | S. Dhivya lakshmi   | Zoology           |
| 9.  | 17ZOO10                    | M. Durga devi       | Zoology           |
| 10.   | 17ZOO11                    | S. Gowsalya         | Zoology           |
| 11.   | 17ZOO12                    | G. Harini           | Zoology           |
| 12.   | 17ZOO13                    | S. Janani           | Zoology           |
| 13.   | 17ZOO14                    | K. Jeshima          | Zoology           |
| 14.   | 17ZOO15                    | S. Jaya Bharathi    | Zoology           |
| 15.   | 17ZOO18                    | M. Kasi rani        | Zoology           |
| 16.   | 17ZOO19                    | J. Kathija Dhanveer | Zoology           |
| 17.   | 17ZOO20                    | A. Kaviya           | Zoology           |
| 18.   | 17ZOO22                    | B. Mahesh           | Zoology           |
| 19.   | 17ZOO23                    | B. Malathi          | Zoology           |
| 20.   | 17ZOO24                    | S.A. Mohana         | Zoology           |
| 21.   | 17ZOO25                    | R. Monisha          | Zoology           |
| 22.   | 17ZOO26                    | k. Nandhini         | Zoology           |
| 23.   | 17ZOO27                    | M. Nandhini         | Zoology           |
| 24.   | 17ZOO28                    | L. Priyanka         | Zoology           |
| 25.   | 17ZOO29                    | J. Priyanka         | Zoology           |
| 26.   | 17ZOO30                    | B.Ramya             | Zoology           |
| 27.   | 17ZOO31                    | U. Ramya            | Zoology           |
| 28.   | 17ZOO32                    | K. Rithika          | Zoology           |
| 29.   | 17ZOO33                    | B. Sabitha          | Zoology           |
| 30.   | 17ZOO35                    | V. Sangeetha        | Zoology           |
| 31.   | 17ZOO36                    | P. Sarguna          | Zoology           |
| 32.   | 17ZOO37                    | M. Shalini          | Zoology           |
| 33.   | 17ZOO38                    | G. S hanmuga priya  | Zoology           |
| 34.   | 17ZOO39                    | P. Sivagami         | Zoology           |
| 35.   | 17ZOO40                    | R. Sobana           | Zoology           |
| 36.   | 17ZOO41                    | K. Sowmiya          | Zoology           |
| 37.   | 17ZOO42                    | R. Sowmiya          | Zoology           |
| 38.   | 17ZOO43                    | A. Subatchaya       | Zoology           |

## **E.M.GOPALAKRISHNA KONE YADAVA WOMEN'S COLLEGE**

|     |         |                   |         |
|-----|---------|-------------------|---------|
| 39. | 17ZOO44 | A. Sujatha        | Zoology |
| 40. | 17ZOO46 | C. Thamarai selvi | Zoology |
| 41. | 17ZOO48 | R. Veera lakshmi  | Zoology |
| 42. | 17ZOO49 | S. Vijaya lakshmi | Zoology |
| 43. | 17ZOO50 | K. Viji           | Zoology |

### **2. Faculty Participants of EMGYWC:**

| <b>Consultancy Programme on "Haemoglobin and its Importance of Health" - 01.02.2020</b> |                    |                                       |
|---|--------------------|---------------------------------------|
| <b>S.No.</b>  | <b>NAME</b>        | <b>DESIGNATION WITH DEPARTMENT</b>    |
| 1.  | Dr.G.Indira Rani   | Head & Associate Professor of Zoology |
| 2.  | Ms.R.S.Rajalakshmi | Assistant Professor of Zoology        |
| 3.  | Dr.M.A.Soniya      | Assistant Professor of Zoology        |
| 4.  | Mrs.S.Sharmila     | Assistant Professor of Zoology        |